

Chugachmiut

Serving the Native Peoples of the Chugach Region

Nupuat

Winter 2018

www.Chugachmiut.org

www.facebook.com/chugachmiutALUTIIQ

MyHealth: Your Portal to Wellness

Submitted by Kelley Baker, Health Services Director

What is MyHealth?

MyHealth is a health management tool provided by Cerner® and a way for patients to access some of their 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

You should not rely on MyHealth for full and complete access to your health record. If you need a copy of your complete medical record, contact your medical provider.

How do I sign up for MyHealth?

If you would like to sign up for a MyHealth account, please speak with clinic staff at your next appointment or self-enroll by visiting www.anmc.iqhealth.com/self-enroll/.

See MyHealth, *page 6*

If you are over 18, have your high school diploma or GED, want to make a positive impact on your community & are interested in a job in healthcare, Dental Health Aide Trainee (DHAT) might be the job for you!

Chugachmiut, in partnership with ANTHC, is seeking trainees for the 2-year DHAT training program through Ilisagvik College. Qualified students can earn a salary & benefits, in addition to a scholarship to cover tuition and room & board.



Chugachmiut is recruiting a DHAT Student

Chugachmiut, in partnership with Alaska Native Tribal Health Consortium (ANTHC) and Ilisagvik College, is recruiting for a Dental Health Aide Trainee (DHAT) student from the Chugach Region. What is a DHAT? DHAT's provide dental care and education under the supervision of a dentist after completing a 2 year training program.

DHAT students attend academic classes in Anchorage for the first year; the second year, students will attend classes and clinical training in Bethel. Students attend the program through sponsorship or scholarship.

If you are interested in an oral healthcare career, and would like to make a difference in your community, consider applying for this rewarding opportunity through Chugachmiut at www.chugachmiut.org.

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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: **Rosie Gordon**, Newsletter Editor, 1840 Bragaw Street, Suite 110 Anchorage, AK 99508-3463, (907) 562-4155, media@chugachmiut.org

Congratulations & Announcements

2018 Chugachmiut Holiday Closures	
January 1st	New Year's Day
January 15th	Martin Luther King Jr Day
February 19th	President's Day
March 23rd	Chenega Day
March 26th	Seward's Day
May 28th	Memorial Day
July 4th	Independence Day
September 3rd	Labor Day
November 12th	Veterans Day
November 22nd	Thanksgiving Day
November 23rd	Day After Thanksgiving
December 25th	Christmas

Follow our Facebook page for
up to date closure information
& timely announcements

**Congratulations to Nathan
Lojewski & Kert LaBelle on being
named "Employee(s) of the Year"**

**Chugachmiut Scholarship deadline
for Fall 2018/2019 is June 8th, 2018**

WANTED: Local community members to help health service division accomplish program's mission: Improve the health of individuals, families, and communities we serve.

A timeless lesson for a deeply fulfilling life is to discover your calling, that special work or consuming occupation that fully engages your special talents with your passion. — Robin Sharma

Are you interested in leveraging your talents and interests to help people lead happier, healthier and more productive lives?

If you are looking for an opportunity to work with a talented team of individuals transforming care in the community and leading the way toward excellence in customer service and clinical outcomes, this may be the career path for you.

Why local? You can provide culturally appropriate care in a community you know and understand. Local team members often develop close relationships within the healthcare support system which enables them to mediate between cultures for the benefit of their patients.

If you are interested in becoming a community health aid or dental health therapist student, please contact Sue Steward or Kelley Baker.

The things you are passionate about are not random, they are your calling.—Fabienne Fredrickson.

Congratulations
to Alyssa
Romanoff &
family on the birth
of her baby girl!

Congratulations to:
**Antone Ukatish, Nanwalek
Ephimia Moonin-Wilson, Port
Graham**

Brandon Moonin, Tatitlek
On their achievements in the
Kodiak College's Alutiq Language
Occupational Endorsement
Certificate program

Working Together Toward Strong School Readiness: Strengthening the Home School Connection

Submitted by Caroline Elie-Wolkoff, Head Start Coordinator

Chugachmiut Head Start intentionally focuses on the whole family and provides many opportunities throughout the year for parents to BE involved in the educational experience of their child. The successful relationship between home and school begins at enrollment and is an ongoing process between parent and teacher throughout the year. Before the first day of school begins parents are invited to an Orientation meeting to become familiar with the Head Start program. The connection between

home and school continues during the Parent/Teacher Conferences, held four times during the school year. As Parent and Teacher work together to help establish a strong connection between home and school these formal meetings are a great time to grow these important ties.

Besides the formal meetings our program provides other opportunities for parents to receive information and to connect as a group. Earlier this year we offered Parenting Classes which provid-



Family Literacy Night in Nanwalek

See School Readiness, page 6

CRRC Seeking Traditional Food Recipes

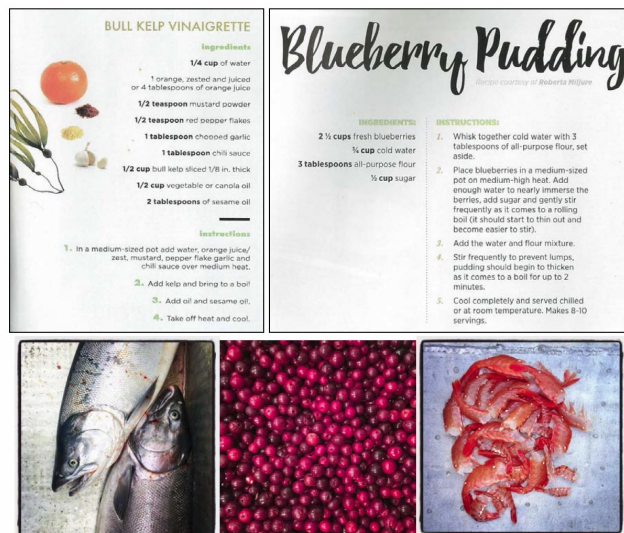
Submitted by Joseph Nyholm, Registered Dietician

Chugach Regional Resources Commission received a grant to produce a traditional foods recipe book for the Chugach region. But to make this happen, CRRC needs your help!

Send your traditional foods recipe to CRRC at 1840 Bragaw Street, Suite 200, Anchorage, Alaska 99508 or you can email them to salixak@gmail.com or drop them off at your local clinic. All participants will be entered to WIN A PRIZE! Be sure to

include on your recipes the name of your dish, your name, prep time, cook time, number of servings, ingredients and directions, or pick up a recipe card from Chugachmiut or CRRC.

The recipe doesn't have to be a traditional recipe, it just has to use traditional foods as part of the recipe, preferably a majority of the recipe. So share your tasty recipes and be featured in a fun cookbook.



Spirit of Youth Awards

By Rosie Gordon, Editor

We have some amazing youth in the region. We have had several Spirit of Youth nominees, recipients and runners-up in the last 2 years. We just wanted to take a moment to recognize these gifted young people, share their story and remind everyone that if you know a teen that is making a difference in their community you can nominate them for this award.

“Spirit of Youth is dedicated to creating, promoting and recognizing youth involvement in communities across Alaska.” There are 8 categories, they are: Humanitarian Award, Innovator Award, Life-Saver Award, Phoenix Award, Visionary Award, Dreamer Award, Role-Model Award, and Discovery Award. More information about the categories, can be found on the Spirit of Youth Website at www.spiritofyouth.org.

Congratulations to the following teens from the Chugach region on their accomplishments. We commend you and all you do for your community.

2016 Award Recipient

Cadence Wren Moffitt

Cadence has owned her own art business, Yang Wren Art, since she was 14. Last year she undertook a project where she researched, designed and created a

mosaic project for a local garden. She has participated in the Copper River Stewardship Program and helped in the design and creation of an interpretive sign for a bioswale project.

Home Town: Cordova

School District: Cordova School District

Award Category: Fine Arts

Listen to her radio story on the Spirit of Youth website and we'll share it to the Chugachmiut Facebook page.

2016 Nominee

Carrie Damian

Carrie Damian played a key role in creating a concept and storyline for a short film about the negative impacts of e-cigarettes on youth. The film aimed to prevent e-cigarettes from making their way Carrie's hometown of Nanwalek.

Home Town: Nanwalek

School District: Kenai Peninsula School District

Award Category: Service To Peers, Media & Technology

Listen to her radio story on the Spirit of Youth website and we'll share it to the Chugachmiut Facebook page.

Port Graham MS/HS Student Council

Port Graham Student Council put together fundraisers so their school could

Chugachmiut A Continually Improving Organization

Submitted by Kelly Baker, Health Services Division Director

Chugachmiut is a continually improving, performance based organization, as such, Health Service Division's quality focus for 2018 is implementation of the quality measures established by the Government Performance and Results Modernization Act (GPRA). These clinical care performance measures focus on care for patients with diabetes, cancer screenings, immunizations, behavioral health screenings and other prevention measures.

The care quality measures will place emphasis on setting priorities, cross organizational collaboration to achieve shared goals, and the use and analysis of goals and measures to improve outcomes. Quality goals have been established nationally and approved by the Alaska Tribal Health System.

In December 2018, focus measure has been on training staff to utilize the customized recommendations built within Cerner for each patient and administering depression screenings for those age 12 and over and providing follow-up referrals for those in need. November 2017 baseline depression screening measure started at 20.6%.

See Spirit of Youth, page 7

From the desk of a Germaphobe¹

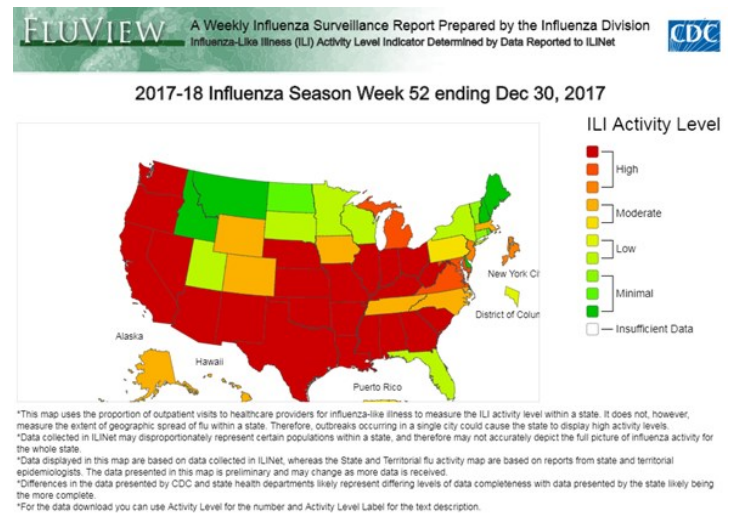
Submitted by Gary Teenor, Grants Administrator

In working with our tribes, Program Managers and others in the Chugachmiut grant processes, we often hand-off drafts and various and assorted documents for review by others so our grant proposals are as fine-tuned and fundable as possible. Luckily, this process is primarily done via digital transmission; approximately 98% of all exchanges are done through the computer. Computer viruses are kept at bay by our wonderful and efficient IT staff, who continually warns us, disinfects us and “vaccinates” us from these dangers. Ultimately it is up to us to adjust our behaviors with our computers.

Similar to virus infections on our computers, flu infections are on the rise and every bit as virulent. Our Health Services staff, similar to our IT staff, is fighting a sometimes losing battle with the flu. They cannot follow us around with sanitary wipes and Kleenex for our sneezes and runny noses, nor can they place force fields around us to protect us from the general population or even our family members. Again, it is ultimately up to us to provide protection for ourselves and our loved ones.

Many of us have impaired immune systems and don't “get over” these bugs as quickly as we used to (think getting old). When I get sick, it lasts for weeks, sometimes months. If someone I work with makes me sick, believe me, I hold grudges longer than it takes to get over the sickness I've been exposed to. I am not a happy patient, just ask my wife. The Flu Map below gives us an idea as to how invasive and prevalent this virus is. You can access a larger map of this by following this link from the CDC: <https://www.cdc.gov/flu/weekly/index.htm#ILIMap>

Just like a computer virus, if we don't protect ourselves, don't allow unwanted visitors or people we interact with to infect us, we will all get through this season much healthier than not. We also all understand that when we have deadlines at work or have exhausted our leave time for one reason or another, we still have to come into work. If this is the case, then close your door (placing a sign warning others of imminent danger on your door always helps), use your telephone to communicate with others, that's what they're for, wash your hands often, (try to think of the last time you saw a raccoon with the flu, they're always washing their hands), cover your mouth when you sneeze or cough and try my exercise regimen during flu season, run like the devil is chasing you when someone in a store aisle sneezes or coughs. Studies show sneezes and coughs can carry up to 19 to 26 feet; think about this, how fast can you run? Flu virus can live on a hard sur-



See Cold & Flu Season, *page 6*



Alaska Native Studies

UNIVERSITY of ALASKA ANCHORAGE

PRESS RELEASE

October 30, 2017

The Office of the Interim Associate Vice Chancellor for Alaska Natives/Diversity and the Alaska Native Studies Program at the University of Alaska Anchorage have created a QUALTRICS Survey to get a baseline assessment of how Alaska Native students feel about UAA.

The purpose of this survey to assess

how well UAA is serving our Alaska Native students – past, present and future, and how we can improve, and implement new approaches.

UAA graduates between 180-260 Alaska Native students each academic year with a variety of degrees (Certificates, AA, BA, BFA, MA, MFA, and PhDs)

UAA has over 2,000 Alaska Native and American Indian students at our main campus in Anchorage, and at our community campuses in Kenai, Mat-Su, and

Kodiak.

The QUALTRICS Survey is anonymous and in order to get a broad array of participants, we encourage you to go to this on-line link to take the survey and also share the survey with others. We have a QR code included in this Press Release as well.



http://uaa.co1.qualtrics.com/jfe/form/SV_20uvacglaWqiLBj

For more information please contact the Alaska Native Studies Program at UAA at 907-786-6135 or visit <http://www.uaa.alaska.edu/native>

Heritage Program Update

Submitted by Cassandra Stevenson, Administrative Program Manager

Sugt'stun Graduation

Sugt'stun fluency continues to grow in the Region. Under the guidance of Master Speaker, Rhoda Moonin, our Sugt'stun teachers are instructing the next generations within five of the Region's communities. While increasing Sugt'stun among K-12 students, our teachers have also been earning college credit towards an Occupational Endorsement Certificate (OEC) in Alutiiq. This is a huge milestone as they continue on their paths to become Master Speakers.



Antone Ukatish being congratulated by the Board



Mark Hiratsuka and Antone Ukatish

This last fall the Heritage Preservation Program had two language teachers complete the OEC requirements. The program is happy to announce that another Sugt'stun teacher, Antone Ukatish from Nanwalek, has completed his Alutiiq Studies. His achievements were celebrated at Chugachmiut on December 14, 2017. Program Director, Helen Morris, and Program Manager, Mark Hiratsuka, presented Antone's accomplishments to the Board. To see more on the graduation, visit our Facebook page at: <https://www.facebook.com/ChugachmiutHeritage/>

Heritage Kits In the Community

Our LEC, Nick Jordan presented to the first and second graders of Seward Elementary and preschoolers of Big Bay



Nick Jordan presenting to Seward Elementary

Child Development Center. The students learned about the local tribe, shared Sugt'stun vocabulary words, and explored items from Chugachmiut's Heritage Kits, Trade & Change and Traditional Transportation, along with items from the Qutekcak Native Tribe's collection. Students practiced paddling a Qayaq. Then they imagined sewing furs and gut skin for clothing, using

stone adz to split trees, and much more. The preschool students were able to dress up in traditional clothing using the Virtual Wardrobe kit. Both students and parents asked many questions about our Chugach Region and all the amazing resources that have sustained the Sugt'stun and Eyak for centuries.

LEC Quarterly Meeting

The holidays were kicked off with Elders visiting from around the Region to give feedback on the new Heritage Kits that will be web based. The team plans to add virtual tours of the Chugachmiut's communities that comprise of video interviews, 3D artifacts, and geography of the areas. From this the LECS will build lesson prompts for each grade level. We are in the very beginning stages, so any information to help us build these new kits would be appreciated. If you have any information to share, feel free to contact the corresponding LEC:



LECs and Elders collaborating on the new Kits

Climate Change:

NancyY@Chugachmiut.org 907-281-2272

Traditional Houses, Shelters, and Place Names:

TimM@Chugachmiut.org 907-284-2227

Honoring Eyak:

DarrelO@Chugachmiut.org 907-424-7777

Watersheds:

NicholasJ@Chugachmiut.org 907-224-3118 ext. 5

New Additions to the Program

More cheer was brought to the LEC Quarterly Meeting with the introduction of Exenia and Cecil, dolls wearing traditional attire representative of the Region. These superb pieces were re-



Exenia & Cecil; made by Mary Babic for the Clothing Kit

searched and crafted by Mary Babic of Cordova and are part of revisions made to the Clothing Kit. The craftsmanship that goes into making traditional parkas is a symbol of respect for the animals that cloth us.

The girl puppet, Exenia, is shown wearing her best parka, made from sea otter fur with accents of red cloth and ermine. Her mittens are made of seal skin and sea otter trim. She also wears a beaded headdress, earrings, and tattoos. These tattoos signify a change in one's life or one's wealth or status in the village.

See Heritage Update, page 7

MyHealth, *continued from front page***When should I use secure messaging?**

Do not use secure messaging for urgent matters. Normal turnaround time is one business day. Secure messaging is your tool for conveniently communicating with your health care professionals.

Secure messaging is for routine health related inquiries only. If you require immediate assistance or are experiencing a medical emergency, please use the emergency system created for your community.

Please call your health care provider instead of using secure messaging if: You need a prescription filled today. You need to cancel an appointment scheduled for today. You need to see a provider today.

Any messages received after business hours, on holidays, or during week-ends will be responded to the next business day.

If you have questions about MyHealth, speak with the front desk staff of your medical provider at your next appointment.

School Readiness, *continued from page 2*

ed a great opportunity for parents to connect share and support one another in their most important role as a parent! These classes were held in October and November and with the support of parents will be an ongoing opportunity for interested parents. Thanks to Elizabeth (Beth) Benson for her Leadership of the classes and to all the parents who participated—what a great way to enhance your parenting skills!

Just because the Parenting classes are over does not mean Parents have missed the opportunity to meet. Since November we have begun offering Parent Lunch & Learns; they are a time to have lunch and learn about a topic that parents have identified as an interest. During one of our sessions parents who attended were given info on how to Reinforce Positive Behavior and during the upcoming January sessions, Alivia Erickson, PHN will provide Healthy Nutrition info for parents! Other

ways to be involved in your child's education, how about sharing your talents and time in the classroom as a volunteer—your child will be proud to share their school day with you! Still other ways to participate are to attend Father Involvement and Literacy Events and these are just a few ideas to BE involved in the Head Start Experience.

Head Start begins with the child but serves the whole family and we look forward to the continued process of building a strong connection between Home and School. The foundation of this connection values and encourages families to BE involved in the education of their child! We appreciate you and believe Head Start is an Experience that is unique to each parent/child and is enriched by

parent's connection to their child's school. We continue to celebrate Families after all parents are the first and foremost Teacher's and when we come together to build a Strong School Readiness Program!



Family Literacy Night in Nanwalek

Cold & Flu, *continued from page 4*

face and be contagious up to 24 hours versus if using a tissue when coughing and sneezing- virus can live only for 15 minutes.

Speaking of office surfaces and most contagious places:

WebMD recently reported the 6 dirtiest places in your office. The study researchers swabbed some 4,800 surfaces in office buildings housing some 3,000 employees. Office types included manufacturing facilities, law firms, insurance companies, health care companies, and call centers.

- 1) break room sink-faucet handles
- 2) microwave door handles
- 3) keyboards
- 4) refrigerator door handles
- 5) water fountain buttons
- 6) vending machine buttons

According to ANMC epidemiology's latest mortality statistics- flu is the 10th leading cause of death in Alaska. Specifically for Alaska Natives, more males than females have died from the flu.

Most importantly, clinics and pharmacies are stocked with this year's flu vaccine and we recommend everyone get one. You can't get the flu from the vaccine but you can help protect yourself and others from getting the flu as well as help prevent death. You can become infected with the flu at least 24 hours before you start feeling the symptoms.

Another good source of information from the CDC may be found at: <https://www.cdc.gov/flu/about/season/flu-season-2017-2018.htm>

So please think of yourself, your families, and co-workers during this season, and please, don't be offended if I run from you in the halls at work or aisles of grocery stores or greet you with a mask on and sanitary wipes in hand, I'm just trying to be safe, for your sake and mine.

¹germ·o·phobe 'jərmə, fəb/

noun: germaphobe

a person with an extreme fear of germs and an obsession with cleanliness.

"I'm not a germaphobe, but everyone knows that hotel remote controls are never cleaned and are probably filthy"

Heritage Update, continued from page 5

The boy puppet, Cecil, is in a rain parka that is traditionally made from intestines with a waterproof stitch to keep the individual dry, especially when hunting on the ocean. His mittens are salmon skin sewn with the waterproof stitch. His bentwood hunting visor is decorated with ivory, sea lion whiskers, beads, and feathers. These decorations are representative of the hunter's success. The nose and ear ornaments portray one's wealth, and the labrets indicate social status and village affiliations.

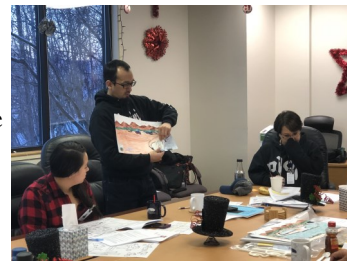


Ephimia Moonin-Wilson running through a lesson on birds

Language Meeting

Our Language team met at the end of December for their Quarterly Conference. Elders, Jean Huntsman and Nick Moonin, assisted the

teachers with new words for the classroom. While working hard on curriculum reviews, the labor was broken up with fun moments of hands-on projects. The team explored the extensive Sugt'stun materials in Anchorage that can be incorporated in the schools. Then they tried out a Sugt'stun lesson which involved cooking moose soup. Before heading home, the teachers presented their final projects from the semester to include: a lesson on making Akutaq, a performance in Sugt'stun while drumming, and a translation of Three Billy Goats Gruff into Sugt'stun.



Brandon Moonin practicing Sugt'stun words about daily activities



Nick Moonin & Jean Huntsman helping the teachers with moose soup

Spirit of Youth, continued from page 3

have art classes. Middle and high school students lead the younger students in bi-monthly art projects, which creates strong relationships within the community.

Home Town: Port Graham

School District: Kenai Peninsula Borough School District

Award Category: Service To Community, Service To Children

Runner-up for 2017

Port Graham High School – Port Graham

8th through 12th grade students in Port Graham spearheaded a project to raise rabbits that would eventually be used for skin-sewing and tanning hides. The students were involved in the process from beginning to end and used hands-

on experience to build scientific and traditional skills. The rabbits were raised and treated with the utmost care and respect.

Award Category: Discovery

2017 Nominee

Verina (Rina) Ukatish

Rina is a role model and a strong, quiet leader in school, extra-curricular activities, the community, and at home. She has worked in many youth and community programs including the Nanwalek Summer Youth Program, the Kenatize Tribe Workforce Intern Program at their Head Start Program, many Project GRAD sponsored activities including Summer College Institute, Career Institute, and Leadership Institute. She has been active in Kenai Peninsula Native

Youth Leadership Program and served as the Nanwalek KPNYL Student Advisor Assistant and one of their representatives at the Alaska Federation of Natives Conference in 2016. She also attended the UNITY National Native Youth Leadership conference in Oklahoma through KPNYL, a gathering of two thousand native youth and leaders.

Home Town: Nanwalek

School District: Kenai Peninsula Borough School District

Award Category: Humanitarian, Role Model

If you know a youth that you'd like to nominate for this award, you can find the nomination form on their website at www.spiritofyouth.org

CHUGACHMIUT BOARD OF DIRECTORS

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Larry Evanoff, *Vice Chair*
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James Ujioka, *Secretary*
Valdez

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Arne Hatch, *Director*
Qutekcak Native Tribe
Council: (907) 224-3118

Ricky Kompkoff, *Director*
Tatitlek

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CHUGACHMIUT

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Contact Numbers

Chugachmiut, Anchorage
(907) 562-4155 or 1-800-478-4155

**Health Services Division, Seward
(Northstar Health Clinic)**
(907) 224-3490 or 1-800-224-3076

Homer Field Office
(907) 226-2006

Chugachmiut Crisis Line
(907) 891-0444 or 1-844-0444

**Arch Priest Nicholas Kompkoff
Clinic, Chenega Bay**
(907) 573-5129

**Ilanka Community Health Center,
Cordova**
(907) 424-3622

**Kachemak Bay Domestic Violence
Tribal Advocate**
1-877-907-8738

Nanwalek Clinic
(907) 281-2250 or (907) 281-2251

**Anesia Anahonak Moonin Clinic, Port
Graham**
(907) 284-2241 or (907) 284-2295

Northstar Health Clinic, Seward
(907) 224-3490 or 1-800-224-3076

Tatitlek Clinic
(907) 325-2234 or (907) 325-2235

Alaska Native Health Consortium
(907) 729-1900

Alaska Quitline
1-800-784-8669

Careline Crisis Intervention
1-877-266-4357

Chugach Alaska Corporation
(907) 563-8866 or 1-800-858-2768

**Chugach Regional Resources
Commission**
(907) 224-5181 or (907) 562-4155

**Domestic Violence & Sexual Assault
Referral Hotline**
1-877-907-8738

North Pacific Rim Housing Authority
(907) 562-1444 or 1-800-274-1444

Chugachmiut is the tribal consortium created to promote self-determination to the seven Native communities of the Chugach Region. We provide health and social services, education and training, and technical assistance to the Chugach Native people in a way which is acceptable to Native cultural values and tradition in order to enhance the well-being of our people by continuing to strengthen the tribes and increase self-determination opportunities for community operated tribal programs.