

Nupuat



Chugachmiut

Summer 2022 Edition

www.chugachmiut.org <https://www.facebook.com/ChugachmiutALUTIIQ> <https://www.instagram.com/chugachmiut/>



Chugachmiut will celebrate its 50th Anniversary in 2024. We ask our community members to submit photos from 1974 to current for use in the 'Chugachmiut - 50 Years of Service to the Region' publication. Send these images to media@chugachmiut.org; we will assist you with the photo release form. Please include information identifying the person(s) in the picture, the year, and the community.

The Importance of Preventative Care

by Kelley Baker, Health Services Division Director

There is no better time than now to empower ourselves with the tools and information needed to live a healthy and happy life. It's important to prioritize preventive care and plan to complete annual health screenings, especially those that were delayed during the pandemic. Screenings are critical to your health and often the first line of defense against some of the most common illnesses you face. Completing them regularly can help to catch any concerns quickly and allow them to be addressed by your health care team.

Here are some of the most common screenings that you may have missed or skipped:

- Annual bloodwork is recommended for everyone to evaluate important metrics like red blood cell counts, cholesterol, thyroid levels, vitamin D levels, and much more.
- Blood pressure screening is recommended for adults ages 18 and older to identify early warning signs for hypertension and heart disease.
- Colorectal cancer screening is recommended for adults 40 and older to check for and remove polyps that might become cancerous.
- Breast cancer screening (Mammogram) is recommended for adult women to identify early signs of breast cancer. Generally, it's recommended for those 50 to 74 years of age, but women should talk to their healthcare provider about when to begin or stop getting mammograms.
- Depression screening is recommended for people of all ages who may be at an increased risk for depression or other mental health challenges.

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Chugachmiut Career Opportunities

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Summer 2022 Edition

Check out Career Opportunities with Chugachmiut!

Chugachmiut is a rapidly growing 501(3)c Non-profit, Alaska Native Regional Tribal Consortium. We are seeking highly motivated, talented candidates to join us on our journey to excellence! Join a dynamic, team-driven environment that features an abundance of opportunities for growth and development! At Chugachmiut, you not only start a job but a career that truly makes a difference in the lives of others!

Chugachmiut offers its employees a robust and comprehensive benefits package. Including 100% Employee paid benefits (medical, dental, and vision); 50% Dependent coverage; 401(a) Pension Plan with 8% company contribution; 403(b) with Roth option; Generous paid time off; Subsidized gym membership; And more!

Reach out to our Human Resources department at HR@Chugachmiut.org with any questions regarding our hiring process, job opportunities, or benefits! We look forward to speaking with you.

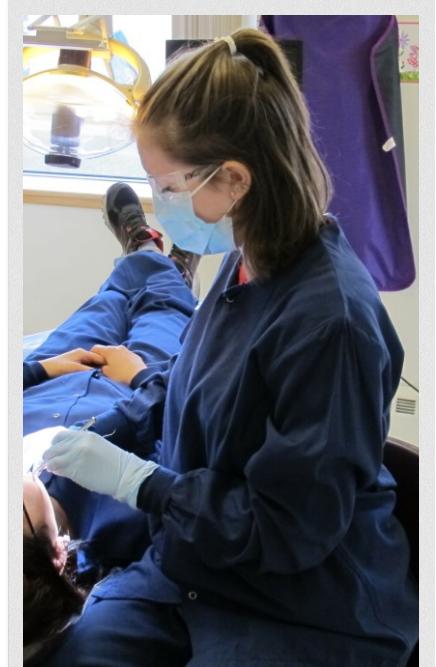
Visit <https://www.vscyberhosting.com/Chugachmiut/> to view full job descriptions and apply today!

Current Open Positions:

Addictions Counselor (Homer)
Addictions Counselor Specialist (Anchorage)
Addictions Counselor Trainee (Nanwalek)
Administrative Assistant (Anchorage)
Behavioral Health Clinician (Kachemak Bay)
Behavioral Health Clinician - Prince William Sound (Anchorage)
CHA Trainee (Chenega, Tatitlek)
Community Health Aide II, III, IV or Practitioner (Chenega, Tatitlek)
Community Health Aide III, IV or Practitioner Itinerant (Any Regional Community)
Dental Assistant Itinerant (Any Regional Community)
Dental Health Aide Therapist Itinerant (Any Regional Community)
Education & Community Liason (Any Regional Community)
Family Support Advocate (Any Regional Community)
Fuels Program Assistant (Anchorage)
Grants Writer (Anchorage)
Grants Department Manager (Anchorage)
Head Start Teacher Substitute Aide/Cook/Janitor (Nanwalek, Port Graham)
Health Administrative Assistant I (Chenega)
Health Administrative Assistant Itinerant (Chenega, Nanwalek, Port Graham, Tatitlek)
Nurse Practitioner/Physicians Assistant Itinerant (Any Regional Community)
Staff Accountant (Anchorage)
Village Public Safety Officer (Nanwalek, Port Graham, Tatitlek)
Youth Advocate (Any Regional Community)
Wildland Firefighter/Firefighter/Natural Resources/Forestry (Kenai)
Wildland Firefighter/Firefighter/Natural Resources/Forestry Squad Boss (Kenai)



or Scan above
with your
phone to
Apply!



Health Services News

Summer 2022 Edition

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(continued from front page)

- Unhealthy alcohol and drug use screening is recommended for those concerned about heavy consumption or dependence on alcohol or drugs. We all should be especially mindful of this in the face of isolation and challenges from the pandemic.
- Cervical cancer screening is recommended every three years for women ages 21-29, with additional screening for women ages 30 and older to see early signs of cervical cancer and human papillomavirus (HPV).
- Sexually transmitted infection (STI) screening is recommended for any individuals who are sexually active and may be at an increased risk of contracting an STI.
- Lung cancer screening is recommended annually for anyone 50 to 80 years old with a 20-pack-year smoking history and who currently smokes or has quit within the past 15 years.



If you have questions or concerns or want to develop a care plan for screenings recommended for you, schedule an appointment with your primary care provider.

Updated COVID-19 Clinic Procedures

Updated COVID-19 procedures and recommendations:

1. Clinic doors and waiting rooms are open in all communities.

- Masks are required in the clinic and will be reinforced upon entry.
- Waiting rooms are only for patients and their escort(s).
- All persons entering will be attended by clinic staff immediately upon entering.

2. Modified our recommendations for isolation and quarantine.

- Isolation is shortened to 7 days with a negative antigen test on day seven if fever-free and symptoms have improved.
- Quarantine is shortened to 5 days with a negative test
- For both, we recommend masking when interacting with others and continuing to monitor symptoms for 10 days.

3. COVID screenings.

- Verbal screening is completed before scheduled appointments
- Without an appointment, patients will be verbally screened upon arrival at the clinic, and the same decision-making workflow is utilized.

Heritage Preservation Program Updates

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Cama'i from the Heritage Preservation Department!

Basket Weaving retreat

Chugachmiut would like to share pictures from the basket weaving retreat in Anchorage from September 7th - 16th. This retreat focused on revitalizing the practice of grass weaving and included the talented artists June Pardue, Colette Brantingham, Sally Ash, Nancy Yeaton, Stella Meganack, and Susan LaBelle.



Seward Chamber of Commerce

In June, Carol Conant, Chugachmiut Local Care Coordinator in Seward, worked with the Chamber of Commerce staff to install a display showcasing Sugpiaq cultural traditions from the Chugach Region. This year's theme focused on basketry, sewn gut items, and the qayaq from the region.



Heritage Preservation Program Updates

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Sea Otter Pillows

June brought sewing Sea Otter furs with Diane Selanoff. This activity with 20 Chugach tribal members from all over the region. A great learning experience for all. Thank you to Diane Selanoff for your instructions and development of these beautiful kits.



Diane Selanoff



NVE Elder June Harrelson with her Completed Pillow

SACRED Grant partnership: Chugachmiut's regional partnerships make an enormous difference in the collection of regional knowledge. Chugach Elders sharing Traditional Ecological Knowledge is helping develop rich curriculums and uniquely influence traditional science to look at resources. This partner grant, known as SACRED (Southcentral Alaska Collaborative for Resilience through Education and Decision Making), will tap into Chugach Elder's knowledge to help them address changing climate and food security questions. The opportunity provides local interns (from Chugach communities) to set up and develop a monitoring project critical to the communities, place-based educational activities, and the thematic units and engage more youth to see the changes in their communities. In August, the organizing groups met in Homer for a multi-day meeting to start planning for the upcoming grant. Chugachmiut's Partners include the Center for Alaskan Coastal Studies, Kachemak Bay National Estuarine Research Reserve, Seldovia Native Tribe, and Chugach Regional Resources Commission.



SACRED Grant Meeting - Visit to Seldovia 8/2022

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Old Treasures

Cama'i, IAXiishuh, and Hello from the Chugachmiut Heritage Archive!

Chugachmiut Munartat (Artists)

What a summer! The archive had the honor of working with so many talented Sugpiaq and Eyak artists to support the completion of a Chugach-style qayaq for the Kenai Fjords National Park Service and the first bear gut jacket made in the region in over a century. None of these projects would have been possible without the enthusiasm and partnership of the Qutekcak Native Tribe, the Native Village of Eyak, and the Chugach Heritage Foundation, which all helped host and support these activities.

Currently, an Indigenous independent filmmaker is creating documentaries about these projects to ensure the preservation and revitalization of this cultural knowledge for generations. You can also learn more about these projects by watching the Indie Alaska (PBS) feature in which Jonathon Sawden shares his knowledge about Chugach-style qayaqs. For the bear gut jacket retreat, check out the words of our Sugpiaq and Eyak artists in the linked article published by the Cordova Times!

Indie Alaska (PBS) Qayaq Build: <https://www.pbs.org/video/how-kayaks-qayaqs-are-rejuvenating-alaskan-sugpiaq-culture-zlzmum/>

Cordova Times Article on Bear Gut Jacket: <https://www.thecordovatimes.com/2022/06/27/sugpiaq-elder-leads-cordova-artists-to-make-bear-gut-parka/>

Quyana & Aw'Ahdah again to our amazing artists who made this all possible: Joseph Tabios, Kris Tabios, Jonathon Sawden, June Pardue, Brooke Mallory, Diane Selanoff, Joyce Kompkoff-Peterson, Patience Faulkner, Alex Sallee, and all the community members who came to support!



***Qayak Build by Joe Tabios
doing a sinew tie***



Cordova Bear Gut Parka

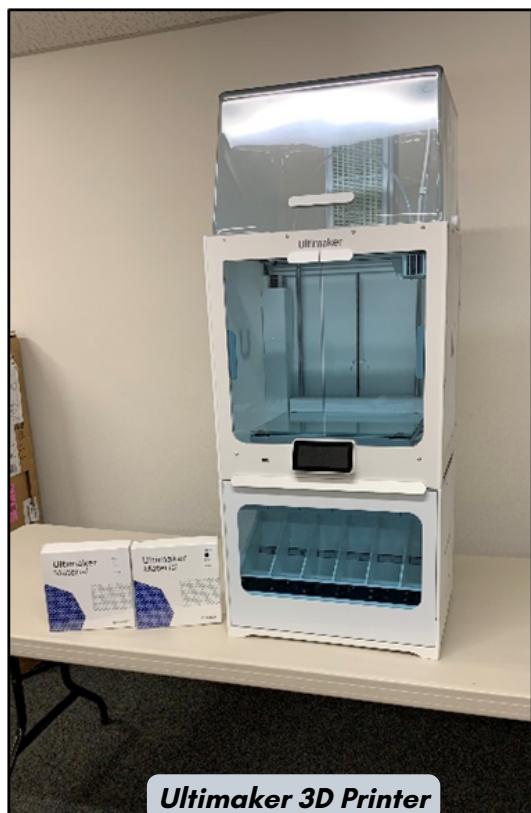
Heritage Preservation Program Updates

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Designing for the Future

As the archive and Chugachmiut Heritage program grows, the space continues to grow. Exhibit cases are starting to be finalized, and Chugachmiut colleagues in the Heritage Program are developing plans to dress the exhibit mannequins in customized traditional regalia. Additionally, the Heritage Training Room is temporarily being used by colleagues as a 3D Printing staging area where Chugachmiut staff can experiment and learn about the new technology. These printers will eventually be made accessible to classrooms around the region. Chugachmiut is excited to witness and support these changes and see how the new Heritage facilities are bringing the department staff together increasingly innovatively!

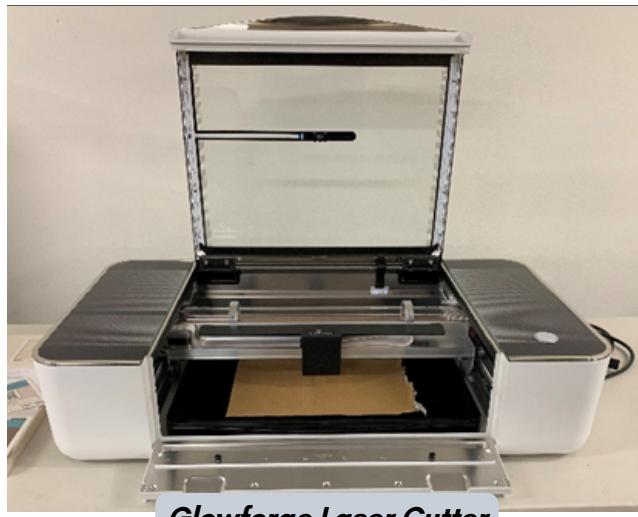


Ultimaker 3D Printer



Formlabs 3L Resin Printer

Glow Forge: Using technology and culture is a new endeavor for our program. We aim to teach students how to use technology and bridge this interest with cultural traditions and art. The GlowForge is a precision laser cutter that can cut and etch many different materials. We have experimented with quarter-inch plywood and with leather. We are still experimenting with our designs and learning the best mediums to infuse cultural projects. We started by cutting masks from the Chugach Region using a layering technique to create a 3D effect. More on this project later this year.



Glowforge Laser Cutter



Petroglyph Design Cut on Glowforge. Made of Wood.



Three Masks Cut on Glowforge. Cut in Individual Layers and Placed on Top of Each Other. Made of Wood.

Heritage Preservation Program Updates

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Collaborative Projects

In October, Chugachmiut will accompany one Elder from each of the seven communities on a trip to Berlin, Germany. Chugachmiut Heritage group has been meeting with Berlin Ethnographic Museum staff, working with partners at Chugach Alaska Corporation, and meeting with Elders within the region to discuss goals for the project and document cultural knowledge about each of the Chugach artifacts in the museum. This trip is an essential step in correcting errors in the metadata about the artifacts and making the collection forever accessible to the Chugach communities.

Chugachmiut has also been working with the Qutekcak Native Tribe to catalog its collection of art and artifacts. This is the first collaborative cataloging work undertaken by the Chugachmiut Heritage Archive with a tribal partner. Check out the current progress on the Chugachmiut Heritage Archive website under the Qutekcak community page!



**Seal Oil Lamp created by Raymond Eric Clock.
From QNT Collection**



**Bentwood Orca Visor. From QNT
Collection**

Expanding the Historical Record

Amidst all the busyness and excitement of the summer projects, the Chugachmiut staff has also taken a lengthy, close examination of its workflows to preserve history for future generations. Over the next 6-9 months, they will be finalizing official collection management policies, transitioning into a more robust collection management system, and tying digital preservation measures into the cataloging activities.

Stay tuned as Chugachmiut shares updates, and feel free to reach out as always with questions or input! Visit <http://www.chugachmiutheritagearchive.org/>.

Heritage Preservation Program Updates

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Language Team Beam When There's a Theme

This Summer, Chugachmiut's Heritage Program's Lead Speaker, Atakaa (Rhoda Moonin), and the Sugt'stun Teachers, Kitiliinguasaaq (Brandon Moonin, Tatitlek), Apamia (Ephimia Moonin-Wilson, Port Graham), and Teglundaliq, (Shyla Krukoff, Cordova), continue to increase their Sugt'stun fluency through daily meetings in the "Sugt'stun Hour with Atakaa" by practicing, listening, translating, and transcribing audio and videos obtained from various sources. This is not just about language but also a guide to culture and the historical past. In the past couple of weeks, we have also been using this time to allow the Sugt'stun Teachers to share future class material with our Lead speaker and obtain translations.

Chugachmiut's Heritage Program has been very grateful to stay in contact with Chugach Region Elders and Recognized experts while isolating due to Covid via communication resources like "Zoom." This past Summer was exciting because travel to some of the villages in the region was now possible and allowed people to gather face to face.

For the past couple of months, Kitiliinguasaaq has traveled to Port Graham to collect and digitize media, such as VHS, Beta Disk, and cassette recordings, for the Living Language grant to add more language and culture material.

Chugachmiut's Heritage Program is in the process of updating the Sugt'stun registry and made a couple of trips to the region to collect information on Sugt'stun Speakers in Port Graham, Nanwalek, and Cordova (Tatitlek and Chenega). During this time, the Heritage group gathered demographic and cultural stories from the Sugt'stun speakers for the upcoming Sugt'stun Registry book. They are currently in the process of transcribing what they shared.



Language Team with Cordova Elder,
Leona Olsen, 8/2022



Interviewing Port Graham Elder, Jean
Huntsman, for Sugt'stun Registry
8/2022

Heritage Preservation Program Updates

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Game App Project

In August, FableVision, the game app developers, came to Alaska to visit Port Graham and Nanwalek. The Chugachmiut language team had an opportunity to host them. FableVision traveled to Port Graham and Nanwalek, where they recorded Chugach Elders reading a script and had the younger, future, Sug'stin speakers do a sample test of the Sug'stin game they are creating for Head Start.



Fablevision in Port Graham 8/2022



Fablevision in Nanwalek 8/2022

FableVision Studios continues to work on the Sugiaq Culture and Heritage Game, now titled *Nunaka*. Chugachmiut was fortunate to bring five team members to visit Anchorage, Port Graham, and Nanwalek in August. In Port Graham and Nanwalek, FableVision had the opportunity to visit elders who worked with the Chugachmiut Heritage team to record portions of game scripts. The voices will be included in the final game. A playtest of the current game version was done with kids in these communities, including those attending the Nanwalek Health Fair organized by Chugachmiut. The Alpha version of the game has been recently delivered to Chugachmiut. It includes more game episodes, lively characters and locations, and an avatar creation system, allowing players to customize their characters with various features and outfits. The game now contains two complete language activities featuring key vocabulary and five different minigame activities based on early childhood school readiness skills and Sugiaq culture and heritage. FableVision will continue to add more 3D characters, minigames, and expansions to the game world.



Screenshot of the Headdress Game

Heritage Preservation Program Updates

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Open Archive Workshop

The Archive team took a break from the weekly workshop over the summer.

The workshops returned in September to dialogue on various Archive topics.

Please join us every Friday from 9 am to 10 am.

Zoom link:

[https://chugachmiut-org.zoom.us/j/85008902651?
pwd=Zm1XUHZIY3dtSDJLbU96eUFTcU9Vdz09](https://chugachmiut-org.zoom.us/j/85008902651?pwd=Zm1XUHZIY3dtSDJLbU96eUFTcU9Vdz09)

Or dial by phone:

1 877 853 5257

Meeting ID: 850 0890 2651

Passcode: 347431

Virtual Elder Tea Discussion

The Culture team continues to host the Virtual Tea & Tang as a space for elders, youth, and community members to join and have discussions about traditional knowledge.

Please join us at 3:30 pm every Tuesday. Check the Chugachmiut Heritage Preservation Facebook page for the upcoming days.

We will continue Tea and Tang through the year with new topics and new hands-on activities. Keep an eye out for the next session in October.

Zoom link:

[https://chugachmiut-org.zoom.us/j/83640347770?
pwd=OHIRL3FLdkQ2M0hVNZN5Z3A3NnpFZz09](https://chugachmiut-org.zoom.us/j/83640347770?pwd=OHIRL3FLdkQ2M0hVNZN5Z3A3NnpFZz09)

Or dial by phone:

1 877 853 5257

Meeting ID: 836 4034 7770

Passcode: 947427



Stay Connected with Us!

Check out our [website](#), where we store valuable content and resources. Check out the [Archive website](#) for digital archive materials, heritage kits, and more!

Please follow us on [Facebook](#) to receive all of our program updates.



ACE VIRTUAL DROP IN HOUR!

CALLING FAMILIES, STUDENTS, SCHOOL STAFF, PROVIDERS, COMMUNITY MEMBERS, AND MORE.

DO YOU HAVE QUESTIONS OR JUST WANT TO LEARN MORE?

COME JOIN THE CHUGACHMIUT ACCESSING CHOICES IN EDUCATION (ACE) PROGRAM AT OUR WEEKLY VIRTUAL DROP-IN.

- TUESDAYS FROM 4-5PM
- THURSDAYS FROM 10:30-11:30AM

Zoom Invite

[https://chugachmiut-
org.zoom.us/j/85435697353?
pwd=aFFjaE9XMWxuU3dLcTFLWkdX
OGVFQT09](https://chugachmiut-org.zoom.us/j/85435697353?pwd=aFFjaE9XMWxuU3dLcTFLWkdXOGVFQT09)

Meeting ID: 854 3569 7353
Passcode: 401168

Chugachmiut Logo Contest

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LOGO CONTEST

Call to Artists

**\$1,000 award to chosen design
\$25.00 per submission**

**submissions due
December 31st, 2022**

All ages
and abilities
welcome to apply

Please submit logos and
questions to
Logo@chugachmiut.org

Chugachmiut Recovery Camp

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Chugachmiut Recovery Camp

• "PATHWAY TOWARD HEALING" •

NOVEMBER

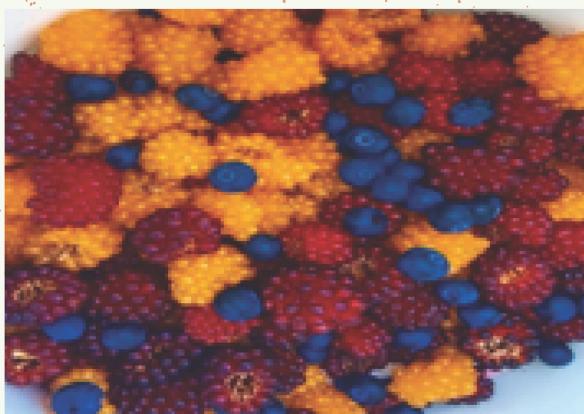
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PORT GRAHAM, ALASKA

Why Sobriety-Recovery?

- Improved Mental Health-Wellbeing
- Improved Emotional Health
- Elevated Spiritual Health
- Enriches Your Relationships
- Is an Indispensable part of the fulfillment
- Energizes you
- Will change your life and the lives who matter most to you

CALL EYDIE AT 907-602-8644 FOR AN APPLICATION



Employee Spotlight & Health News

Summer 2022 Edition

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Selected Spokesperson: A Stellar Behavioral Health Practitioner

Gail Evanoff, Chugachmiut Behavioral Health Practitioner, Chenega



Gail Evanoff, a longtime Behavioral Health Practitioner in Chenega, has been asked to step into the spotlight, representing the Behavioral Health Aide Program.

In July, the Community and Family Services Division at Chugachmiut received an exciting message from Xiomora Owens, Ph.D., Director of Behavioral Health Aide Training at the Alaska Native Tribal Health Consortium.

Dr. Owens described how, earlier this year, Health Aides and administrators throughout Alaska were asked to contribute their thoughts and opinions about implementing interprofessional education (IPE) across the community health, behavioral health, and dental health training programs and to support collaborative practice (CP) in the field.

After reviewing a series of surveys and focus groups held to gather input, one of the most prominent findings was the need for health aides to be more informed about the scope of work of each health aide discipline. These include the long-established Community Health Aides and, more recently, Behavioral Health Aides and Dental Health Therapists.

They have committed a team to develop a series of videos that include snippets from interviews with health aides and some narrations describing each discipline's role, scope, and training.

They have also identified some BHAs whom they believe would do a great job representing the BHA workforce and speaking to their role/scope/training as a part of the BHA video.

Gail Evanoff was identified as a stellar BHA who would significantly contribute to this effort. They plan to send a videographer to visit Gail in her community to interview her.

Within Chugachmiut, we know Gail is "stellar." It was great to see this evidence that her skills, expertise, and character qualities are widely known. With this informational video, her influence will have even further reach. We take great pride in having Gail Evanoff provide services in Prince William Sound.

First Responder Appreciation

Over the past few months, Chugachmiut has held Emergency Trauma Technician (ETT) training in our communities. Having community-level first responders is an integral piece of providing emergency care. A huge **THANK YOU** to everyone who attended and committed to assisting their communities in the event of an emergency. Here are your community First Responders!!!

Chenega	Nanwalek	Port Graham	Tatitlek
Melonie Kashevarof	Kelly Yeaton	Tania McMullen	Deserae Stellwag
Kenneth Parker	Elias Kvasnikoff	Agnes Miller	Jenny Vlasoff
Steven Kashevarof	Tania Romanoff	Danielle Malchoff	Dylan Geffe
Joseph Cross	Kilann Tanape	Ryann Esteban	
Chris Meyer	Ann Marie Tanape	Malachi Joseph	
Henry Meyer		Tyson Breedlove	
Paul "Timmy" Selanoff		Logan Breedlove	
Xaria Parry		Michael Kvasnikoff	
Gabriella Parry		Lavenya Hetrick	



Health Service News

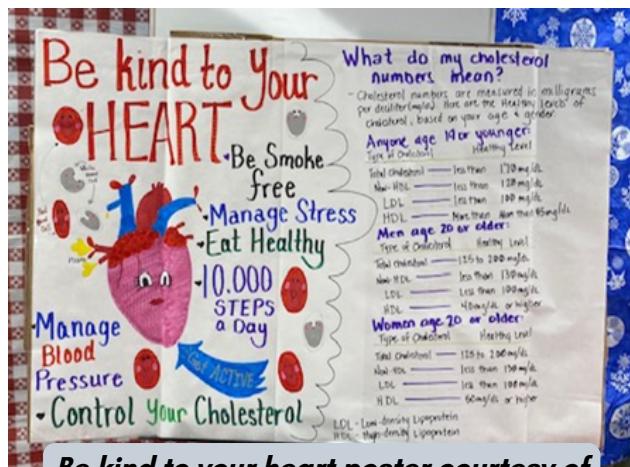
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Annual Health Events hosted in Port Graham and Nanwalek in August

Chugachmiut is pleased to share that after a two-year delay due to the pandemic, it was finally able to host local health events in Port Graham and Nanwalek in August. The health events were well attended, and local surveys revealed overall satisfaction. Educational booths included tobacco awareness & education, nutrition, cancer screening and prevention, oral health education, positive parenting tips, insurance education & info, blood pressure & diabetes checks, employment, training & social services information, and well-child checks & fitness sessions.

Planning is underway for both Chenega and Tatitlek health events to be hosted in October.



**Be kind to your heart poster courtesy of
Tania McMullen CHA-C IV Port Graham**



Nutrition Information by Joe Nyholm, RD



**Sharon Whytal, Donna Malchoff, Christine
Seville and
Mae Silook in Nanwalek**



**Gala Davis, Regional Health Coach in
Nanwalek**

Sign up for MyHealth! Contact your local clinic for help signing up

MyHealth is a health management tool provided by Cerner® and a way for you to access some of your health records online. What records are available on MyHealth? MyHealth provides access to parts of your health record. It will not include all the information related to your treatment. You can view the following:

- Clinical record summary (allergies, immunizations, health issues, discharge summary, surgeries, and procedures)
- Limited lab results (excluding sensitive test results or results that may require further discussion with your provider)
- Limited personal information
- Clinical document generator (a snapshot of medical information for a single visit or all visits)
- Secure messaging with your provider
- Send a request to schedule appointments and request to cancel appointments

Top 10 Safety Tips for College Students

Submitted by Donna Malchoff, Social Services Coordinator

1. Don't allow technology to make you unaware of your surroundings

Everyone with headphones, a smartphone, and an MP3 player knows – the minute you're plugged in, you barely exist anymore! You stare at your phone, zoned out, unaware of what is happening around you. This, in essence, is precisely what you should be avoiding.

2. Never walk alone at night

Walking around alone and in the dark is asking for trouble. Sure, there are times that you need to get from point A to point B, which may occur at night, but you should always abide by the buddy system so that, should something happen, you're not on your own.

3. Utilize locks

While it's easy to become relaxed in college life, some habits should remain standard. Locking your doors, especially when you're alone or asleep, should be one of them. Aside from allowing yourself to be vulnerable, it's also much easier for theft to occur if you provide easier access to burglars.

4. Carry some emergency cash

It's good to have cash on you at all times, just in case. Perhaps your credit card won't work, or your debit card will get lost. You never want to be stuck in a scary situation because you don't have the necessary funds to get out of it as quickly as possible.

5. Locate the emergency system areas on campus

Most campuses have emergency call buttons or phones scattered throughout campus for students to utilize in the event of an emergency. Find out your campus system and locate the areas in which the systems are placed. Should you ever find yourself in trouble, it will be much easier if you know where you can call for help.

6. Know your way around campus

In addition to paying attention to your surroundings, you should also know your surroundings. Take time to become familiar with campus landmarks and streets so you can navigate your way around – or out of an area, should you need to.

7. Never stay at a party when your friend leaves

No, you don't need to call it an early night just because one of your friends does. But, you should ensure you always have a minimum of one person with you that you know (and know you can trust). Being alone in a party setting isn't smart – go home if you're going to be alone because it is not worth the risk to stay – no matter how nice everyone there seems.

8. Avoid becoming inebriated and losing control

If you're getting to the point where you don't have control of yourself or your surroundings, you need to stop and think about the situations you're putting yourself in. It's far too easy for others to take advantage of you or a situation if you can't think or act rationally.

9. Always have emergency contacts on you or your device

Suppose you have a smartphone and program emergency numbers into it. It's one of the first spots hospitals check if you're admitted alone because they can bypass your passcode to access your contacts. Additionally, list your emergency contact numbers and information in your planner if you carry one. Whatever items you have regularly are good spots to keep emergency information.

10. Consider carrying pepper spray, a whistle, or taking a self-defense course

The hope is that you'd never need to use these defense mechanisms; however, having them with you can make a life-saving difference in harmful situations you otherwise might not be able to get out of.

Housing Improvement Program News

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Summer 2022 Edition

What is the Housing Improvement Program?

Submitted by Kert LaBelle, Chugachmiut Facilities & Quality Improvement Manager

The HIP is an **extremely low-income grant program** administered by BIA that offers housing assistance to disadvantaged Native American and Alaskan Native families who live in substandard housing, are homeless, or have no other resources for housing assistance. Priority is extended to the elderly, disabled, low-income families with dependent children, veterans, or individuals living in overcrowded and unsafe conditions.

How do you qualify?

1. Be a member of a Federally Recognized Tribe
2. Reside within the Tribal Service area
3. Meet whole household income requirements
4. Be able to show the need for housing
5. Have no other resources available for housing
6. Has not already gotten HIP funds for housing
7. Did not acquire housing from Federal Programs in the past 20 years

What you need to be considered:

1. Application
2. Document verifying Tribal Membership
3. Documents verifying the income of all household members
4. Proof of land ownership or right to use
5. Proof of disability if claiming disability

Categories of Service (what services you can get):

- A. Minor Repairs (up to \$7,500)
- B. Major Repairs or Renovation (up to \$60,000)
- C. Replacement Home or New Housing (for a modest home)
- D. Down Payment Assistance (up to \$75,000)

The application deadline will be **November 18th, 2022**, but it is important to collect the necessary documents and fill out the forms as early as possible. I am available to answer questions; you can e-mail me at Kerte@Chugachmiut.org or by calling 1-800-478-4155 and asking for Kert.



Realty News!

To the members of Chugachmiut:

Chugachmiut is happy to announce that Chugachmiut's Realty Department is up and running with two working in the Realty Department: **Jackie Medaris and Mel Lawrence.**

You can reach out with any questions you might have. Please take the time to update your contact information with the Chugachmiut Realty department. It is very important to notify Chugachmiut Realty with forms that are needed for probates, as all work that goes out of the Realty department must first have complete probate, which is very time-consuming if there is no will. Please request the **intake forms** from the Realty Department for those who want Alaska Legal Services to assist you with a Will. Realty will send out a form with a return address envelope to mail it back to after it is completed.

Dawn Randazzo was named a 2022-2023 Mellon Foundation Digital Knowledge Sharing Fellow

The American Philosophical Society Library & Museum is excited to announce that Dawn Randazzo, an assistant archivist at the Chugachmiut Heritage Preservation, has received the Mellon Foundation Digital Knowledge Sharing Fellowship at the American Philosophical Society Library & Museum. This fellowship seeks to fund and promote university- and community-based scholars working on digital projects that connect archives and Indigenous communities.

We look forward to working with Dawn and learning more about her research efforts. As the Society's Librarian Patrick Spero said, "We are thrilled to welcome a new class of fellows to the Library & Museum. Our fellows conduct cutting edge research in a wide range of fields, and every year they make new discoveries in our collections that change what we know about our past."

The American Philosophical Society (APS), the oldest learned society in the United States, was founded in 1743 by Benjamin Franklin for the purposes of "promoting useful knowledge." In the 21st century, it serves to advance knowledge and promote scholarship in the humanities and social, mathematical, life, and physical sciences. Members of the Society are elected from among the most eminent scholars and civic and cultural leaders in North America and abroad. More than 100 living APS Members are Nobel laureates.



Tammy Kvasnikoff and daughters Eugenia Eluska and Valentina Eluska attend the Chugach Corporation 50th Celebration in Anchorage, Alaska, this summer.



Chugach
HONORING THE PAST. NAVIGATING THE FUTURE.

50TH CELEBRATION
ANCHORAGE, ALASKA
AUGUST 27, 2022



Chugachmiut

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WE WANT TO HEAR FROM YOU!

Help promote us and the newsletter by helping to keep it relevant and up to date.

We want to share what's going on in your community.

Would you please share your upcoming events, Community-based programs, or how our programs have helped you?

To submit ideas, articles, stories, and/or pictures for use in the Nupuat, contact us:

 Facebook: [www. Facebook.com/ChugachmiutALUTIIQ/](https://www.facebook.com/ChugachmiutALUTIIQ/)

 Instagram: <https://www.instagram.com/chugachmiut/>

or by

Email: media@Chugachmiut.org

NUPUAT is a quarterly publication of **CHUGACHMIUT**, the tribal not-for-profit organization serving the Alaska Native peoples of the Chugach Region.

We welcome submissions from Tribal members, councils, and employees.

Please share your comments and suggestions:

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