

**Southcentral Foundation's Special Edition**

# **Anchorage Native News**

VOL. 2, NO. 1

ANCHORAGE, ALASKA

SPRING EDITION

**We employ fully qualified staff**



**in all positions**



**and we commit ourselves to recruiting**



**and training Native staff to meet this need.**



**Katherine Gottlieb, President/CEO  
Southcentral Foundation**

I believe that it is possible to work together to achieve wellness through shared responsibility. It is reflected through the services at Southcentral Foundation. Both you, those who receive care, and we, who provide the care, perform activities toward this goal with each visit to our facilities.

You make the appointment.  
You keep the appointment.

You ask questions of the caregiver or provider.  
You provide the information needed to assist with your care.

We schedule your appointment.  
We keep your appointment with a caregiver.

We assess the information.  
We provide the best possible answer.

Southcentral Foundation's Board of Directors and I, are Alaskan Natives. Southcentral Foundation operates and manages most of Alaska Native Medical Center's Primary Care Services. We all are people who receive care and we are also part of the team that provides care. I believe that we are responsible, now much more than ever before to be a solution to achieving wellness.



The Women's Health Clinic at the Alaska Native Primary Care Center received an award during a conference at the National Naval Medical, in Washington D.C. Pictured above are Dr. Neil Murphy; Donna Shalala, Secretary of Health and Human Services; Frank Williams, Area Director, Portland Service Area (former Director of Operations Alaska Native Medical Center) who received the award on behalf of the whole team.

## Recognized Program Divisions and Staff Members

Southcentral Foundation would like to recognize some programs that have made some significant changes in the past year.

### Programs

#### Human Services Division

Quyana Clubhouse  
Traditional Healing Program  
Behavioral Health  
Early Head Start

#### Medical Services Division

Elders Program  
Domestic Violence Task Force  
Nurses  
Medical Clerks  
Mountain View Clinic  
Family Medicine

#### Operations Division

Human Resources  
Contracts and Facilities  
Planning and Grants

#### Finance Division

#### Chief of Staff Division

Some employees are willing to go above and beyond the call of duty. These individuals deserve special recognition for their accomplishments at Southcentral Foundation.

### Staff

#### Human Services Division

Joe Ryan, Behavioral Health  
MaryEllen Fritz, Head Start  
Robert (Bob) Rasmussen, Head Start

#### Medical Services Division

Avis Pomerleau, Elders Program  
Karen Jones, Pacific Home Health  
K.J. Worbey, Women's Wellness  
Mike Mosley, Women's Wellness  
Michaelene Maughan, Pediatrics  
Lisa Ha'O, Family Medicine

#### Operations Division

Tina Sigley, Main Receptionist  
Tobi Shugak, Courier  
Kim Leming, Planning and Grants  
Dusty Cowdery, Alaska Native Health  
Resource Advocate  
Joe Ambrosio, Intern  
James Donatelli, Contracts and Facilities

#### Finance Division

Tiffany Scott, Finance

#### Chief of Staff Division

Ted Mala, Village Initiatives Coordinator

**Southcentral Foundation thanks you! Keep up the commitment to quality!**

## Village Initiatives

Village Initiatives is a program made up of Dr. Ted Mala, Eskimo and Russian from Buckland Village, Program Coordinator and Tanya Lukin, Alutiiq from Kodiak Island, Program Assistant. The Village Initiatives program provides support to the Village Service Management Team (VSMT) tribes and tribal organizations within the Anchorage Service Unit, supported by Southcentral Foundation. The purpose of VSMT is to advise the SCF Board of Directors on all matters related to the provision of village field health care services.

The Village Initiative program activities include working with villages to identify new health care initiatives that support village needs, including dental, optometry, mental health, and more, as well as resolving problems that villages encounter with the Primary Care Center and Alaska Native Medical Center. Some of our projects have included foodbank and clothing donations to the villages and village site visits.

We are located at the Southcentral Foundation Administration Building, 4501 Diplomacy Drive, Suite 200. We can be reached at 265-4274, Coordinator, and 265-4258, Assistant.



## Reach for the Stars

Cook Inlet Region, Inc. and Southcentral Foundation, have given support of Alaska Sisters in Crime, Left Coast Crime 2001. Support was given in hopes to promote reading, such as the Be Excited About Reading (BEAR) Program at the Anchorage Native Primary Care Center. SCF would like to see students reach for the stars to become writers, doctors, a nurse or even a medical clerk.

In meeting the mission statement of Southcentral Foundation, SCF has formed or joined in partnerships statewide and locally to reach the goal of the vision statement. The purpose of SCF is to address the needs of Alaska Native/American Indians. For questions, comments, or submission of articles, write to Anchorage Native News Editor, Southcentral Foundation, 4501 Diplomacy Drive, Anchorage, Alaska 99508; or call (907) 265-4955. ANN reserves editorial rights to all submissions for content. All articles will be considered for each publication, dependent on the space available. Deadline for next issue is June 9, 2000. ©2000 Southcentral Foundation



# The 3rd Annual Gathering

Southcentral Foundation hosted the Gathering 2000 on January 28-29, at the Alaska Native Heritage Center.

Exhibits and information was available such as: employment referral and training, membership information, elderly housing facilities and home repair, low interest loans, Welfare to Work and social programs, CIRI tourism, education scholarships and the Native Teacher Mentor program.

Other exhibits included: dental/optometry, injury

prevention, Women's Wellness, organ donor information, audiology and dietary programs, traditional healing and smoking cessation.

The King Island Dancers and Head Start Dancers performed. Horse drawn sled rides were given. The Anchorage Police Department car and Fire Department truck were available to look at. There were also free family portraits.

The Gathering 2000 was a successful event and we look forward to seeing you next year!

Southcentral Foundation's Warriors Group is looking for young men and women between 12 and 18 years old to become part of its Traditional Health Practices Program.

The Warriors Group is an exciting group that offers cultural activities, adventure outings, and connection with the Native community in Anchorage and the rest of Southcentral Alaska.

The Group will meet at the Muldoon Family Project Center at the Muldoon Mall, 1251 Muldoon Road, across from Fred Meyer, 4:30 to 6pm every Tuesday (with some Saturday outings.) Contact Buz Daney at 265-4970 for more information.



rs

**We value working together with the individual, the family, and the community.**

- Funding Partners – 1<sup>st</sup> time for a project in Alaska

The Dena A Coy program needs and solutions are shared with Family Funders in Orlando, Florida. The focus of the discussion was on the collaboration and partnering involved in organizing the funding partners for the Dena A Coy Transitional Living Program through a grant funded by the Robert Wood Johnson Foundation.

The funding partners for this project are: Robert Wood Johnson Foundation, United Way of Anchorage, Cook Inlet Region, Inc., Alaska Mental Health Trust Authority, Providence Health System in Alaska, Rasmuson Foundation, ARCO Alaska, Inc., BP Exploration (Alaska), Inc., National Bank of Alaska and Cook Inlet Housing Authority.

Ms. Diane Kaplan, Administrator, Rasmuson Foundation had this to say about the collaboration, “When local grant makers were looking for a project that would help improve the quality of health care for Alaska Natives we were all able to unite around the Southcentral Foundation Dena A Coy Program. For the first time local grant makers leveraged their resources to make possible a community service that would otherwise be unavailable. As a result of the Dena A Coy collaboration, grant makers are increasingly working together to make a difference.”

- Health Care in the Community

The Seldovia Tribal Council invited SCF staff to present our health care program information to their organization. It was a successful visit to the community of Seldovia, working in partnership with the Native communities is our goal.

- Working with Villages

SCF’s Advisory Committee – Village Services Management Team is made up of members from Aleutian Pribilof Islands Association, Copper River Native Association, Mt. Sanford Tribal Consortium, Tyonek, TCC Villages (MTNT), Eastern Aleutian Tribes, Kenaitze Indian Tribe and Iliamna Lake Villages. The objective of this advisory committee is not only to advise the SCF Board of Directors, but also to bring information, problems, and concerns to this group from their respective communities and bring new program information on health care back to their communities.

The projects this committee is discussing in conjunction with many villages includes: contract health services – portability of services, ANMC private insurance, data management, substance abuse and enforcement issues, collaboration with ANHB, discussion of ANTHC annual report, safe water and sanitation projects in the villages, telemedicine, Denali Kid Care, IHS budget 2000, access program at PCC, Medevac program, collaboration on food bank programs with the villages, and an At Large seat on this advisory board. Many campus programs attend these meetings and give updates on the program



status, the last presentations were from Optometry and Dental.

**We strive to honor the dignity of every individual.**

- The Native Community

Southcentral Foundation extends condolences to the Iliamna and New Halen families and friends who lost loved ones in the plane crash February 6<sup>th</sup>. Southcentral Foundation was honored to be invited to assist these communities during their time of need

**We see the journey to wellness being traveled in shared responsibility and partnership with those for whom we provide services.**

- Quyana Clubhouse Gets a New Home

A permanent home is vitally important. This program has been forced to vacate four locations in the last five years. Southcentral Foundation has worked in cooperation with Alaska Area Office, Alaska Native Tribal Health Consortium and Alaska Clinical Biomedical Services to re-locate Quyana Clubhouse into the “old CDC Buildings” at 225 Eagle Street downtown next to the old ANMC hospital site. Finally, this program will have a permanent home and the stigma of “not-in-my-backyard” will no longer be an issue.

Quyana Clubhouse is a program for chronically mentally ill adults. The program is designed to prevent institutionalization and incarceration through its focus on skill-building. Learning a vocational skill would contribute to the members’ employability and self-sufficiency, enhance their self-esteem, and contribute to their sense of productivity and personal worth.

SCF received a grant from the State of Alaska to install commercial kitchen in the new site. Through the use of this commercial kitchen, the staff will provide vocational rehabilitation training to chronically mentally ill adults, while addressing health and safety concerns. The overcrowding and inadequate meal preparation facilities that existed in the current program’s location will be resolved in the new location. The program members prepare and serve 80 meals per day, five days per week. The vocational and life skills which will be provided as a result of having a commercial kitchen on-site are food handling, food preparation, dishwashing, food serving, as well as menu planning, budget management, shopping and nutrition.

**We strive to provide the best services for the Native Community.**

- SCF Nurses mentor Students at UAA/Teen mothers attend seminar

Three Nutaqsiivik nurses are involved in mentoring six nursing students enrolled in the Community Health Nursing class at the University of Alaska, Anchorage. The students accompanied the Nutaqsiivik staff on their home visits. Nutaqsiivik is a program that provides case management to

families, specifically to high risk mothers, infants and young children in home and clinic settings.

Eight teenaged mothers from our Nutaqsiivik program attend the Anchorage Safe Cities safety seminar. The mothers discussed car seat safety, the importance of properly placing and securing a child in the car seat, as well as other safety issues.

- Southcentral Foundation celebrates employees and the Native Community at the Alaska Native Heritage Center.

January was a full month for the health care non-profit of CIRI. SCF held an all staff meeting with most all of the 600+ employees working for our us. On January 28 – 29 SCF hosted its Third Annual Gathering for our patients and the Native Community.

We know it takes more than just expanding health programs and serving the Native Community to be successful. It also means identifying highly motivated individuals who strive to succeed and are open to new challenges. At the All Staff Meeting, we recognized these individuals. All our employees are the people that make a difference in our company, and we celebrate them.

This year's Gathering (a FREE event) began with a business partnership day and highlighted booths and information on SCF and CIRI nonprofits. Activities at the Gathering included horse-drawn sleigh rides, chair massages, puppet theater, story reading, a coloring station for the children, free family portraits and photos with Llamas. Nearly 1,500 people were estimated to have attended.

**We structure our organization to optimize the skills and contributions of our staff.**

- Domestic Violence Awareness

SCF and ANMC caregivers participated in a training on "Improving the Health Care Response to Domestic Violence". As part of an on going effort to increase domestic violence awareness, the Social Service staff conducted this training to 77 staff total.

- Can You Quit Smoking?

The Public Health Educator with the Tobacco Cessation project conducted three classes, four sessions each in January, serving a total of 18 people. Of these nine quit smoking, four cut back, and one was smoking. Four were not available. The goal of this program is to enroll patients and staff into the Tobacco Cessation program and coach them to quit smoking.

**We value the family as the heart of the Native community.**

- Introducing the 1<sup>st</sup> ever, Early Head Start Program

The Early Head Start Program serves children ages 17 months to 48 months (ages 1 – 4). This Head Start program opened on February 1<sup>st</sup> and



has a capacity to serve 32 infants and toddlers. The new program is located in the Northway Mall and is complete with classrooms, and play ground equipment. Applications are currently being accepted from low income Alaska Native and American Indian families. Please call 729-1940 for an application. A Grand Opening is scheduled in April with the collaboration of CIRI.

- Are you over age 55, if so, you are eligible for the SCF Elder's Program

The Elders Program staff reported 323 visits to Elders, 570 lunches served and 821 phone contacts.

The Elder Provider acts as an advocate and liaison between elders and other agencies. We provide Elders help by finding resources to obtain financial aid that they may be eligible for. We coordinate with other programs to ensure that cultural activities are maintained.

**We work to promote wellness that goes beyond absence of illness and prevention of disease.**

- Easy Access to the PCC Pharmacy

The Primary Care Center Pharmacy reported its busiest month ever in January with 9,173 prescriptions filled, a 7.5% increase over its previous busiest month in December, 1999, when 8,580 prescriptions were filled. The Pharmacy has four providers seeing patients on a first come, first serve basis. They have an excellent system for keeping track of patients that come in to get their prescription filled. Patients simply take a number off a roll of tape on the wall and watch for their number to come up on an electronic monitor on the wall. The Pharmacy expeditiously gets patients screened, educated on their prescription, and has all questions answered before they leave.

- You can get assistance in Seattle.

The Alaska Native Health Resource Advocate in Seattle averages 339 client contacts per month. Of the people she sees, between 25-40% are CIRI Shareholders, 30% are Sealaska and 15% are Bering Straits. The Advocate provides referrals to health care services, education programs and social service programs.

**We encourage physical, mental, social, spiritual, and economic wellness in the individual, the family, the community and the world in which we live.**

- Do you have a Primary Care Provider?

The Primary Care Center "Patient Access Project" has 16,284 patients enrolled and connected with a provider. 3,005 in Pediatrics, 12,960 in Family Medicine, 319 to satellite locations. Before the patients were offered to sign up with a provider they can see each time they need medical treatment, a patient had less than a 20% chance of seeing their provider – now it has risen to 80%.

**Karen Schamber, Program Coordinator  
Domestic Violence/Sexual Assault  
Southcentral Foundation**

Southcentral Foundation (SCF) recently participated in a preventative intervention to address violence against women. The Alaska Native Women Sexual Assault Committee (ANWSAC), of which SCF is a member, organized a "Meet and Greet" campaign. The campaign involved Anchorage service providers pairing up with plain-clothes police officers and walking around downtown Anchorage approaching citizens to discuss safety.

"Meet and Greet" teams walked down fourth avenue, in and out of local bars, and spoke with patrons about how to get home safely. Pamphlets were offered and examples were given on how to stay safe. These included the making a plan of how to get home, staying in groups when on the street,

and not drinking so excessively that their judgement might be impaired, putting them at a higher risk of violence.

The "Meet and Greet" campaign was considered a successful preventative intervention.

April is Sexual Assault Awareness Month. Many activities and events are being planned for this month including Take Back the Night, The Burden of Stars, STAR's Spring Auction, a press conference and the ANWSAC Celebration of Alaska Native Women.

For further information on Sexual Assault Awareness Month activities please call Karen Lee Schamber, Domestic Violence/Sexual Assault Program Coordinator at 265-4912 or email [kleschamber@citci.com](mailto:kleschamber@citci.com).



Alaska's People, Inc.  
2600 Cordova Street, Suite 211  
Anchorage, Alaska 99503  
(907) 263-7013 (Phone)  
(907) 263-7083 (Fax)  
(907) 263-7059 (Hotline)

Alaska's People is a non-profit affiliate of Cook Inlet Region, Inc. that is chartered to promote employment and training for Natives in Alaska. We provide resume assistance, employment and training referral, and job counseling.

**CIHA**  
COOK INLET HOUSING AUTHORITY  
2600 Cordova Street, Suite 201  
Anchorage, Alaska 99503  
(907) 274-8822 Toll Free: (888) 667-2442  
Fax: (907) 274-4917  
Visit us at: [www.ciha-housing.org](http://www.ciha-housing.org)  
Welcome to AFN and remember to call "HOME" for all your housing needs!

**Southcentral Foundation**  
continues to expand its health care services throughout the Anchorage area. We will be hiring additional staff to better serve our Native people. For more information on position openings, please contact Rachael Charleston in the Human Resources Department at 4501 Diplomacy Drive, Anchorage, Alaska 99508 or call 265-4900.

National **Native** News  
Alaska **Native** Justice Show  
**Native** World of The Day  
**Native** American Calling  
**Native** Sounds Native Voice  
**Native** Programs on **KNBA 90.3 FM**  
The **Native** Voice in **Public Radio**  
**KNBA 90.3 FM**-Member Supported-Commercial Free  
Become a member today! 258-8878

*Cook Inlet Tribal Council*

Serving Alaska Natives and Native Americans with quality programs since 1983.  
670 West Fireweed Lane, Anchorage, Alaska 99503  
265-5900

Non-Profit Org.  
US Postage  
**PAID**  
Anchorage, AK  
Permit #1022



Change Service Requested

**Southcentral Foundation**  
4501 Diplomacy Drive  
Anchorage, Alaska 99508

**Southcentral Foundation**  
4501 Diplomacy Drive  
Anchorage, Ak 99508  
(907) 265-4900

**Office of the President 265-4955**  
**Human Services:**  
Behavioral Health 265-4912  
New Beginnings 265-4231  
Quyana Clubhouse 278-6619  
Dena A Coy 333-6677  
Head Start 276-4323

**Medical Services**  
**Anchorage Primary Care Center**  
4320 Diplomacy Drive  
Anchorage, Alaska 99508  
(907) 729-3250

Children's Clinic	729-1000
Elder Care Program	338-4228
Family Medicine	729-3300
Mental Health	729-2500
MOTTEP	729-3257
Urgent Care Center	729-1729
Women's Health	729-3100
Nutaqsiivik	729-3260
Dental – Fireweed	265-4965
Dental – ANMC	729-2000
Optometry – Fireweed	265-4974
Optometry – ANMC	729-1410
Moutain View Clinic	278-2268

Please call our main office for a more complete directory.