

# Nupuat

A quarterly publication of Chugachmiut, the tribal not-for-profit organization serving the Alaska Native peoples of the Chugach Region.



# Chugachmiut

Spring 2025 Edition

*Chugach Region Language Summit*, page 8



Elders, youth and language bearers joined the Summit. Photo by Kerry Tasker.

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# Explore Career and Itinerant Opportunities

Chugachmiut is a rapidly growing Tribal consortium and 501(c)(3) non-profit agency created to promote self-determination to the seven Native communities of the Chugach Region. We are seeking highly motivated, talented candidates to join us on our journey to excellence. At Chugachmiut, you not only start a job but a career that truly makes a difference in the lives of others. We offer robust benefits to full-time employees. Chugachmiut has a hiring preference for qualified Alaska Native and American Indian applicants under P.L. 93-638 Indian Self-Determination Act. Please contact us [employment@chugachmiut.org](mailto:employment@chugachmiut.org), (907) 562-4155, or (800) 478-4155 (toll-free) with any questions.

## Anchorage

Accounting Technician  
Behavioral Health Clinician  
Domestic Violence Regional Coordinator  
Elder & Vulnerable Adults Coordinator  
Grants Administrator  
Human Resources Director  
Project Accountant  
Recruiter  
Senior Staff Accountant  
Staff Accountant  
Tribal Vocational Rehabilitation Coordinator

## Chenega

CHA Trainee  
CHA Trainee, CHA-I, CHA-II, CHA-III, CHA-IV or CHP  
Health Administrative Assistant  
Health Administrative Assistant Itinerant

## Nanwalek

Head Start Teacher Substitute Aide/  
Cook/Janitor  
Health Administrative Assistant Itinerant  
Vehicle Service Specialist  
Village Public Safety Officer

## Port Graham

CHA Trainee, CHA-I, CHA-II, CHA-III, CHA-IV or CHP  
Head Start Teacher Substitute Aide/  
Cook/Janitor  
Health Administrative Assistant Itinerant  
Vehicle Service Specialist  
Village Public Safety Officer

## Seward

Behavioral Health Clinician  
Dental Assistant  
Dental Hygienist  
Dental Hygienist Itinerant  
Dental Practice Manager  
Dentist  
Inventory Support Specialist  
Medical Director

## Tatitlek

CHA Trainee  
CHA Trainee, CHA-I, CHA-II, CHA-III, CHA-IV or CHP  
Health Administrative Assistant Itinerant  
Vehicle Service Specialist  
Village Public Safety Officer

## Any Regional Location

Advanced Practice Provider Itinerant  
Behavioral Health Clinician  
Community Health Aide III, IV or Practitioner Itinerant  
Dentist Itinerant  
Domestic Violence Tribal Advocate  
EMS Training Officer

## Flexible or Other Location(s)

Community & Family Services Division Director (Anchorage or Seward)  
Electronic Health Record Trainer (Anchorage or Seward)  
Tribal Home Visiting Family Visitor (Cordova)  
Tribal Home Visiting Family Visitor (Valdez)  
Wildland Fire and Fuels Intern (Anchorage or Kenai)



Scan the QR code for link

## Join the 2025 Fire Crew In Kenai!

Assistant Module Leader - Denali Suppression Module  
FFT2 Crewmember - Denali Suppression Module  
Squad Boss - Denali Suppression Module  
Assistant Superintendent - Yukon Fire Crew  
FFT2 Crewmember - Yukon Fire Crew  
FFT1 Squad Boss - Yukon Fire Crew  
Superintendent - Yukon Fire Crew



2024 Fire Crews. Photo courtesy of Neil Charlie.

**APPLY NOW**

[www.vscyberhosting.com/Chugachmiut](http://www.vscyberhosting.com/Chugachmiut)



# Legacy of Chief Patrick N. Norman

We were deeply saddened by the loss of Chief Patrick Norman of Paluwik (Port Graham), who passed away on New Year's Day. Chief Norman's lifelong dedication to the Alaska Native community, his steadfast leadership as Chief of the Port Graham Village Council, and his tireless efforts to preserve and protect the culture, traditions, and resources of the Chugach region have left a lasting legacy. He served as a primary board member for Chugachmiut in 1986 and 1987, representing the Native Village of Port Graham, and we are grateful for his long-time service as an alternate board member. We extend our heartfelt condolences to his loving wife, Fran, his family, his loved ones, and the communities he served. The example of sound, dedicated, and selfless leadership he left in his stead will continue to inspire generations to come. We know his loss is deeply felt throughout the region and the state.

## Patrick N. Norman Obituary

Patrick N. Norman, 67, a beloved husband, father, uppa, unga, and esteemed leader in the Chugach Region of Alaska, passed away surrounded by his family on January 1, 2025, in Anchorage, Alaska. Patrick was born in Homer, Alaska to Marvin Norman and Dorothy (Norman) Moonin. He lived a life dedicated to his family and the Alaska Native community. He is survived by his devoted wife Francis Norman; children Tasha McPherson (Jose), Vanessa Norman and Storman Norman (Hanna); grandchildren Dominik Norman, Isaiah McPherson, Storman P. Norman, and Aria Norman (Storman and Aria's mom, Nathania Norman); siblings Marlene "Girlie" Norman, Wayne Norman, Martin Norman, and Randy Norman; and many extended family members. He was preceded in death by his parents Marvin Norman and Dorothy Moonin; stepfather John Moonin; grandson Jordin McPherson; and brother Gordon Norman.



Patrick grew up in Port Graham, Alaska and served the Native Village of Port Graham for over four decades with the last 23 years as the Tribal Chief ("Tuyuq"). This was alongside a tenure on various boards including the Port Graham Corporation, Chugachmiut, Chugach Regional Resources Commission (40 years), and North Pacific Rim Housing Authority Board (34 years). His commitment extended beyond the Chugach Region through his active participation on the Alaska Federation of Natives Board of Directors and the Alaska Sea Otter & Steller Sea Lion Commission. Patrick was known as a fierce advocate for subsistence hunting and fishing rights, and in 2024, he was awarded the Alaska Federation of Native's "Katie John Hunter-Fisher Award" for his dedication to preserving and protecting Alaska Native subsistence rights.

Patrick's love for his community was matched only by his passion for fishing—he was a commercial salmon and crab fisherman as a young man, and he later found joy in watching the show, "Deadliest Catch." Hunting and fishing were activities he deeply cherished and shared with his children and grandchildren. Many wonderful days were spent together on the Port Graham Bay where they would explore the beaches at low tide or fish side-by-side while sharing stories that will forever echo in their hearts. He took great pride in keeping Francis busy with processing their catches at home for their family. This was a testament to their decades of teamwork and as partners in life.

As we remember Patrick today, and always, we celebrate not just what he accomplished but also how profoundly he loved those around him. He fiercely protected our traditions while imparting future generations with wisdom originating from those that came before him and from his experiences rooted within this land we call home. His legacy extends beyond all of his professional achievements and the titles he held—it lies within every heart he touched with kindness throughout his life.

The funeral service was held in Port Graham at the Church of the First Born on January 9, 2025. A memorial gathering was held in Anchorage, Alaska on February 1, 2025. Pallbearers: Storman W. Norman, Storman P. Norman, Dominik Norman, Isaiah McPherson, Wayne Norman, Martin Norman, and Randy Norman.

# Grants Highlights

The Grant Department of Chugachmiut produces a weekly **Money Monday Newsletter**, highlighting funding opportunities. This newsletter offers a comprehensive overview of the latest grants available in health, community infrastructure, natural resources, language, culture, and preservation. To access the newsletter, visit [www.chugachmiut.org](http://www.chugachmiut.org) or check out our Facebook page. To receive a copy of the Money Monday newsletter right to your inbox, contact us at [grants@chugachmiut.org](mailto:grants@chugachmiut.org) or 907-562-4155. Quyanaa!



## Education Innovation and Research (EIR) Grant Award Announcement

Chugachmiut's Education Department received a \$5.8 million Education Innovation and Research grant from the U.S. Department of Education. This five-year grant will support the Chugach Identity Project, benefiting Alaska Native high school students in grades 9-12. The project will foster resilience and cultural identity through social-emotional learning, serving 75 students in rural schools, including Nanwalek and the Qutekcak Native Tribe in Seward, Alaska. The curriculum will incorporate Sugpiaq and Eyak traditions, and materials will be made publicly available to promote educational innovation and equity.

Read more at [www.chugachmiut.org/eir-grant-award-announcement](http://www.chugachmiut.org/eir-grant-award-announcement).

## Chugachmiut Receives Bureau of Indian Affairs Tribal Climate Resiliency Grant

Chugachmiut was awarded a \$249,636 grant from the Bureau of Indian Affairs to create a Tribal Climate Justice Commission. This commission, led by Chugach tribal leadership, will integrate Traditional Ecological Knowledge (TEK) with climate science to address climate challenges. Elders will be key advisors, and the commission will collaborate with partners to advance climate education efforts.

Read more at [www.chugachmiut.org/chugachmiut-receives-bureau-of-indian-affairs-tribal-climate-resiliency-grant](http://www.chugachmiut.org/chugachmiut-receives-bureau-of-indian-affairs-tribal-climate-resiliency-grant).

# Housing Improvement Program (HIP)

HIP is a home repair, renovation, and replacement program for a modest home and down payment assistance for purchasing a new home grant program administered by the BIA for American Indian and Alaska Native individuals and families who have no immediate resource for standard housing. Priority is given to disadvantaged individuals, including the elderly, disabled, low-income families with dependent children, veterans, and those living in overcrowded or unsafe conditions. Income cannot exceed 150% of the U.S. Department of Health and Human Services Poverty Guidelines.

Apply at: [www.chugachmiut.org/capacity-building/land-use-planning](http://www.chugachmiut.org/capacity-building/land-use-planning).

For more info, visit the link above or contact **Georgina Sumstad**, Executive Assistant, at [georgina@chugachmiut.org](mailto:georgina@chugachmiut.org). The deadline for applications for the current year is November 4, 2025. Don't miss this opportunity; apply today!



# VPSO Program

We are proud to unveil the new VPSO patch, designed by Gail Evanoff of Chenega! Gail's artwork beautifully reflects Sugpiaq heritage and the strength of our communities. Quyanaa, Gail, for your incredible design!



The Village Public Safety Officer (VPSO) program is crucial in providing public safety services in rural Alaska. VPSOs enforce local ordinances and state laws while supporting law enforcement, fire prevention, search and rescue, and emergency medical response. They also work closely with local village councils and the Alaska State Troopers to enhance community safety.

The VPSO program remains a vital lifeline for rural Alaskan communities. It ensures safety, swift emergency response, and a stronger connection between residents and law enforcement. Quyanaa and AwA'ahdah for their service. Meet our team at right!



Leonard Wallner



Ken Parker



Matthew Will

Want to become a VPSO? See page two for details.

The Village Public Safety Officer (VPSO) program was established in 1979 to improve public safety in rural Alaska. VPSOs help reduce emergency response times and provide a consistent public safety presence in remote communities. Their mission is to partner with rural Alaskans to improve safety and quality of life. VPSOs are dedicated public safety professionals who provide community policing, fire prevention education and fire protection, public safety education, law enforcement and crime prevention, emergency medical services, and search and rescue coordination. Many VPSOs serve communities with little or no other public safety services and are often the first responders to emergencies. In June 2024, Regional Public Safety Officers (RPSOs) were introduced. There are currently three RPSOs in Alaska, with two based in Southeast Alaska.

The VPSO program partners with several organizations to enhance public safety in rural Alaska, including the Aleutian Pribilof Islands Association, Association of Village Council Presidents, Bristol Bay Native Association, Central Council Tlingit & Haida Indian Tribes of Alaska, Chugachmiut, Copper River Native Association, Kawerak, Inc., Kodiak Area Native Association, Northwest Arctic Borough, and Tanana Chiefs Conference.

*Information provided by the Alaska Department of Public Safety.*

## By the Numbers





# Chugachmiut Realty Department Services

Cama'i! Here are some updates from the Realty Department. We kindly request that you provide as much detail as possible when requesting services, including **your most recent mailing address and a working phone number. Without an updated mailing address or phone number, any transaction you are looking to pursue will be significantly slowed.** To update your contact information, please email Realty Specialist **Shane Logue** at [ShaneL@chugachmiut.org](mailto:ShaneL@chugachmiut.org) or call (907) 334-0167.

## Vietnam Veterans

The Vietnam Veterans land selection, also known as the Dingell Act, has a deadline of **December 29, 2025**. If you know of any Veterans who missed out on their rightful land selection, please contact Shane, who can assist and answer questions about eligibility, at [ShaneL@chugachmiut.org](mailto:ShaneL@chugachmiut.org) or (907) 334-0167.

## General

In line with the Bureau of Indian Affairs (BIA) regulations, all Native Allotment and Townsite Lot transactions **must go through Chugachmiut's Realty Department**. BIA will not approve any transaction that is not submitted through the Chugachmiut Realty Department. An **unapproved transaction** will create a title issue, which may cause problems for future transactions. If you are unsure, please reach out to us for guidance.

The Chugachmiut Realty Department can help you with the following:

- Probate
- Gift Deeds
- Negotiated Sale
- Trespass
- Lease
- Revocable Use Permit (RUP)
- Invalid Conveyances

## What You Can and Cannot Do With Your Native Allotment

Can	Cannot
Reach out to Chugachmiut to submit a Will	Include your land in a Quitclaim Deed
Reach out to Chugachmiut to swap or sell your land	Swap or sell land without going through Chugachmiut
Reach out to Chugachmiut to Partition or Subdivide your land	Partition or Subdivide land without going through Chugachmiut
Come to an agreement with your fellow landowners on how to proceed with a transaction	Do any transaction with your land without the consent of all landowners

Transactions involving Chugachmiut (land sales, trespass agreements, leases, etc.) require careful review and may take a **minimum** of 18 months to complete, sometimes longer. We appreciate your patience as we work through this process to ensure everything is handled properly.

We look forward to assisting you with your realty needs. Quyanaa and Awa'ahdah!

## For any inquiries or assistance, please feel free to contact:

Chugachmiut Realty Department  
1840 Bragaw Street, Suite 110  
Anchorage, Alaska 99508-3463  
Phone: (907) 562-4155  
Toll-Free: (800) 478-4155  
Email: [realty@chugachmiut.org](mailto:realty@chugachmiut.org)

# Scholarship Opportunities and Vocational Support

Chugachmiut offers funding to eligible participants pursuing education at accredited institutions. The number of qualified applicants determines scholarship awards. The application deadline for the fall scholarship is June 30, 2025.

Apply at <https://www.chugachmiut.org/higher-education-scholarship/>.

## To qualify, applicants must:

- Be 17 years or older
- Have a high school diploma or GED
- Be enrolled in one of the Chugach Region's Tribes (Chenega, Seward, Tatitlek, Nanwalek, or Port Graham)

## Chugachmiut Higher Education Scholarship



## REAL ID Deadline Approaches

The deadline for REAL IDs for domestic travel is **May 7, 2025**. The process is similar to Alaska's current driver's license/ID card application process but with added requirements.

All applicants for a compliant card, including current Alaska card holders, must apply in person and provide DMV with source documentation, even if it was previously submitted:

- Proof of U.S. Citizenship, Permanent Residency, or other Lawful Status
- Proof of Name Change (if applicable)
- 2 Documents Verifying Alaska Residency
- Social Security Number (SSN). If you do not have an SSN, provide a letter of ineligibility for an SSN from the Social Security Administration

Learn more from the State of Alaska DMV: <https://dmv.alaska.gov/credential-services/realidupdate/>.

ARE YOU  
**REAL ID**  
READY?

GET YOUR REAL ID BY  
**MAY 7, 2025**

FIND OUT HOW AT  
**TSA.GOV/REAL-ID**  
OR AT YOUR LOCAL DMV

# Chugach Region Language Summit

The Chugachmiut Heritage Preservation Program and the Chugachmiut Department of Education hosted the two-day Chugach Region Language Summit in February. Our theme was “Our Languages, Our Legacies.” Over 45 language bearers, learners, and teachers of Sugt’stun, Eyak, and Yugtun attended, along with approximately 15 students and their chaperones from the region.

The summit featured cultural activities, Elder words of wisdom, song workshops followed by presentations, the University of Alaska Fairbanks place-based curriculum, a “word of the day” segment, addresses from leadership, a storytelling-based learning workshop, and more. We also documented the event through video interviews and photographs. Additionally, we hosted separate Elder and youth panel discussions.

Attendees approved a Language Strategic Plan drafted last year to guide our efforts moving forward. This work will foster collaboration across generations, enhance engagement among adult and youth language learners, and create sustainable language resources for years.

Following the summit, we conducted a recording session with a smaller group of Elders, who retold oral histories from a written collection of Port Graham stories. The Elders spent a day reading the stories alongside language speakers **Ephimia Apamia Kvasnikoff**, **Brandon Moonin**, and **Angelina Kalunka Roehl**, who are trained in reading written Sugt’stun. These interviews will eventually be shared on our archive site at [www.chugachmiut.whirlhost.com](http://www.chugachmiut.whirlhost.com).



Photos by Kerry Tasker.



# Chugach Region Language Summit



Photos by Kerry Tasker.



Photos by Angela Gonzalez

# Health Services Division News

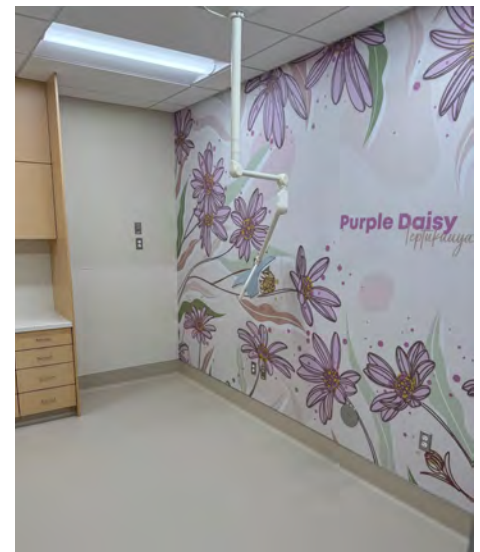
This quarter, we have been focusing on recruitment to fill position vacancies. We have conducted many interviews and extended offers to applicants in anticipation of filling needed positions to ensure service coverage and delivery throughout the region.

## We welcomed the following team members:

- **Aaron Julien**, Pharmacist (Seward/Region)
- **Becky Cook**, Health Administrative Assistant (Seward)
- **Charles (Cooper) Harris**, Building Custodian (Seward)
- **Gerefe Johnson**, Medical Billing Specialist (Anchorage)
- **Harry “Tripp” LaBrake**, Facility Manager (Seward)
- **Lavenya (Toula) Hetrick**, CHA Trainee (Port Graham)
- **Lucy Bragg**, CHAP Director (Anchorage/Region)

## Chugachmiut Regional Health Center Progress

Construction is almost complete in Seward. The opening date is April 1, 2025, and we can't wait to welcome you to the new Chugachmiut Regional Health Center! Thank you for your patience as we transition to our new space.



## Community Health Aide Updates

Congratulations to our Community Health Aides who have recently earned certifications and reached significant training and professional growth milestones.

- **Kelly Yeaton**, CHA-IV, from Nanwalek, attended blended Session IV training at the ANTHC training center, worked on her post-session learning needs, and obtained her temporary CHA-IV certification.
- **Tania Romanoff**, CHA-III, from Nanwalek, completed her Session III PSLN and is now certified as a CHA/III. She will attend Session IV at ANTHC from 3/16 to 4/12.
- **Nicholi Ukatish-Gahimer**, CHA-I, from Nanwalek, is attending the face-to-face portion of Blended Session II training at ANTHC. Once he completes it, he will begin working on his post-session learning needs and skills to be eligible for CHA-II certification. Once certified, he can take primary on-call duties.
- **Charlemagne McMullen**, CHA/IV Itinerant, from Port Graham, obtained her reentry certification and is now a CHA/IV. Now that she is recertified, she will provide itinerant coverage primarily in Port Graham.

Interested in becoming a CHA? See page two to learn more about this rewarding career!



# Health Services Division News

## Health Education

Moving forward, we will link clinical quality measures with the health observance recognition months to provide training, education, and resources for staff and community members to increase health education and awareness throughout the region. **Clinical quality measures** are standard benchmarks used by us and most of the Alaska Tribal Health System to track and improve the prevention and management of chronic conditions, like diabetes, in our communities.

## April

Our clinical quality measure focus in April is Patients Prescribed Any Opioid. This measure tracks the percentage of the population prescribed opioids. We are currently meeting 1/5 measures. To address risks associated with prescription opioid medications, guidelines recommend lower doses, shorter durations of use, and the avoidance of concurrent sedatives. Monitoring opioid-prescribing practices is critical for assessing guideline impact, comparing populations, and targeting interventions to reduce risks. If you have any questions about opioid prescriptions or mental health, talk to your healthcare professional. They can help you find the best care options for your needs.

Title	Status	Improvement Direction	Measured Ratio	Target ratio	Variance
Any Opioid	Above Target	< Lower	10.69%	10%	0.69%
Chronic Opioids	Above Target	< Lower	19.54%	18%	1.54%
High Dose 50MME/day Opioids	Target Met	Lower	11.76%	17%	5.24%
High Dose 90MME/day Opioids	Above Target	< Lower	5.88%	3%	2.88%
Chronic Opioids and Sedatives	Above Target	< Lower	17.65%	8%	9.65%

## May: American Stroke Month & National Physical Fitness and Sports Month

This month, we're focusing on BMI screenings, follow-ups, and weight counseling for kids, teens, and adults. Body Mass Index (BMI) measures body fat based on height and weight. It helps identify if someone is underweight, at a healthy weight, overweight, or obese. We track the percentage of patients aged 18 and older who have a documented BMI during a visit or within the measurement period. If their BMI is outside the normal range, we ensure a follow-up plan is in place. We measured the percentage of patients aged 3-17 who had an outpatient visit with a primary care provider (PCP) and had their height, weight, and BMI recorded. We also track how many received counseling on nutrition and physical activity.

Right now, our clinical quality measure has room for improvement – neither measure is meeting our target goal. Since obesity can have serious and lasting effects on health and well-being, early screening and intervention are essential for preventing long-term health issues and promoting healthier lifestyles. If you have questions about BMI, nutrition, or healthy habits, talk to your healthcare provider or reach out to our dietitian. They can help you find the best options for your needs.

May is  
**AMERICAN STROKE MONTH**

We're proud to follow the American Heart Association\* and American Stroke Association\* guidelines for stroke care.

Take a moment to review this information. Share with your friends and family to better respond to and prevent strokes.

American Heart Association.

**8 key measures for improving and maintaining cardiovascular health**

Better cardiovascular health helps lower the risk of stroke and other major health problems.

Life's Essential 8

**Eat Better  
Be More Active  
Quit Tobacco  
Get Healthy Sleep  
Manage Weight  
Control Cholesterol  
Manage Blood Sugar  
Manage Blood Pressure**

heart.org/lifes8

Flyer courtesy of American Heart Association.

# Health Services Division News

## June: World No Tobacco Day (May 31)

This month, we're focusing on Tobacco Use Screening and Cessation Intervention. What do we measure? We track the percentage of patients aged 12 and older who were screened for tobacco use at least once during the measurement period. If a patient is a tobacco user, we also measure whether they received support or intervention to help them quit—either during the measurement period or in the six months prior.

Right now, we're not meeting our target goal. Currently, 79.54% of patients are being screened and receiving cessation services.

Title	Status	Improvement Direction	Measured Ratio	Target ratio	Variance
Tobacco Screening and Intervention	Below Target	Higher >	79.54%	88%	8.46%

Tobacco use is the leading preventable cause of disease and death. Screening and intervention can help reduce the risk of serious health issues like cancer, heart disease, and respiratory conditions. Quitting isn't easy, but support from healthcare providers can make a difference. If you have questions about quitting tobacco, talk to your healthcare provider for guidance and resources.

## Dental Updates

Our top priority is recruiting dental professionals to meet community needs and expand access to care. We are actively hiring for a full-time dental practice manager, dentist, dental hygienist, dental assistant, and itinerant providers.

As of today, the dental schedule includes plans to increase village dental service visits and expand dental hygiene services in Seward as we fill the open positions. Please see the calendar below for upcoming dental and hygienist care schedules.

Chenega	Nanwalek	Port Graham	Seward	Tatitlek
<b>DENTAL SERVICES</b> <ul style="list-style-type: none"> <li>Feb. 24-28</li> </ul> <b>HYGIENE SERVICES</b> <ul style="list-style-type: none"> <li>Apr. 3-7</li> <li>Sept. 8-12</li> </ul>	<b>DENTAL SERVICES</b> <ul style="list-style-type: none"> <li>Mar. 24-28</li> <li>Apr. 21-25</li> <li>Jun. 2-6</li> </ul> <b>HYGIENE SERVICES</b> <ul style="list-style-type: none"> <li>Apr. 28-May 2</li> <li>Aug. 4-10</li> <li>Sept. 20-26</li> </ul>	<b>DENTAL SERVICES</b> <ul style="list-style-type: none"> <li>Mar. 17-20</li> <li>Apr. 7-11</li> <li>May 12-16</li> <li>Jun. 2-6</li> <li>Jun. 9-13</li> </ul> <b>HYGIENE SERVICES</b> <ul style="list-style-type: none"> <li>May 5-9</li> <li>Aug. 11-15</li> </ul>	<b>DENTAL SERVICES</b> <ul style="list-style-type: none"> <li>Mar. 17-20</li> <li>Apr. 14-18</li> <li>Jun. 23-27</li> <li>Jul. 21-25</li> </ul>	<b>DENTAL SERVICES</b> <ul style="list-style-type: none"> <li>May 19-23</li> </ul> <b>HYGIENE SERVICES</b> <ul style="list-style-type: none"> <li>Mar. 31-Apr. 3</li> <li>Sept. 15-19</li> </ul>

**DENTAL SERVICES:** Dr. Wood, Southcentral Foundation (SCF), Dr. Giauque, Dr. Owens, Dr. Zimin

**HYGIENE SERVICES:** Angela McKinney

## Annual Health Fair Events

It's time again for planning local health fair events. Here's our schedule for this spring and summer!

- Tatitlek:** March 17-18
- Chenega:** March 19-20
- Seward:** April 12
- Port Graham:** August 5
- Nanwalek:** August 7

## Vaccine Updates

Routine vaccines can prevent serious diseases and some types of cancer. We encourage you to speak with your healthcare provider to learn more about the necessary immunizations or visit [vaccinate.alaska.gov](http://vaccinate.alaska.gov) to check your family's record using Docket.



# National Nutrition Month

Cama'i from the Chugachmiut Diabetes Program! We hope your year is off to a great start. In 2025, our program is focusing on cholesterol management. Our providers have been learning about the latest research on statin therapies to help support cholesterol management for people in the Chugach region. Last year, we prioritized retinopathy screenings and saw a significant increase—thank you to everyone who participated!

March is National Nutrition Month®, and this year's theme is Food Connects Us, as designated by the Academy of Nutrition and Dietetics. The Academy is dedicated to improving health and advancing the field of dietetics through research, education, and advocacy. To celebrate, we're sharing a few simple tips for healthy eating. If you'd like to explore more, check out the link at the end!

## Healthy Eating Tips

- **Slow Down at Mealtimes** – Instead of eating on the go, try sitting down and focusing on your meal. Taking time to enjoy the flavors and textures of your food can make eating a more satisfying and mindful experience.
- **Enjoy Seafood Twice a Week** – Fish and shellfish provide essential nutrients, including heart-healthy omega-3 fats. Salmon, trout, oysters, and sardines are great choices because they're rich in omega-3s and lower in mercury.
- **Choose Healthy Snacks** – Smart snacking can help maintain energy levels between meals. Aim for a mix of foods from at least two MyPlate food groups—grains, fruits, vegetables, dairy, and protein. Try raw veggies with hummus or low-fat cottage cheese, or pair an apple or banana with a tablespoon of nut or seed butter.

We're also excited to bring back step challenges, so watch for an announcement soon! If you have any questions, contact **Joe Nyholm**, a Registered Dietitian with the Chugachmiut Diabetes Program, at (907) 224-4904 or [JosephN@Chugachmiut.org](mailto:JosephN@Chugachmiut.org).

*Illustrations by John Oscar from our Nunaka Elwika language booklet with original translations from the late Feona Sawden. Updated Sugt'stun translations provided by John Moonin from Nanwalek and spelling by Ephimia Apamia Kvasnikoff of Port Graham.*

For even more healthy eating tips, visit: [www.eatright.org/-/media/files/campaigns/eatright/nm/english/tip-sheets/20-health-tips.pdf](http://www.eatright.org/-/media/files/campaigns/eatright/nm/english/tip-sheets/20-health-tips.pdf). Scan this code to download the list.



Una eneka (This is my home).



Agukut Emaamen pituryaturluta (We are going to Grandma's to eat).



# Employee Spotlight - Trudy Valenza

**Gertrude “Trudy” Valenza** is Inupiaq from the Norton Sound Region who was raised by her grandparents, George and Flora Auliye. She and her husband, Philip, have seven children and 16 grandchildren. She has called Seward home since moving there in 1988.

Trudy began her journey with Chugachmiut in 1993 as a Medical Billing Specialist. In 2008, she briefly worked as the Language Education Coordinator, where she met incoming Division Director Cheri Hample. This connection led to her recruitment as the Tobacco Prevention and Control Program (TPC) Coordinator in 2009, a role she held for eight years. Among her key accomplishments were reducing tobacco use region-wide and contributing to the Smokefree Alaska movement, culminating in the passage of SB15, which took effect on January 1, 2019.



Trudy returned to Chugachmiut last fall as the region-wide Health Benefit Specialist. Since then, she has earned certification as a Fee Agent for the State of Alaska. She plans to become a Certified Medicare Counselor to better support beneficiaries in navigating the Medicare process. She especially enjoys helping people from the Chugach region and prides herself on providing exceptional customer service, warmth, and kindness. She will soon travel to each community.

When she’s not working, she enjoys foraging for roots, greens, berries, and plants; fishing; crafting; baking; and painting. She especially loves making jellies and jams from the berries and fruits she harvests. Another passion of hers is canning, which she practices following the National Canning and Food Preservation guidelines.

## *About Health Benefits*

As a Health Benefits Specialist, Trudy is dedicated to helping patients navigate alternative resources through a screening process. She provides screening and assistance for Medicaid, Medicare, the Tribally Sponsored Health Insurance Program (T-SHIP), Veterans’ Affairs (VA), and private insurance coverage. After conducting screenings by phone or in person, Trudy will guide you through the necessary information, paperwork, and platforms, assisting you throughout the process.

Having alternative coverage can potentially benefit patients by providing assistance with hearing aids, dental work, ambulance services, unexpected medivac coverage, and access to outside care if additional services are needed. Additionally, having access to these resources helps offset medical costs and increases funding for Chugachmiut. This is essential for expanding services across our clinics, ensuring we can continue delivering quality care to our patients.

For assistance with enrollment, renewal, or any benefit-related questions, please don’t hesitate to contact Trudy Valenza or your local health clinic for more information. You can reach her at (907) 224-3490, (800) 224-3076, or via email at [HBS@chugachmiut.org](mailto:HBS@chugachmiut.org).

- **Arch Priest Nicholas Kompkoff Clinic**  
(Chenega), (907) 573-5129
- **Anesia Anahonak Moonin Clinic**  
(Port Graham), (907) 284-2241
- **Nanwalek Clinic**, (907) 281-2250
- **North Star Health Clinic**  
(Seward), (907) 224-3490
- **Tatitlek Clinic**, (907) 325-2235



# Chugach Regional Writers

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## *The Fairies of the Forest by Nancy Yeaton*

“You go ahead put your feet in those plants, they will make your feet feel good,” said with an impish look in the eyes. Something within me said, “No do not put your feet in those plants.” This was the first introduction of a plant since returning to my village. I asked what is it called, my sister-in-law said it is a “uuqaayanaq,” nettle. Watch out for those impish eyes when being introduced to plants. All around the plants offered themselves for medicinal use or for consuming. Plants were once used to heal many parts of the body during my grandparent’s time. Today we wait for the doctor to write a prescription for whatever ails you. Long gone are those treks into the forest where a magical kingdom awaits those who traipse through to find the right plant for aches and pains.

“When you try the plant, make sure you try a teaspoon at a time,” a very important piece of advice given by my aunt. When introducing something new to your body, you do not want to overwhelm it. As the forest calls, it announces here we are waiting for you. Those Ancestors of ours left us with bits of information to take forth with us.

I saw her for the first time about forty years ago, Janice, just a petite little woman who could create beautiful dishes of food from the plants in our community. The medicine she made from plants. How she danced amongst the plants so lovingly, the plants swaying in the wind as if to replicate the joy in the dance with Janice.

There was a plant gathering in Cordova with Janice Schofield teaching the class. How I love watching this little “Forest Fairy,” sharing her knowledge as she scampers off to find the Sundew plant. Making snacks from plants, seaweed, drinking teas, making smoothies and the joy of gathering from the land. The relationship deepens with the land, as you acknowledge the beauty, the giving and gifting. As I flutter through the plants I am reminded of my aunt, my family and those Ancestors who left their footprints for us to follow. Those forest fairies guide me as I traipse through the plants being thankful for all that has been given.

Quyanaa to [Nancy Yeaton](#), a culture bearer, educator and writer for sharing her short story and preserving Sugpiak heritage through multimedia ethnography, culturally based curricula, and traditional crafts.

## *Community Art Submission*

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We invite you to submit content for the next *Nupuat Newsletter* edition. Have an update from your community? Have some suggested topics or feedback for our newsletter? Have a story, essay, or poetry to share? We welcome submissions from tribal members, councils, and employees.

The deadline for submission is Friday, May 30, 2025. To submit an update or subscribe, please contact us at [media@chugachmiut.org](mailto:media@chugachmiut.org) or (907) 562-4155.

Quyanaa to [Dimitri Kompkoff](#) for sharing *Mask of the Visible Self*, an art piece created during a workshop on self-expression and culture.





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## *Chugachmiut Board & Executive Leadership*

A seven-member Board of Directors governs Chugachmiut; each board member selected by their tribal government. The Board of Directors appoints the Executive Director who manages the day-to-day operations of the organization.

**Fran Norman**, *Chair*  
Port Graham

**Larry Evanoff**, *Vice Chair*  
Chenega

**Jim Ujioka**, *Treasurer*  
Valdez

**Priscilla Evans**, *Secretary*  
Nanwalek

**Arne Hatch**, *Director*  
Qutekcak

**Angela Butler**, *Director*  
Eyak

**Nanci Robart**, *Director*  
Tatitlek

**Angela Vanderpool**  
Executive Director

## *Nupuat Newsletter - Call for Submissions*

Do you have an update, story, essay, or poem to share? We welcome submissions from Tribal and community members, councils, and employees. Please email your ideas, articles, poetry, and photos to [media@chugachmiut.org](mailto:media@chugachmiut.org). The submission deadline for the next edition is Friday, May 30, 2025.