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Volume 11 Issue 2 • September/October 2010

# Anchorage Native News

Alaska Native People Shaping Health Care

## New primary care facility for the valley

Valley Native Primary Care Center moving to larger facility now, new facility within three years

By SCF Public Relations staff

Southcentral Foundation recently received a \$40 million loan for the construction of its new Valley Native Primary Care Center through the USDA Rural Development Community Facilities Program and an additional \$10 million commercial loan from Wells Fargo. Additionally, financial support for operations, primarily to increase staffing by approximately 250 positions, is pending final agreement with the Indian Health Service through its Joint Venture Construction Program.

Population growth has dictated the critical need for this new, full-service primary care center. The Matanuska-Susitna Borough is the fastest growing borough in the state. With the economic and social pressures in the villages, coupled with the high cost of housing in Anchorage, people are moving to the area from rural Alaska at unprecedented rates. In fact, the Alaska Native and American Indian population in the Borough is expected to nearly double over the next decade—growing at a much faster rate than the general population.

“The plans for the new primary care center were conceptualized in collaboration with the Chickaloon Village Traditional Council and the Knik Tribal Council after a careful review of the data and listening sessions with our customers from the Matanuska-Susitna Borough,” said Ileen Sylvester, Southcentral Foundation Vice President of Executive Tribal Services. “We are looking forward to the construction of this facility, knowing what an important



The new Valley Native Primary Care Center location in Wasilla.

Photo by SCF Public Relations staff

role it will play in meeting the needs of this growing population.”

Currently, Southcentral Foundation serves its customer-owners in the Matanuska-Susitna Borough at a 5,457-square-foot leased space in a strip mall in Wasilla. While the clinic provides outpatient primary care services and some behavioral health services, space constraints severely limit the services that can be provided and the number of people that can be served.

The proposed 93,652-square-foot facility will expand primary care, behavioral health, dietary, radiology, and pharmacy services to meet the existing and projected needs of the area. Additionally, space will be available to accommodate optometry and dental services.

“The new primary care center will help close the gap in health and related services for Alaska Native and American Indian people in the Mat-Su Valley,” said Southcentral Foundation President/ CEO Kather-

ine Gottlieb. “Southcentral Foundation and the Tribal councils are able to move forward with these plans because of the American Recovery and Reinvestment Act of 2009—ARRA put the necessary mechanisms in place to help fund improvements to health care in areas where there are shortages. We would like to thank USDA, our Congressional delegation, U.S. Sen. Inouye of Hawaii, and Indian Health Service Director Yvette Roubideaux who worked to pass this legislation and improve the quality of life in communities like ours.”

“I’m glad to see our working relationship is fruitful, and I look forward to working together on the clinic so we can serve our people in the best possible way,” said Chickaloon Village Traditional Council Chief Gary Harrison. “It proves that tribes and corporations can work together.”

## uts’e’Kat’aen Keeping (Ourselves) Healthy

Over 20,000 women screened through early detection program in last five years

By Rebecca Paulsen  
SCF Development Center

It is important to keep ourselves healthy. Nevertheless, in the hustle and bustle of our everyday lives, sometimes we forget to take time for self care.

Have you ever missed a salon appointment or forgotten to exercise? What about not calling for over a month when your calendar says to “call to make an annual appointment?” Staying healthy includes visiting your primary care team annually, and thanks to Southcentral Foundation’s (SCF) screening and prevention group, it is easier to remember this key self-care activity.

The screening and prevention group, within the SCF Medical Services Division, collaborates with the primary care teams behind the scenes to assist with the tracking, evaluation and quality assurance of all preventative screening services in primary care. SCF has provided 116,000 preventative screenings for over 20,000 women

Continued on page 11,  
“Cancer screening”

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*Southcentral Foundation is an Alaska Native owned health care organization serving Alaska Native and American Indian people living in Anchorage, the Mat-Su Valley and 55 rural villages in the Anchorage Service Unit.*

*Incorporated in 1982 under the tribal authority of Cook Inlet Region Inc., Southcentral Foundation is the largest of the CIRI nonprofits, employing more than 1,400 people in over 65 programs.*

**Southcentral Foundation  
Mission and Vision**

*Mission*

Working together with the Native Community to achieve wellness through health and related services.

*Vision*

A Native Community that enjoys physical, mental, emotional and spiritual wellness.

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# Southcentral Foundation achieves highest level of recognition as "Medical Home"

*By SCF Public Relations staff*

Southcentral Foundation's (SCF) Anchorage Native Primary Care Center at ANMC was recently recognized as a Physician Practice Connections® – Patient Centered Medical Home™ by the National Committee for Quality Assurance. SCF has attained Level 3 recognition status, which is the highest level achievable.

The Patient Centered Medical Home™ recognition is built on evidence-based, nationally recognized clinical standards of care, and is effective for a three-year period. The standards emphasize the use of systematic, patient-centered, coordinated care that supports (i) access, (ii) communication and (iii) patient involvement.

"While Southcentral Foundation is being recognized today for its successful implementation of the best practices of the Patient Centered Medical Home, it is also noteworthy that Southcentral Foundation has distinguished itself as one of the nation's leading care providers for taking 'patient involvement' many steps



The ANMC Anchorage Native Primary Care Center.

Photo by Benjamin Benschneider

beyond the tenets of this model," said SCF President/CEO Katherine Gottlieb.

In 1999, Alaska Native people assumed full responsibility for what was once a health care system run by the federal government. Alaska Native people left the term "patients" behind to become "customer-owners" of SCF. Since then, Alaska Native people have redesigned the system of care so that it meets the needs, and fully reflects the values, of the Native Community.

Southcentral Foundation's operational principles, which spell out the acronym "RELATIONSHIPS,"

are the basis for improving systems and developing programs and services. Using these principles, which capture customer-owners' expectations of the health care system, SCF moved from a system of reactive, episodic care to a system known as the Nuka Model of Care. The Nuka Model has made an impact on quality and cost of care, as well as employee and customer satisfaction. It is now being replicated by other health systems.

## Living Well Alaska

Small Steps to Wellness



Do you have a  
chronic condition  
or illness?

Learn how to manage  
your symptoms and  
take charge of your  
life again!

**Come to the Living Well Alaska workshop and learn skills to live an active and emotionally satisfying life:**

- Make daily tasks easier
- Get started with healthy eating and exercise
- Communicate better with your health care provider
- Manage your fear, anger and frustration
- Get more out of life

**Who should attend our workshops?**

People over 18 years of age with chronic illnesses such as:

- Arthritis
- Heart disease
- HIV/AIDS
- Fibromyalgia
- Diabetes
- High or low blood pressure
- Chronic pain
- Other chronic conditions

For more information, please contact the Health Education and Wellness Center at (907) 729-2689.

Southcentral  
Foundation



# Commitment to Quality

## Breaking ground in McGrath



The new McGrath Regional Health Care Center broke ground May 14. The final building will be over 6,000 square feet.

Photo by SCF Public Relations staff

By SCF Public Relations staff

The people of McGrath, Alaska, welcomed visitors from around the region, including representatives from Southcentral Foundation (SCF), to the groundbreaking ceremony for the new McGrath Regional Health Care Center on May 14. The event was a culmination of seven years of planning. The new 6,100-square-foot building will provide additional clinical and administrative space, as well as a new space for training and storage.

Dental services will be provided

in a dedicated space, and room will be available for video conferencing and teleradiology equipment. The new building will also have advanced technology capabilities in anticipation of electronic medical records implementation by SCF.

A large conference room will be used for emergency medical training and life support classes for the entire community and video conferencing for training staff. The community health center will also continue to provide medical, dental and behavioral health services for the entire Upper Kuskokwim Valley.

## Anchorage Bike to Work Day rides on!

By Laura Kotelman  
SCF improvement specialist

The sixth annual celebration of Anchorage Bike to Work Day took place May 21 under clear, beautiful skies. More than 2,567 cyclists were counted that morning by a team of volunteers at key intersections around the city. Though commuters could participate any or all days of the week, many rode Friday to attend the day's events. The Bicycle Commuters of Anchorage (BCA) welcomed riders at "energizer stations" by Campbell Creek, Westchester Lagoon and the Chester Creek Trail. Chain Reaction Cycles also hosted a south Anchorage station on Elmore Road. Many commuters attended events at the Alaska Native Medical Center including the biker's breakfast, a bike blessing at noon and a "Biker Bash" in the evening with pizza and music for the community. Bike to Work teams were organized at 155 work or school sites and supported by 38 sponsors.

The League of American Bicyclists (Bike League) initiated Bike to Work in 1956. The Municipality of Anchorage Department of Health and Human Services encouraged celebration of the event in 2005 and reported 167 riders that year. In 2007, the Municipality began supporting Bike to Work through an air quality improvement grant with staff and event promotion.

Rider registration increased four-fold between 2007 and 2009 as workplace teams, the annual survey, Bike to Work Day trail counts and Bike to Work tee shirts were introduced. Bicycle commuting continued to grow as the Anchorage Bicycle Plan was developed, the BCA organized and Anchorage achieved a "Bicycle Friendly Community" designation from the Bike League. Anchorage also saw expansion in bike route infrastructure during that time.

About 10 percent of the 974 Bike to Work online survey respondents reported commuting to work or school by bike for the first time in 2010. The survey suggested what good influence fellow cyclists can have - 62 percent reported that co-workers encouraged their participation. Employers can be an excellent support for cyclists by making secure parking and showers available for commuters - Alaska Native Tribal Health Consortium and Green Star, Inc. were awarded "Bicycle Friendly Workplace" designations from the Bike League for such efforts in 2009. Southcentral Foundation has also recently applied.

## Alaska Women's Recovery Project brings recovering women together, offers support

By AWRP staff

Alaska Women's Recovery Project (AWRP) is a peer-driven and peer-led recovery support program for women whose lives have been disrupted by alcohol and other drug disorders and co-occurring mental health disorders. AWRP brings recovering women together through activities that strengthen long-term recovery, supportive relationships, families and the community.

Before establishing the Recovery Community Center in August 2008, AWRP offered support services in various treatment facilities across Anchorage. Offering assistance to women who were transitioning out of Southcentral Foundation's (SCF) Dena A Coy program was a primary focus of AWRP. It was discovered that women often needed the most help during this transitional period with completing paperwork needed for other assistance programs, such as the Office of Children's Services. Since the establishment of the Recovery Community Center, AWRP has provided a resource room that includes a library with computer and internet access to help women complete necessary paperwork and gather other needed information and resources. The Center also houses a children's activity room, gathering and workshop

space, clothing closet and tea room, all of which help women at AWRP find success through the program.

AWRP supports women of all ages and ethnic backgrounds, and in various phases of recovery, by offering a wide range of peer-led recovery support activities for women and their families. Peer-led support is based on the principle that competence and wisdom reside in those who have lived the addiction/recovery experience.

Eight recovering women serve on AWRP's Peer Leadership Committee. Through their active role as peer leaders, they have received mentoring and skill building training to plan and deliver recovery support services to recovering women. These women plan and develop activities and gatherings offered at AWRP such as a stress reduction and relaxation class, where classical music is combined with muscle relaxation exercises to achieve stress relief. AWRP offers recovery support gatherings twice weekly at which peer leaders facilitate information-sharing discussions aimed at building skills in making healthy life choices, supporting personal development, and strengthening long-term recovery. At each gathering, participants suggest topics for future meetings; typical topics have been self-care, setting limits,

many aspects of wellness (such as good nutrition), and handling stress. Women who seek services from AWRP have wide-ranging needs for information and skill-development opportunities to help improve their overall wellness and strengthen their recovery skills.

Women who wish to become involved in AWRP must first submit a membership application along with a \$12 yearly membership fee.



An Alaska Women's Recovery Project (AWRP) customer-owner receives assistance on the computer from a peer-leader in AWRP's resource room.

Photo by SCF Public Relations staff

# SCF Public Relations wins PRSA Silver Anvil Award of Excellence

*By SCF Public Relations staff*

The Public Relations Society of America (PRSA) held its annual Silver Anvil Awards Ceremony in New York City June 3. Southcentral Foundation (SCF) was an honoree at this top industry event.

Southcentral Foundation received a Silver Anvil Award of Excellence for its 12th Annual Gathering, in the category of “Events and Observances – Seven or fewer days.” SCF hosts its annual gather-

ing as a way to bring employees, partners and customers together to learn about healthy lifestyles in a fun environment, reflecting the organization’s mission statement, “Working together with the Native Community to achieve wellness through health and related services.” Approximately 2,000 people attended the gathering in 2009.

“The Award of Excellence recognizes top public relations programs in our industry,” said James J. Roop, APR, Fellow PRSA,

2010 Awards and Honors Committee chair. “To receive an Award of Excellence, programs must be of Silver Anvil caliber and represent some of the finest strategic and creative thinking in our profession.”

Rasmuson Foundation also received this recognition, but in the category of “Integrated Communications – Government, Associations or Nonprofits.”



**Southcentral Foundation (SCF) Public Relations Specialist Tammy Ashley accepts the PRSA Silver Anvil Award of Excellence in New York City on behalf of SCF.**

Photo by SCF Public Relations staff

## Why do customer-owners wait for medications at Pharmacy?

A new series highlighting customer-owner questions about Southcentral Foundation services

*By Sonda Tetpon  
SCF Pharmacy*

We have all been there. You walk into the pharmacy hoping it will only take minutes to get your medication. Instead, you are told the wait will be at least 20 minutes, and as you look around the waiting room

you realize that this could actually take a lot more time than that.

So what does it take to get a prescription filled? In a nutshell, lots of coordination with many different players involved. The process goes something like this:

1. All prescriptions start with

the provider prescribing medication to treat a condition. That prescription is then sent to Pharmacy. Without a written prescription, the pharmacy cannot give a customer-owner medication.

2. The customer checks into the Pharmacy front desk and receives a

number.

3. The Pharmacist carefully considers the details of the customer’s medical profile. He or she checks for allergies, therapy appropriateness and possible drug-to-drug interactions, especially when on multiple medications. Test results are also available so the pharmacist can tell how well the medication is working and if any changes need to be made. If any questions arise, or a prescription doesn’t make sense, the provider is a phone call or page away. This relationship is a strong link for the benefit of customer therapy.

4. Once the prescription is reviewed and deemed appropriate, pharmacy technicians prepare the medications for the pharmacist.

5. Once prepared, the pharmacist checks the medications to make sure he/she is giving out what is intended, and then speaks with the customer to discuss any questions they may have. This conversation is the cornerstone of our services. The customer has access to an expert who specializes in how drugs work. Research shows this access actually improves the chances of a customer deciding to take his/her medications. Every time you receive medication, you have the opportunity to talk to a pharmacist who can answer any questions and ensure your medical needs are being appropriately treated by medication.

Meanwhile, pharmacy technicians manage the stock of medications, making sure there are always enough to fill what people need. This takes careful consideration of prescription patterns and the number of people the medication supply needs to support. They organize the medications and all the extra accessories that may apply. They fill the order and give the medications to the pharmacist.

The ultimate goal of the pharmacy is to provide quality pharmaceutical care in an efficient manner. Careful consideration is taken with each prescription. Some time is needed to ensure this is attained.

## LOSE to WIN!

### Small Steps to Wellness

Lose to Win is a weight loss program.



**Lose to Win** focuses on a healthy, active lifestyle that supports long term and successful weight loss. Maintaining a healthy weight is the key to preventing many diseases.

**Join Lose to Win and receive a great support system of:**

- Exercise specialists
- Health educators
- Dietitians
- Behavioral health specialists

**Come learn about healthy lifestyles!**

- Healthy cooking and eating
- Fun ways to be active
- Group support
- Be eligible to win fun prizes
- 16 weeks of top weight loss tips

**You can start Lose to Win anytime, so what are you waiting for?**



For more information, please call the Health Education & Wellness Center at (907) 729-2689.

Southcentral Foundation



# Family Wellness

## Spend time together as a family walking and biking for better health

By Stefanie Cromarty  
SCF Health Educator

Most of us learned as children that walking and biking are healthy means of transportation. These activities get us out of the house and get our bodies moving. When a family makes the choice to bike or walk to work and school, they are spending time together, away from the TV, and away from staring at the road while driving, or with headphones blaring. Walking and biking are the kinds of physical activities that contribute to our overall wellness and make us feel better, happier and more satisfied with ourselves.

Imagine this scene: It is a bright sunny day and you drive up to drop your kids off at school. You notice half the amount of vehicles there as usual, and a crossing guard in bright green.

Immediately you panic, "Is there school today? Did I miss the memo?"

No.

You didn't miss anything – except that more kids and families from your school are now safely walking and riding bikes. You realize that it's kind of nice that everyone else decided to walk and ride today. There is less traffic congestion and you notice smiling kids and families.

A nice picture, don't you agree? We live in urban areas, however, and safety for walking and biking must always be considered. If you and your family are walking and biking to school and work, it must be safe!!

Here are a few thoughts to consider when planning to safely walk and ride your bike here in Anchorage:

### 1. Determine "walkability" and "bikability:" know your path!

- Plan with your family what, when, where and how you will get to your destination.
- Look for sidewalks and crosswalks, safety hazards, and construction.
- Time yourselves while walking or biking at a realistic pace.
- Have a backup plan for bad weather.
- Prepare your jackets, helmets, reflectors, etc. before the day you want to walk or bike ride, so you won't be rushed.

### 2. Start with small steps: build confidence by experience!

- Plan to walk or bike to school 1-2 times per week, then increase frequency only as you feel more comfortable.
- If you're looking for something to do on weekends, practice following your route to work or school on Saturday or Sunday, when traffic is generally more spread out over the day.

### 3. Buddy-up: connect with each other - many eyes are safer than two!



Bicyclists take part in Southcentral Foundation's (SCF) "Bike to Work Day."

Photo by SCF Public Relations staff

- Are there other families that live/go to school near you?
- Are other parents willing to take turns walking/riding with youth to school?
- Can you put signs up at school to start a walking group to/from your school?

### State of Alaska Safe Routes to School Program's Six Simple Steps to Staying Safe:

1. When walking, stop at every curb or edge.
2. Always look and listen, especially while crossing. Look left; look right; then left again, before stepping past any curb or edge.

3. Always wear a helmet when riding a bike.
4. Always ride in the same direction as traffic.
5. Know what signs say. When walking or riding, follow all traffic signs and signals.
6. When riding, always stop; look left; look right; then left again before pulling out of a driveway.

### Other Safety Resources:

State of Alaska Safe Routes to School:  
[www.dot.state.ak.us/stwdplng/saferoutes/](http://www.dot.state.ak.us/stwdplng/saferoutes/)

Walk to School in the USA:  
[www.walktoschool.org](http://www.walktoschool.org)

## Health Education DPP Success Story

### Diabetes Prevention Program

Making changes one step at a time!

Pre-Diabetes Self Management Inspiration:  
Program Start Date: September 2008

Mary Freeman, Aleut  
Current Status: After Core

#### Mary's Story

"When I got a physical and found out that my cholesterol and blood sugar were high, I realized that I was the only one that could make a difference in my health. I joined DPP and began one step at a time. My lifestyle coach and group were supportive and fun. I am so grateful and this program was just meant to be. The biggest change has been my attitude, it has changed everything. With more confidence, I don't feel bad and beat myself up when I splurge and I don't talk down to myself. I feel more peppy, happy and have more energy. I began exercising for 15 minutes, then 30, up to 45 minutes and then to an hour. It made me feel so good and the kids would tell me I look younger; that was an inspiration. I began watching my food intake, cutting back on portions and cutting back on fat. I am now more ingredient conscious when I shop. I help my daughter cook and help her exercise when she is stressed. I now talk to other people that are struggling with their weight about healthier things to eat."

"You do these things for yourself, but for your family also. I tell them they get to put up with me longer."

- (laughing out loud) Mary Freeman

#### CLINICAL IMPACT

Mary showed improvement in almost all clinical markers throughout her first 6 months in the program :

Weight	↓33	Hips	↓6	Triglycerides	↓7	BMI	↓4.5
Cholesterol	↓91	HDL	↑16	Waist	↓6	LDL	↓84
						FBG	↓7

For more information, please contact the Health Education & Wellness Center  
Diabetes Prevention Program at (907) 729-2689.

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Foundation



# 5th Annual AK FFAST Camp explores first responder career opportunities

*By Evelyne Tunley-Daymude  
AK FFAST Camp Leadership*

The 5th Annual Alaska First Aid and Safety Team (AK FFAST) Camp, held in Anchorage July 15 - 17, was a three-day, active-learning, intensive camp focused on promoting first responder opportunities for Alaska's youth. The camp brought the AK FFAST mission to life: "Bringing youth and first responders together in a dynamic educational experience, where responders mentor youth in multiple first responder skills, services, applied sciences and technologies specific to Alaskan priorities."

Each day highlighted different first responder activities, packed with search and rescue demonstrations, tours and hands-on skills. Initial introductions, held at Southcentral Foundation's (SCF) Fireweed Room, provided a quick forum to create a team spirit (turning individual participants into a "safety green"



The Anchorage Fire Department supervised a swift water practical session for participants of the 5th Annual Alaska First Aid and Safety Team (AK FFAST.) The youth of AK FFAST took turns being "rescued" from the water, as well as performing rescues.

youth team).

The Alaska State Troopers combined a brief career session with a tour of the Scientific Crime Detection Laboratory followed by a detailed mock crime scene investigation scene at Point MacKenzie (heli-

copter transportation was provided). The Fraternal Order of Alaska State Troopers provided lunch.

Learn-to-Return merged an Alaskan survival information overview with a practical session exploring aircraft crash survival, starting a

Photo by SCF Public Relations staff

fire and using a fire extinguisher.

The Anchorage Fire Department reviewed swift water safety and rescue techniques as well as a swift water practical session (allowing participants to be in the water and/or perform throwing rescues).

The Alaska Native Medical Center tour focused on Alaska Native health care priorities and Emergency Room careers as well as SCF's focus on holistic care and prevention. ACT FAST Consulting emphasized the importance of vital sign assessment (pulse, respirations, temperature and blood pressure checks) and American Red Cross General Water Safety, reinforcing the importance of water safety and information to be safe in, on and around water. "Camp Closure" provided an elegant, quiet ending (final team-building provided by Blockbuster) and distribution of camp certificates, brochures and 2011 applications. Participant recommendations for next year will continue to build and inspire active-learning, first responder opportunities.



The Alaska State Troopers provided helicopter transportation for participants of this year's Alaska First Aid and Safety Team Camp. The youth were dropped off at a mock crime scene to practice investigation skills.

Photo by SCF Public Relations staff



Illustration from Southcentral Foundation's Healthy Kids Camp youth.

# FWWI seeks community partnerships with pastor's luncheon

By *SCF FWWI staff*

Southcentral Foundation's Family Wellness Warriors Initiative held a Pastor's Luncheon June 9 to seek partnerships with churches and pastors around the state of Alaska. Partnerships include a four-stage process, and while FWWI provides a structure, core philosophy and framework, the plans are developed by each organization or community. Family Wellness Warriors Ini-

tiative is currently being established as a national prevention model for indigenous populations, from the foundation of a faith-based curriculum. The program hopes to inspire families and communities across the country to take a stand for protecting their families and others from harm.

"We look forward to continuing to strengthen these relationships and collaborations. FWWI's effectiveness depends on the dedicated efforts of Alaska Native leaders, clergy, law

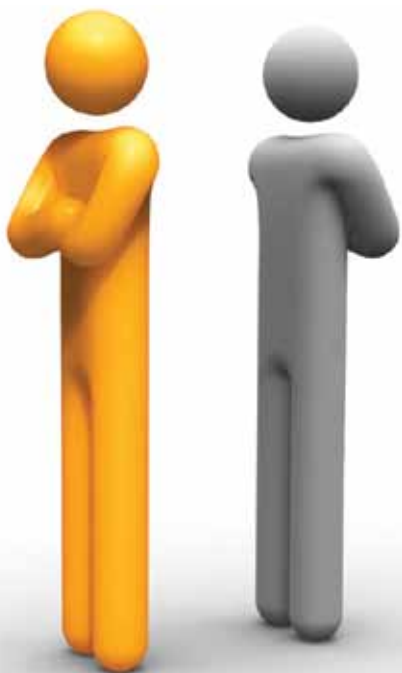
enforcement, health care providers, regional corporations and associations, and other community members working together to break the cycle of family violence and restore family wellness," said FWWI Administrator Bobbi Outten. "Each organization's commitment is inspiring others to action, causing a ripple effect through families and communities across Alaska."

In 2009, FWWI was selected as one of 12 recipients nationwide to

receive the National Indian Health Board Regional/Area Impact Award. This award pays tribute to an individual or organization whose work has contributed to improving Alaska Native and American Indian health care or affected change on an area or regional basis.

For more information, please visit FWWI's website at [www.fwwi.org](http://www.fwwi.org).

## conflict resolution



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quite working?  
We can help.**

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Whether your conflict is in your marriage, with your neighbor or at your workplace – we can help. Beyond Borders' mediators and conflict coaches can provide the support you need to help you successfully resolve:

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*Beyond Borders is an Alaskan, 501(c)3 not-for-profit corporation*

# Photo Reflections



Southcentral Foundation employee Barb Sappah participates in the city-wide cleanup.  
Photo by SCF Public Relations staff



Kylee Aregood and Jason Kyle enjoy a horse carriage ride at the June Southcentral Foundation Employee Appreciation Picnic.  
Photo by SCF Public Relations staff



Southcentral Foundation's Healthy Kids Camp visits a local fire station.  
Photo by SCF Public Relations staff



Two Seattle-area CIRI descendants stop at the Southcentral Foundation booth during CIRI's annual shareholder meeting.  
Photo by SCF Public Relations staff



The Rasmuson Foundation hosted a group of funders from the Lower 48 this summer. They visited the Alaska Native Medical Center main hospital, as well as the ANMC Anchorage Native Primary Care Center (ANPCC). Southcentral Foundation (SCF) President/CEO Katherine Gottlieb led them on a tour of the ANPCC and presented an overview of many SCF programs.  
Photo by SCF Public Relations staff



**Will Mayo, Tribal Leader, speaks at a Southcentral Foundation Family Wellness Warriors Initiative pastor's luncheon.**  
Photo by SCF Public Relations staff



**Yup'ik dancers perform for a videotaping session for an upcoming Yup'ik aerobics video in the Southcentral Foundation Wellness Center.**

Photo by SCF Public Relations staff



**Southcentral Foundation (SCF) and Alaska Native Tribal Health Consortium (ANTHC) employees were encouraged to wear cultural clothing for "Honoring Our Heritage Day." The Honoring Our Heritage Day event was hosted by SCF and ANTHC, and raised funds for the Alaska Native Heritage Center.**

Photo by SCF Public Relations staff



**Southcentral Foundation (SCF) employees boogie at the SCF Employee Appreciation Picnic.**  
Photo by SCF Public Relations staff



**An ANMC Anchorage Native Primary Care Center customer-owner had the first look at a unique architectural feature of the new wing - a prism that reflects a blue ray of light during the summer solstice.**  
Photo courtesy of Dr. Ted Mala



**A Southcentral Foundation RAISE intern helps to collect salmon during the annual RAISE Spirit Lake retreat.**  
Photo by SCF Public Relations staff

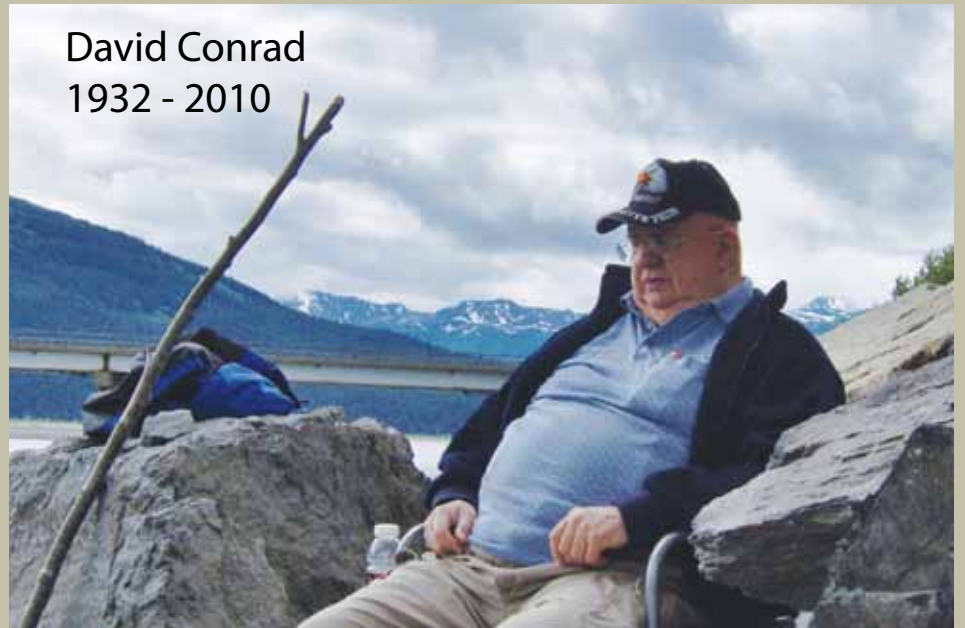
# Elder Drum

David Henry Conrad was born Oct. 2, 1932, in Vandergrift, Pa., to Clarence "Pete" and Alberta Cooper Conrad. He was born at home with his grandmother, Maud Altman Cooper, in attendance as mid-wife. Dave was proud to be the son of a coal miner.

In December 1950, Dave enlisted in the Air Force and retired in 1970. He then worked for RCA Alascom for six years. His final job was with the State Division of Public Assistance, retiring in 1991 as a welfare office supervisor.

He enjoyed hunting, fishing, growing things, playing bingo, talking with friends, and, most of all, spending time at the Southcentral Foundation (SCF) Elder Program.

Dave and his wife, Elizabeth, were elected to and served on the SCF Elder Advisory Council from 1996 to 1998, and were re-designated as members in 2009. They were also active volunteers at the SCF Elder Program, assisting in serving lunches to fellow Elders.



David Conrad  
1932 - 2010

David Conrad and his wife, Elizabeth, served on Southcentral Foundation's Elder Advisory Council for many years.

Photo by SCF Public Relations staff



Elders Theresa Chiskok and Kathy Mathis.

Photo by SCF Public Relations staff



Elder Jeanie Elia and Southcentral Foundation Elder Provider Judy Bauman on the Elder Day of Caring.

Photo by SCF Public Relations staff

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

Shopping  
12:30 to 2 p.m.

Value Village  
Northway Mall  
Fred Meyer  
Sears Mall  
Wal-Mart

Please call  
(907) 729-6500  
for transportation.  
Space limited!

Sew and  
Bead Group  
9:30 a.m. to  
3:30 p.m.

Located in the Elder  
Program activity  
room

Bingo  
12:15 to 1 p.m.

Begins directly after  
lunch in the Elder  
Program activity  
room

Health Education  
on  
Nutrition and  
Exercise  
1:30 to 2:30 p.m.

Located at the  
Wellness Center  
4201 Tudor Centre  
Dr.  
Suite 315

Please call the  
Southcentral Founda-  
tion Health Education  
department at  
(907) 729-2689  
for more information.

Game Day  
10 a.m. to 3 p.m.  
(Every first, second and  
third Friday  
of each month)

OR

Movie Day  
1:30 p.m.  
(Fourth Friday  
of each month)

Game Day is Elder  
directed, with a vari-  
ety of games offered.  
For movie day, pop-  
corn and juice are  
provided.

**Talking Circle Support Group for Heart  
Disease and Stroke Survivors**  
*Last Monday of every month*  
12:45 to 2:30 p.m.  
Snacks and door prizes

# Serious diseases still affect us, even today

## Vaccination an important part of protecting your child, community

By ANTHC Immunization Program

Vaccines are one of the greatest successes in medicine, literally transforming the landscape of health care. Ironically, this very success may be leading some parents to fear vaccines more than the serious diseases that vaccines have prevented. For instance, many parents today do not fear polio, rubella or meningitis (infection in the brain).

Why do parents no longer fear these serious diseases? Because vaccines have dramatically reduced the rates of diseases that once killed or severely disabled many people just a few generations ago. If you ask three of our Elders about the diseases they feared when they were young, it is likely that at least one of these Elders will have a story about a loved one tragically affected by a disease now preventable by vaccine. Many of these diseases, like polio, tetanus and infectious hepatitis are now controlled by vaccine and rarely seen.

If these serious diseases are now uncommon, why should parents today remain concerned? We need to be vigilant because vaccines have reduced the rates of disease, not eliminated them. Many of these diseases may currently be in your community or just a plane ride away. If we stop vaccinating, these diseases will return.

There are two ways of developing immunity against a disease—by surviving the disease or by vaccination. The side effects caused by vaccines are well understood, predictable and rarely harmful. In comparison, the consequences of disease are unpredictable, potentially life-threatening or permanently disabling.

Unvaccinated children are still at risk for disease. During the 2010 Winter Olympics, in Vancouver, Canada, an outbreak of measles occurred, suspected to be linked to foreign visitors of the games. In 2008,



Talk to your provider about ensuring your children are vaccinated on schedule.

Photo by SCF Public Relations staff

a child returned home from a trip to Switzerland unknowingly infected with measles, causing an outbreak in San Diego. Of the 839 people exposed, all 12 confirmed cases were in unvaccinated children.

California is currently facing its largest outbreak of whooping cough since 1958. Low vaccination rates may be playing a role in the outbreak. As of June 15, there have been 910 confirmed cases and another 600 cases are suspected. So far, five infants, all under three months of age, have died.

Vaccination protects not only individuals but communities. If enough people in a community are vaccinated, other community members who can not be vaccinated are less likely to get a disease. This is called herd immunity and it depends on at least 90 percent of the community being vaccinated. Infants who are too young and people whose immune systems are not working properly may not be able to receive some vaccines, and they are often the most vulnerable to disease. In

a very real sense, it takes a whole community to protect those few that can not be vaccinated.

If parents are concerned about too many vaccines too soon, should they delay immunizations or use alternative schedules that do not adhere to Centers for Disease Control and Prevention recommendations? No. The CDC vaccine schedule is customized to ensure children are protected at the earliest age possible, when they are most vulnerable to disease. It is good to consider that a baby's immune system handles thousands of germs in their natural environment every day. A baby's immune system can handle multiple vaccines much better than it can

fight off a serious disease.

Before Hib vaccine, Hib disease was the leading cause of meningitis in children. Meningitis (infection in the brain) is a life-threatening disease that can lead to brain damage, organ failure or limb amputation. Alaska Native children had a risk of getting Hib disease that was six times higher than the national average, and the disease infected Alaska Native children at a much younger age, at 4 to 6 months old. The Hib vaccine has reduced this risk by 95 percent. Even so, every year a small number of Alaska Native children are infected with this disease.

We encourage parents to talk to their provider and seek information about vaccines. If you are pregnant, start learning about vaccines now. There are many resources available, here are just a few. If you like to read books, look for "Baby 411" by Ari Brown or one of the many books by Paul Offit. You can also check out the Shot of Prevention blog at [www.shotofprevention.com](http://www.shotofprevention.com) or watch a group of moms asking questions of a CDC vaccine expert at [www.cdc.gov/Features/CDCtv/GetThePicture/](http://www.cdc.gov/Features/CDCtv/GetThePicture/).

## Cancer screening, continued from page 1



Screening is an important part of overall health care.

Photo by SCF Public Relations staff

in the last five years. The Centers for Disease Control and Prevention's National Breast and Cervical Cancer Early Detection Program and the Avon Foundation Breast Care Fund help SCF support the cost of these screenings.

The screening and prevention group sends reminder letters when you are due for an annual appointment or follow-up exam. Depending on your age, your appointment may include a mammogram and/or a pap smear. Both screenings provide early detection of changes in your health, which can lead to more options available for treatment and protection against cancer. Prompt treatment also greatly increases the chances of recovery.

The journey to wellness requires working together with your primary care team. Once you receive a reminder letter, take the time to call and schedule the ap-

pointment. During the appointment, your provider will inform you of the importance of the screenings and the details of any next steps if necessary.

To get the full benefit of your health care, respectfully ask providers on your primary care team to be clear about procedures and diagnoses. If a provider explains something you do not understand, ask questions until you do understand. This will improve the relationship you build with your team.

Small steps, like participating in screenings, make a big difference on the journey to wellness. Your primary care team and the screening and prevention group walk with you on your journey, providing both support and options. Both are important elements of a health care system committed to the mission of "working together with the Native Community to achieve wellness."

# Yupik Dance Aerobics

Celebrating Dance as Exercise

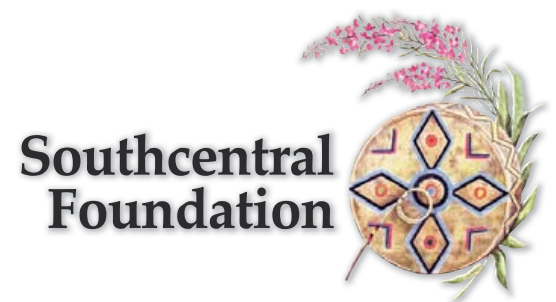


**What?** Yupik Dance Aerobics  
**When?** Fridays  
 5:15 to 6:15 p.m.  
**Where?** Health Education & Wellness Center  
 4201 Tudor Centre Dr.  
 2nd Floor

Celebrating dance as exercise! Join us for this fun activity and learn the story of Yupik dance. All levels of expertise are welcome.

Participating children are welcome with parent or guardians present.

For more information, please contact the Health Education & Wellness Center at (907) 729-2689.



## Southcentral Foundation contact information

[www.southcentralfoundation.com](http://www.southcentralfoundation.com)

Phone (907) 729-4955  
 Toll-free (800) 478-3343  
 4501 Diplomacy Drive  
 Anchorage, Alaska 99508

Anchorage Native Primary Care Center	729-3250	Nilavena Subregional Clinic – Iliamna	729-5400
ANHRAP	(253) 835-0101	Office of the President	729-4955
ANPCC Pharmacy	729-2150	Optometry Clinic	729-8500
Audiology	729-1400	Primary Care	729-3300
Behavioral Health Services	729-2500	Public Relations and Communications	729-4953
Pediatric Clinic	729-1000	Quyana Clubhouse	729-6550
Complementary Medicine	729-4320	RAISE Program	729-5015
Customer Service Representatives	729-3299	Traditional Healing Clinic	729-4958
Dental	729-2000	Tribal Relations and Village Initiatives	729-4975
Elder Program	729-6500	Valley Hospital Emergency Room	(907) 861-6620
Health Education Department	729-2689	Valley Native Primary Care Center	(907) 352-6000
Home-Based Services	729-2490	Women’s Health Clinic	729-3100