



Q&A with Kate Majzoub  
Page 3



Men work together  
Page 5



Smart Snacking  
Page 8



Spirit Lake Photo Recap  
Page 9

# ANCHORAGE NATIVE NEWS

Alaska Native People Shaping Health Care

Volume 15 Issue 4 August/September 2015

## Investment in Southcentral Foundation workforce raises level of care

By SCF Public Relations

Tribal health care in Alaska was once managed solely by the federal government. When Southcentral Foundation (SCF) assumed ownership of the health care system from the federal government in the late 1990s, Alaska Native people identified many opportunities for improvement. Customer-owners asked for a system built on cultural strengths, with a special focus on relationships, family wellness and quality.

The ongoing trainings are offered in the SCF Development Center. Class topics range from how to provide help for those considering suicide, to customer service, case management support, technical writing and quality improvement.

SCF has also developed job training programs for dental assistant and administrative support positions.



Ongoing trainings also help every SCF employee gain familiarity with improvement tools.

To help employees make these improvements, SCF adopted a deliberate approach to training its workforce. Both an intensive 3.5-day new hire orientation and three-day Core Concepts training help employees rethink how they previously worked, and learn a customer-owned and -driven, relationship-based system of care. Ongoing trainings also help SCF employees gain familiarity with improvement tools, which helps every employee contribute to continuous improvements to the care provided.

With SCF's decade-long investment in its workforce's learning and development, employees have become recognized experts in the field of performance excellence and quality improvement. Health care organizations, academic institutions and governments around the world have shown they are willing to invest their time and resources in learning from SCF and the successes of the customer-owned Nuka System of Care.

*Continued on page 6, "Workforce Raises Level of Care"*

## What contributes to a successful experience at Southcentral Foundation?

By SCF Public Relations

Do you measure the success of your experience by the appointment itself? Perhaps you consider accessibility: in other words, were you able to schedule an appointment that fits your busy lifestyle? Did your mode of transportation to your appointment affect the success of your visit? How about navigating the health care facility? Some customer-owners factor in their interactions with multiple Southcentral Foundation (SCF) employees. What was it like to check in for the last few appointments? Did you feel respected? Did SCF employees provide helpful information?

Numerous factors can impact your relationship with your care providers. To reflect this, SCF changed the name of its SCF Customer Service Department to the SCF Customer Experience Department, which has also been improved to serve customer-owners' overall experience. Our customers are also our "owners," and we are dedicated to creating the highest quality experience for everyone who walks with us in their health and wellness journey.



The SCF Customer Experience Department helps to develop a great relationship with providers. Call if you would like to provide input on your experience at 729-3299 or the 24-hour hotline at (877) 837-4251.

*For more information, contact SCF Customer Experience at (907) 729-3299 or call our 24-hour hotline at (877) 837-4251.*

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SCF 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., SCF employs more than 1,850 people in 80 programs.

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

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

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# SCF NUKA SYSTEM OF CARE GLOBAL UPDATE

## Nuka Conference makes an impact Participants share desire to adapt Nuka System of Care to their organizations

Southcentral Foundation (SCF) hosted its 5th Annual Nuka System of Care Conference in Anchorage, June 15-19 with the theme “Discover. Learn. Transform.” Over 160 participants attended the conference, which consisted of a three-day pre-conference Core Concepts workshop and a two-day general conference. The general conference offered 36 sessions and included plenaries, tours of the Anchorage Native Primary Care Center, and a keynote address by Dr. Jason Leitch, the national clinical director for health care quality for the Scottish government.



SCF Board Member Dr. Terry Simpson and another participant share and receive story at the pre-conference Core Concepts workshop. In addition to Simpson, board members Charles Akers and Roy Huhndorf also attended the 5th Annual Nuka System of Care Conference.

“Speakers were excellent. Very polished and professional presentations, and great delivery in all sessions I attended,” noted one conference participant in a post-conference survey.

Participants traveled from seven different countries, elsewhere from Alaska and 17 other states to learn about SCF’s Nuka System of Care, a world-renowned model of health care focusing on customer-owned, relationship-based care. Session topics at the conference covered behavioral health integration, organizational strategies and processes, data and information management, rural and telehealth services, onboarding and workforce development.



KJ Worbey, SCF’s clinical director of learning circles, and Chelsa Dorman, SCF’s clinical director of outpatient services, answer questions from Nuka Conference participants after their session on behavioral services redesign.

Conference attendees were asked what they found to be the most significant approaches, tools or techniques and what they would like to use at their organization. Many expressed the desire to adapt and implement

elements of the Nuka System of Care within their organizations. Responses from participants included:

- “To focus on more of a customer-owner concept. Taking SCF successes and applying them to our people and organization.”
- “Taking ownership of our healthcare- the ‘walk’ with our providers.”
- “Transparency. More employee empowerment and better patient involvement.”

SCF’s Core Concepts training provided another valued takeaway for conference participants.



Chief Nick Alexia from the Nikolai Edzeno’ Village Council in Alaska and another SCF Nuka Conference attendee partner up to learn about mental models during the pre-conference Core Concepts training.

The SCF Nuka System of Care Conference is held annually on the Alaska Native Health Campus in Anchorage. The next Alaska conference is scheduled for June 20-24, 2016, and a condensed version of the conference is scheduled for March 10-11, 2016, in Honolulu, Hawaii.

For more information about the conferences or how to transform your organization using elements of the Nuka System of Care, please visit [southcentralfoundation.com/nuka](http://southcentralfoundation.com/nuka).



During Dr. Jason Leitch’s keynote address he mentioned Linda, who works in Primary Care 1 West, as a perfect example of SCF’s Nuka System of Care.



# RAISE internships as a ‘first job’

By SCF RAISE Intern Chenelle Mann

Southcentral Foundation’s RAISE Program provides opportunities for on-the-job work experience in the context of Alaska Native cultural values. Designed to develop leadership skills in Alaska Native and American Indian youth 14-19 years of age, RAISE offers three separate sessions per year: summer, winter and graduate programs. Each one exposes participants to health-related careers, expectations of the workplace, personal and professional development.



Working in the public relations department has helped me experience what it would be like to work in an office setting.

Pulling, gripping and destroying invasive weeds. Building relationships with customer-owners. Helping with inventory management and planning events. These tasks may seem like a handful, but they build a positive work ethic for the fortunate Alaska Native and American Indian youth, including myself, who get the opportunity to participate in the Southcentral Foundation (SCF) RAISE Program.

Once hired, we are assigned to project groups based on our career aspirations and where we are in our journey with school. These groups include community development, administrative support, college and careers, health careers, academic achievers, and Indian enrichment. Over the course of three summers, I have participated in three of the six project groups the program has offered. Like many of the other youth interns, the RAISE Program has provided me with my first work experiences.

During my first year of participation, the RAISE Program placed me in the community development project group. We did not have a specific work site on campus, instead we were community oriented, which I believe made us the most unique of the groups. We picked invasive weeds and helped a lot at the food bank. Even though it may not seem like it ties into a career interest, it is about doing something for the community that does not just represent your efforts, but also those of SCF and the Native Community. Performing such community-based tasks also helps to build effective communication skills.

My second summer with the RAISE Program put me in the health careers project group. For me, this meant that I served as an administrative assistant in one of the primary care clinics, Primary Care 3 West. Being a quiet person was initially not a good thing when it came to answering phones, making appointments, and working with internal and external customers. But I believe the position forced me to get out of my shell, while also teaching me many important work skills.

My placement this summer has been in SCF’s public relations department as part of the college and careers group. Working in the public relations department has helped me experience what it would be

like to work in an office setting. I have learned about what it takes to work in a lively, busy environment, but still maintain time management and focus to complete the tasks at hand. When planning events, I have learned about the resource requirements to complete the planning and ensure the event goes smoothly.

Being in the college and careers group, we are expected to be leaders for the younger interns. Being older does have bragging rights, but responsibility comes along with those rights, including being responsible for what we plan to do. We are responsible for applying to college or vocational school, along with financial aid. Along the way, whenever we have questions, there is always a helpful resource for us. I am thankful for the stable support system the RAISE Program provides. All SCF staff truly want us to succeed.

Being in the RAISE Program has taught me many life skills, along with workforce development and cultural awareness. Before I got involved, I did not know much about my Native background. It has pushed me to want to discover more because culture is definitely a huge aspect of our trainings.

Having the chance to be an intern in the RAISE Program has opened doors for me, including doors that could lead to future, full-time positions at SCF. Many full-time SCF employees are now saying, “Hey! I was an intern before!” or “I was in the RAISE Program.” This is honorable to me and shows they are not only giving back to the Native Community, but also to the RAISE Program where they got their start.

*For more information contact the RAISE Program at (907) 729-5015.*

## Q & A with Kate Majzoub, Harvard Medical School student

By SCF Public Relations

*In early May, Harvard Medical School’s Center for Primary Care and Southcentral Foundation (SCF) formed a strategic partnership designed to foster collaboration in research, education and practice.*

*A month after the partnership was announced, Harvard Medical School (HMS) student Kate Majzoub arrived at SCF. During her three-week visit, the rising fourth-year student focused on learning about the teamwork within SCF’s integrated care teams, primary care and behavioral health integration, the different governance structures that shape how the organization delivers care and how SCF incorporates local culture into health care delivery.*

*While at Harvard, Majzoub co-founded the Spirituality, Healing, and the Mind Student Interest Group, as well as served in various student leadership roles at the Center for Primary Care. She has traveled throughout the world, visiting and working in China, Japan, Bhutan, Peru, India and Taiwan during her studies.*

*In the first of a four-part series, Majzoub shares her experiences from the visit, why she is interested in the organization and her goals in the medical field.*

**What made you interested in visiting SCF and wanting to learn more about the organization and what it does?**

A few years ago, Southcentral Foundation President/CEO Dr. Katherine Gottlieb and Vice President of Medical Services Dr. Douglas Eby came to Harvard to give a presentation, and I volunteered to write a blog post. So, I was generally interested, but I didn’t know much about SCF when I showed up to the presentation.



Fourth-year Harvard Medical School student Kate Majzoub visited Southcentral Foundation June 8-26.

I was really impressed by what they’ve accomplished.

At that point, I was a second-year medical student. In the fourth year we have a lot of flexibility in our schedules and design the curriculum month-by-month, so a few months ago I wrote to Dr. Eby to ask if there’s a rotation for medical students at SCF. He wrote back and said there wasn’t anything formal in place, but let’s see what we can do.

**You completed your master’s in public policy. Have you always wanted to get into medicine? Is there a correlation?**

I was pre-med in college, but also during college, someone very close to me became sick. I was upset to discover the lack of attention given to the person behind

the diagnosis, and the exclusion of the emotional and spiritual aspects of illness. Even though medicine had seemed like an obvious fit for me — I enjoyed my science classes, loved working with people and knew that I wanted to be in a service profession — I couldn’t see myself working in that type of a health care system.

So, for several years, I pursued other interests, including international development and filmmaking. Eventually this work brought me to the master’s program in public policy, where several of my classmates were concurrently getting degrees at Harvard Medical School, and one of them was a practicing physician. I happened to be in a class that required students to share their personal stories at the end of it, and in my narrative I explained why I had paused on my path to medical school: my disappointment with how our health care system focuses on sickness rather than wellness, and numbers rather than people. A medical student and the physician found me afterward and subsequently spent many hours convincing me that my perspective was all the more reason for me to become a physician. So it’s thanks to those classmates and the opportunity to share my story that I applied to medical school. I’m glad I did.

*Check out the next edition of the Anchorage Native News for part two of this four part series with Majzoub. The fourth-year Harvard Medical School student will discuss her interests in learning about other cultures, SCF’s integrated care teams and the Nuka Conference.*



# Coding update may affect October appointments

By SCF Public Relations

The Alaska Native Medical Center (ANMC) is preparing to update its Electronic Health Record code set from ICD-9 to ICD-10, or International Classification of Disease 10th revision. The code sets are used in medical records for medical diagnoses and inpatient hospital procedures. The transition, effective Oct. 1, will not affect the quality of service or privacy of customer-owners' information. However, office visits could be limited during the month of October and appointments and wait times may take longer.

The ICD-10 is a system of coding created by the World Health Organization that notes diseases, symptoms, causes of injury and other findings. The transition to ICD-10 is required for all organizations covered by the Health Insurance Portability and Accountability Act (HIPAA) and is

mandated by the U.S. Department of Health and Human Services.

The use of ICD-10 is expected to advance public health research and emergency response through detection of disease outbreaks and adverse drug events, as well as support innovative payment models that drive quality of care.



The transition, effective Oct. 1, will not affect the quality of service or privacy of customer-owners' information.

Customer-owners may notice that the change to the current standards also means that, after Oct. 1, the Electronic Health Record will need to capture a greater level of detail during visits with providers.

What can customer-owners do to prepare for this transition? Share responsibility for easing into this

change by proactively scheduling routine appointments in advance, planning ahead for prescription refills and talking to your provider about any anticipated health care needs.

Again, this update is system-wide, including both the Alaska Native Tribal Health Consortium hospital and Anchorage Native Primary Care Center. Other Southcentral Foundation services that may be impacted include:

- Benteh Nuutah Valley Native Primary Care Center
- C'eyiits' Hwnax Life House Community Health Center
- McGrath Regional Health Center
- Nilavena Subregional Clinic
- St. Paul Health Center

For more information, please contact your primary care provider.

## Improving access to wellness activities

By SCF Public Relations

Renovations on Southcentral Foundation's (SCF) Mount Marathon building began this spring. This building is located on the Alaska Native Health Campus in Anchorage. The project is being completed in phases to minimize disruption to current programs and services. Construction is expected to be complete by winter.

The remodel is designed to improve access to wellness activities for customer-owners and bring complementary medicine, outpatient physical therapy, health education and the clinical exercise programs together in one building to meet customer-owners' needs.

into a modified space on the third floor once construction is complete. The second floor is being adapted to expand the exercise gym and outpatient physical therapy services. The first floor will be the home of an additional group exercise room and spin room, classrooms and offices, an expanded educational/demonstration kitchen, a new wellness center retail store and a larger main entry lobby.

For more information on SCF Health Education and Wellness Center programs, please contact (907) 729-2689 or lwiese@southcentralfoundation.com.

The SCF Complementary Medicine Clinic will move



Renovations on Southcentral Foundation's (SCF) Mount Marathon building began this spring.

### Are you a pregnant Alaska Native woman currently using cigarettes?



The Alaska Native Tribal Health Consortium (ANTHC), Southcentral Foundation (SCF) and Mayo Clinic are working together to determine better ways to help motivate pregnant Alaska Native women to quit using tobacco.

You may be eligible to participate in this MAW research study if you are:

- An Alaska Native woman
- 18 years or older
- Pregnant, 28 weeks or less
- Currently using cigarettes
- Planning to deliver your baby at Alaska Native Medical Center

Participation includes a five-week study, a follow-up interview after delivery, and enrollment in the SCF tobacco program.

For more information, please contact: (907) 229-3088





# Men working together to build smoke houses

By SCF Native Men's Wellness Program

While most Alaskans are familiar with the smell of fish and wood chips that waft out of the crevices of a smoke house, building a smoke house is not something most know how to do. A group of Southcentral Foundation (SCF) Native Men's Wellness Program interns recently learned how to build these smoke houses in the traditional style.



Native Men's Wellness Program interns learn how to build these smoke houses in the traditional style.

The smoke house building was part of a series of Wellness Wednesday activities facilitated by the Native Men's Wellness Program. Projects enhance a combination of cultural connectivity, healthy living and job readiness skills such as carpentry and teamwork. While smokers are often bought at a store in these contemporary times, knowing how to build a smoke house in the likeness of what our ancestors used can elevate the connection our people have to a subsistence lifestyle. The smells alone are often associated with family back home, and the end result is smoked food that will be eaten, shared and stored for the long winter to come.

The interns who participated in this activity are part of the Training, Education and Development Experience (TEDE) of the Native Men's Wellness Program funded by ANA. TEDE's overall goal is to include meaningful Native traditions while developing basic employment skills that align with individual cultural values. The Native

Men's Wellness Program works to improve Alaska Native and American Indian men's health through events and trainings that address the physical, mental, emotional and spiritual aspects of their lives.

*Interested in participating in the Native Men's Wellness Program or joining TEDE? Call the Native Men's Wellness Program Coordinator Shon Stewman at (907) 729-5208 to learn more.*



Wellness interns stand next to a smokehouse they are working on and a finished dipnet they constructed.

# Antibiotics, are they for you?

By SCF Pharmacist Adrienne Tveit and Primary Care Provider Megan Rolinger

Bacteria or viruses cause many infections. Antibiotics should not be used to treat viral illnesses; your body may develop antibiotic resistance. Antibiotics are medications used to treat infections caused by bacteria and save millions of lives around the world.

The Centers for Disease Control and Prevention (CDC) estimates more than 2 million illnesses and 23,000 deaths occur each year in the United States due to antibiotic resistance. Antibiotic-resistant super bugs can be found anywhere and these infections are increasing in the general community.

Resistance occurs when antibiotics do not kill all of the bacteria. The surviving bacteria no longer respond to the antibiotic, then multiply and take over. These resistant bacteria may give their resistance to other bacteria, worsening a problem. Another antibiotic (if available) is then needed to treat an infection.

Antibiotic resistance is becoming a public health threat and is a top priority of the U.S. Department of Health and Human Services. Last September, President Barak Obama signed an Executive Order to combat antibiotic-resistant bacteria. An action plan was released as a roadmap to decrease antibiotic-resistant infections and potentially save thousands of lives. By 2020, all acute-care hospitals are expected to have antimicrobial stewardship programs and improve antimicrobial stewardship among all health care facilities.

The goal of the antimicrobial stewardship program is to reduce inappropriate antibiotic use in the outpatient setting by 50 percent and

in the inpatient hospital setting by 20 percent. Guidance will be shared for revising existing guidelines to include antibiotic stewardship as a condition of participation in Medicare and Medicaid programs within three years.

The goals of ANMC's antimicrobial stewardship program are to monitor antibiotic use, evaluate appropriate use and identify consequences of exposure like medication side effects, allergies and infections. By exploring

antibiotics. In turn, these changes have saved money while decreasing the number of undesired results from treatment, the use of IV antibiotics and decreased the need for hospitalization.

ANMC's antimicrobial stewardship program is a resource for all providers—from critical care specialists to physician assistants and providers in rural Alaska—to ensure rational and appropriate use of antibiotics. The committee continues to review new literature, develop and update existing guidelines, and provide the most up-to-date information to staff and customer-owners. The committee has also delivered extensive teaching throughout the greater Anchorage area, as well as statewide by helping to establish the Alaska Antimicrobial Stewardship Collaborative and nationwide by providing recommendations to the CDC and Indian Health Service.

As a customer-owner, you can help decrease your risk—and the risk of others—of being infected with antibiotic-resistant bacteria. Know when antibiotics work; discuss the difference of viral and bacterial infections with your providers. If antibiotics are necessary for treatment, be sure to take your medication as prescribed and be familiar with the side effects. Remember, the best way to prevent the spread of any infection is proper hand washing.

*For more information, please speak with your provider or visit [www.whitehouse.gov](http://www.whitehouse.gov) and enter "Antibiotic-Resistant Bacteria" in the search field*



Know when antibiotics work; discuss the difference of viral and bacterial infections with your providers.

In 2012, ahead of the curve, the Alaska Native Medical Center (ANMC) established an antimicrobial stewardship program as a sub-committee of the hospital infection control department. Committee membership began with an infectious diseases physician, pharmacist, clinical microbiologist, and infection preventionist. The committee now has grown to include pharmacists, providers from primary care and other departments, nurses, and analysts who work together to help decrease unnecessary antibiotic use, provide education, prevent undesired results from antibiotic exposure, decrease costs, and minimize antibiotic resistance. The primary objectives of stewardship are to promote quality improvement and ensure customer-owner safety.

the trend of antibiotic use and local data, the program has developed several treatment guidelines. These guidelines, some of which have been converted into electronic tools accessible in the Electronic Health Record, allow providers to select an appropriate antibiotic for common infections with the recommended dose and length of treatment. Some common infections include sinus infections, urinary tract infections, skin infections and ear infections.

Because of these recommendations described above and others, ANMC decreased the number of days a customer-owner has to stay in the hospital and decrease the number of prescriptions being written for



# SCF’s Dena A Coy program improves child care space

By SCF Public Relations

On July 13, Southcentral Foundation’s (SCF) *Dena A Coy* Residential Treatment Program and members of the Bright Horizons Foundation for Children unveiled a Bright Space® for children, the first in Alaska.

The *Dena A Coy* program serves pregnant, parenting and non-parenting women who are experiencing alcohol, drug and emotional or psychological problems. Child care services are included in the residential program for mothers with children under the age of three.

Bright Horizons Foundation for Children is a non-profit foundation affiliated with Bright Horizons Family Solutions®, a leading provider of child care and early education services. For the last eight years, the company has partnered with SCF’s Employee Family Center to help SCF employees and their families better address the challenges of work and life. The Foundation is an extension of these efforts. It is dedicated to making a difference for at-risk children and families in the communities where Bright Horizons Family Solutions® employees live and work.

The Foundation’s Bright Space® project objective is to provide children with a warm, enriching area to play and learn.



The *Dena A Coy* nursery has not been renovated in 14 years; this new environment will be a great place for children to learn, connect and grow

“Bright Spaces® are created in shelters, treatment facilities, jails, community centers, airport waiting rooms and neonatal intensive-care units all over the U.S.,” said Bright Horizons Regional Manager Ellen Sklanka. “Children experiencing stress especially need access to these kinds of child-friendly spaces.”

The nurturing, creative environments created by the Bright Horizons Foundation for Children

are designed to instill positive self-esteem and support and facilitate the development of strong families.

“This new environment will be a great place for children to learn, connect and grow for generations to come,” said SCF *Dena A Coy* Manager Monica Byrd.

Overall, there are about 300 Bright Spaces® in 38 states and four countries. SCF’s *Dena A Coy* program is pleased to host the first in Alaska.



With the financial assistance of Southcentral Foundation employees and Bright Horizons Foundation for Children, the *Dena A Coy* nursery was updated and renovated.

## SCF’s commitment to green initiatives

By SCF Public Relations

Many customer-owners may not be aware of Southcentral Foundation’s (SCF) Green Team and its corporate initiative to improve environmental friendliness. Established in 2008, the SCF Green Team has worked behind the scenes to improve the responsible use of customer-owner resources.

Several years ago, SCF had motion sensor light switches installed at the Fireweed Building, 4341 Tudor Centre Drive and Ahklun Mountains Building, 4501 Diplomacy Drive, in Anchorage to reduce the use of electricity. To build on the cost savings, the SCF Green Team proposed expanding the use of the motion sensor light switches on a larger scale. SCF will now install the switches throughout the Anchorage Native Primary Care Center.

“These projects could not have happened without the support of SCF leadership,” said Green Team Committee Chair Tikaan



“These projects could not have happened without the support of SCF leadership,” said Green Team Committee Chair Tikaan Galbreath.

Galbreath. “It is encouraging to know that our leadership recognizes the link between the health of customer-owners and the health of the environment, and are willing to take the steps needed to achieve both.”

Here are a few more examples of the SCF Green Team’s successes:

- SCF now has recycling available is more than 90 percent of its programs.
- A covered, secured bike cage is available for employees who commute to work using a bike.
- SCF has a paperless committee structure to reduce unnecessary paper and toner use, and to reduce maintenance on printers.

The Green Team continues to assess program-specific needs to support recycling and generally improve SCF’s environmental friendliness. There are many ways to help our community reuse, reduce and recycle! Your ideas are always welcome. Please submit suggestions to SCFGoGreen@ southcentralfoundation.com.

## Workforce raises level of care, Continued from page 1

For example, at SCF’s Nuka System of Care Conference in June, SCF employees

led trainings focused on health care quality approaches, improvement tools and methodologies, and taught conference attendees how to integrate these into their existing systems and structures. The feedback afterward demonstrated the learning objectives were met: the leaders learned the skills they thought they would need to adopt new

improvement processes and implement high-level changes at their own organizations.

The story of how Alaska Native people have led the redesign of our health care system is now being told around the world as we partner with others to transform the quality and effectiveness of health care.

*SCF thanks its many partners, including tribal leadership, Rasmuson Foundation, Robert Wood Johnson Foundation, and Gordon and Betty Moore Foundation, for helping the Nuka Institute shift from a once-a-year conference destination into a year-round nexus of learning, sharing and innovation.*



SCF’s decade-long investment in its workforce’s improvement skills, employees have become recognized experts in both training and improvement.



# Integrated care at Southcentral Foundation

By SCF Public Relations

Health care facilities all over the U.S. follow a model of patient care that is disease-focused. There is a diagnosis and the disease is treated. At Southcentral Foundation (SCF), services are centered on customer-owners. This approach is not typical and the health care industry has taken notice, both in the U.S. and abroad.

This model of care, referred to as the Nuka System of Care, offers greater successes in customer-owner health outcomes. SCF has received several awards for its innovative approach to health care and is recognized worldwide as a best practices model for health care delivery, operational efficiencies and its success in holistic services.

Customer-owner wellness is at the center of all services and there is a team of people to help. In primary care, the team includes:

- Provider
- Nurse case manager
- Case management support
- Behaviorist
- Nutritionist
- Pharmacist

When customer-owners visit primary care, they also have the opportunity to connect with other SCF services. Having the chance to get to know a team of people who are working together for holistic wellness can make all the difference.

“The integrated care team model allows us to practice proactive and preventative primary care versus reactive and crisis care,” said SCF Medical Director Dr. Verlyn Corbett. “This is a healthier approach for both integrated care teams and customer-owners.”

Integrated care teams sit in the same work space where they are able to easily communicate and build meaningful working relationships with one another. Customer-owners benefit when they see their provider about a cold or routine visit and end up talking about other concerns. Whether they have concerns about depression, improving diet or quitting smoking, one or more members of their team is close by and ready to help.

“I do not believe you can find such a robust medical care team elsewhere,” said SCF RN Case Manager Dorothy Griffith. “As a registered nurse case

manager, I have the privilege to work with and build relationships with each team member and customer-owner on our panel. These relationships build trust and respect and provide better health outcomes. Being able to contribute to customer-owners’ positive health outcomes provides me personal and professional satisfaction.”

*Please call your team today if you have any questions, or would like to make an appointment or refill medications.*



Each integrated care team sits in the same work space where they are able to easily communicate.

# Vaccinating on time is important for disease protection

By ANTHC Immunization Program

Parents agree that feeding and sleep schedules are important to help keep their children healthy. The same goes for childhood immunizations. Vaccinating children on time is the best way to protect them against 14 serious and potentially deadly diseases before their second birthday.

Before vaccines, Alaska Native children had one of the highest rates of meningitis (brain infection) caused by the Haemophilus influenza (Hib) bacteria – now Hib infections are rare.

“One brother and my first cousin had H flu [Hib] meningitis and both of them are affected by it,” said Martina Lauterbach, a retired community health aide. “One is deaf and mute ... that’s my brother ... this was before the vaccine.”

Public health experts and health care providers base their vaccine recommendations on many factors. They study information about diseases and vaccines carefully to decide which vaccines kids should get and when they should get them for best protection.

“People often ask me about getting their shots late or spreading them out for their children. I usually tell parents there is no scientific evidence that really supports doing that,” said Dr. Matt Hirschfeld, a pediatrician and Alaska Native Medical Center medical director for inpatient pediatrics. “Most of the time if you are getting your [child’s] shots late, you are putting your child at risk for getting the disease the shot protects against. It hasn’t been shown to be beneficial for the kids to get the shots spread out.”

Hirschfeld also believes that spreading vaccinations out in multiple clinic visits is actually more stressful than doing them all at once.

A healthy baby’s immune system can handle getting all vaccines when they are recommended. When parents choose not to vaccinate or to follow a delayed schedule, children are left unprotected against diseases that still circulate in this country, like measles and whooping cough. For example, more than 48,000 cases of whooping cough were reported

in the U.S. in 2012. During this time, 20 deaths were reported – the majority of these deaths were in children younger than 3 months of age. Alaska reported 356 cases of whooping cough in 2012.

Measles was eliminated in the U.S. in 2000; however, pockets of unvaccinated people have led to measles outbreaks. As of June 26, 178 people from 24 states and the District of Columbia have been reported as having measles. Last year, the U.S. experienced the largest number of cases since measles was eliminated in 2000. Alaska had a case of measles this year, the first case since 2000. Staying on track with the immunization schedule ensures that children have the best protection against diseases like these by age two.

Parents can work with their family’s health care providers to keep their children protected against these harmful diseases.

“Immunization is a shared responsibility. Families, health care professionals, public health officials, and

the media can all work together to help protect the entire community,” said Dr. Rosalyn Singleton, Alaska Native Tribal Health Consortium pediatrician.

“Naturally, we also want to protect our children, both parents and pediatricians,” said Dr. George Tsao-Wu, a Southcentral Foundation pediatrician and medical director for outpatient pediatrics. “We don’t want them to have the illnesses that they can be exposed to without vaccines.”

*If you have questions about the childhood immunization schedule, talk with your child’s primary care provider. For more information about vaccines, please visit [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents).*

## VACCINE PREVENTABLE DISEASES ARE STILL OCCURRING IN ALASKA



One out of every four Alaska Native toddlers is not fully protected against 13 vaccine preventable diseases

### GET VACCINATED!

Protect your child and our community from preventable diseases.

Infants who don’t start their vaccines on time tend to stay behind, leaving them vulnerable to preventable diseases. Talk to your healthcare provider about prevention.

In 2014, there were 165 cases of whooping cough

31 cases of chicken pox

In 2015, Alaska had the first measles case in 15 years

www.southcentralfoundation.com • www.twitter.com/SCFinsider • www.twitter.com/SCFNuka • www.facebook.com/SouthcentralFoundation

# Smart Snacking

By SCF Dietitian Alesya Oleynik

Planning, preparing and purchasing healthy snack foods is easy to do. Having access to healthy snacks during the busy summer months and rapidly approaching back-to-school days is especially useful. Stocking the pantry with quick and easy, low-calorie snacks is satisfying and nourishing. Healthy snacks also provide a better balance of nutrients – including essential vitamins and fiber. Select snacks with ingredients that fit your family’s needs and include your children in choosing munchies they enjoy.

Here are 12 snack ideas that are fast and fun for any time of day:

- Homemade “Chex Mix” or trail mix: Nuts, raisins or other dried fruit, whole-grain pretzels and low-sugar dry cereal (e.g., Chex or unfrosted Mini-Wheats)
- Low-fat cheese with fresh fruit slices

- Reduced-sodium, deli-sliced turkey breast wrapped around apple slices
- Low-fat plain or Greek yogurt, topped with fruit and nuts
- Celery sticks spread with nut butter and sprinkled with dried cranberries and chopped pistachios



Healthy snacks also provide a better balance of nutrients – including essential vitamins and fiber.

- Baked tortilla chips dipped in salsa
- Whole-wheat tortilla with reduced-sodium turkey breast and low-fat cheese, heated in the microwave
- Frozen chocolate-covered bananas, sprinkled with coconut flakes
- Cheesy popcorn: air-popped popcorn and lightly sprinkle with cayenne pepper and parmesan cheese
- Whole-grain toast or English muffin with peanut butter and jam
- Whole-grain fruit bars (strawberry, blueberry or fig)

For more information about how to incorporate healthier meals and snacks into your routine, contact your primary care provider or SCF Health Education at (907) 729-2689.

# Schedule back-to-school appointments

By SCF Public Relations

As a parent, you do what is best to keep your child happy and healthy. Ensure your child is ready for the school year by scheduling primary care, optometry and audiology appointments at the Anchorage or Wasilla locations.

### Primary care

Immunizations – Alaska regulations require school-aged children to be immunized. Contact your child’s school district for information on immunization requirements.

Physicals – Most schools require a sports physical health examination form to be completed by a physician before participation in organized sports. Contact your child’s school district to access the sports physical health examination form or other health forms.

### Vision

Optometry – Even without signs of poor vision such as squinting, light sensitivity or difficulty reading, children can have vision problems. Give your child a head start this school year by making an optometry appointment. Appointments are available at the Southcentral Foundation (SCF) Optometry Clinic in Anchorage and at the *Benteh Nuutah* Valley Native Primary Care Center (VNPCC) in Wasilla.

### Hearing

Audiology – Seeing and hearing go hand-in-hand when it comes to learning. Be proactive regarding the detection, assessment and rehabilitation of your child’s hearing. Schedule an appointment in Anchorage or at

CONTACT INFORMATION	
Anchorage	Wasilla
Anchorage Native Primary Care Center (907) 729-3000	Valley Native Primary Care Center (907) 631-7800
Optometry Clinic (907) 729-8500	Optometry Clinic (907) 631-7640
Audiology Clinic (907) 729-1400	Audiology Clinic (907) 631-7640
Please visit <a href="http://www.southcentralfoundation.com">www.southcentralfoundation.com</a> for additional information.	

# Construction begins on new health and wellness center in Sutton

By SCF Public Relations

In April, Chickaloon Village Traditional Council celebrated the ground breaking in preparation for construction of its new 8,100-square-foot health and wellness building the C’eyiits’ Hwnax Life House Community Health Center. Ahtnahwt’aene’ Naydini’aa den (Ahtna Chickaloon People Place) is scheduled for completion this winter.

Crews have installed utilities, built the foundation, and completed the initial framing and installation of pre-fabricated walls. The next phase of construction involves completion of framing and walls, inspections and installing a roof.

The new building will include several exam and talking rooms, a room for minor procedures,

and space for radiology, dietician services and telepharmacy. It will also offer a Wellness Center with



an exercise area, locker rooms with showers and health education classes. The second floor will house the Chickaloon Village Traditional Council’s Health & Social Services Department, including transportation, Elders’ programs, behavioral health and family advocates.

The health center provides medical services to people living between Palmer and Eureka, including Chickaloon, Glacier View and Sutton/Alpine. The new facility will be operated by Southcentral Foundation and Chickaloon collaboratively and will be located at 21117 E. Myers Avenue in Sutton



# Southcentral Foundation RAISE Program's

## Summer Session

### A Personal Thanks to Katherine

Thank you for this wonderful opportunity to enter and learn more about the working world. Because of the RAISE internship I feel that I have developed both as a professional and as an adult. Thanks again.

-Ryan Gump, RAISE Intern



SCF's RAISE Program provides opportunities for on-the-job work experience in the context of Alaska Native cultural values. Designed to develop leadership skills in Alaska Native and American Indian youth 14-19 years of age.



RAISE Interns James Stewman and Cody Kuligowski take a canoe ride for free time.



RAISE Interns pull in the net at the Kenaitze Indian Educational Fishnet Site.



RAISE Intern Destiny Key kisses a freshly caught salmon for good luck.



RAISE Intern Riley Stewman finishes filleting fish at the Kenaitze Indian Educational Fishnet Site.



# Key to young child’s success: YOU

By Best Beginnings

All parents want what’s best for their children. That’s a given. But with all we hear these days about early literacy and preparing children to succeed in school, it is no wonder that many parents have questions. Are they doing the right things? Will their children be ready for school?

At Best Beginnings, we work to ensure that when children start kindergarten, they have everything they need to succeed in school. When children start kindergarten well-prepared, with strong family, cultural and community connections, they have a much better chance to do well in school. And success in school leads to success in life.

We know – based on science – the most important thing parents can do with their young children is to engage with them. That means talking, singing, reading and playing.

Whether you are out shopping for groceries or out fishing, talk with your child. Talk about

the colors and names of produce. Explain what you are doing as you cut and prepare the fish you have caught. Ask questions. It does not matter that he or she doesn’t yet understand your words. By hearing the words and seeing how they correspond to the world, your baby is building millions of brain connections. The more, the better because these brain connections lay a sturdy foundation for everything to come.

The more you talk, sing, read and play, the more your young child will learn. Some parents report feeling a little silly sometimes, but any new habit takes practice.

To see what all this engagement looks like, please visit [www.YouTube.com](http://www.YouTube.com) and type “Preview of Babies on Track” in the search field. “Babies on Track” is a DVD for parents produced by Best Beginnings. The full video, featuring an all-Alaskan cast and Alaska settings, is 14 minutes in length and comes with companion board books when ordered on the Best Beginnings website.

Explore [www.bestbeginningsalaska.org](http://www.bestbeginningsalaska.org) for these resources, along with other activities and ideas for helping your young child thrive.



The more you talk, sing, read and play, the more your young child will learn. Some parents report feeling a little silly sometimes, but any new habit takes practice.

## Strong partnership with St. Paul Community Health Center

By SCF Public Relations

The Aleut Community of St. Paul invited Southcentral Foundation to oversee management for health care services offered at the St. Paul Community Health Center on St. Paul Island.

This year brought several exciting changes to the St. Paul Community Health Center. Southcentral Foundation (SCF) continues its commitment to shared responsibility, quality and family wellness on the island. The main priority of the health center is to provide excellent services to customer-owners.

### Behavioral health services

In addition to the ongoing primary care services, SCF has been providing monthly behavioral health visits to St. Paul Community Health Center. The clinicians provide individual, couples and family therapy and integrated assessments, and can offer video teleconferencing for additional support.

The SCF Behavioral Services Division has also been providing training services on the island, including Critical Incident Stress Management (CISM), SafeTalk and Applied Suicide Intervention Skills Training (ASIST) for suicide intervention, as well as suicide postvention training.

Psychiatric services are also provided at the St. Paul Community Health Center on a quarterly basis and via video teleconferencing, as needed.

Additionally, SCF has an agreement with BHR Worldwide to provide barrier-free access to a 24-hour crisis line at (844) 413-2323. This is a direct line for customer-owners who feel they may be experiencing a behavioral health emergency. BHR sends a transaction log, which covers the calls from the previous night, to SCF daily so clinics can follow up appropriately.

### Color Me Healthy

Several SCF employees visited St. Paul Community Health Center May 29-June 3 for the Color Me Healthy health fair. Representatives from the SCF Native Men’s

Wellness Program, and Behavioral Health and Health Education departments were all on the island to provide information and presentations during an evening event. SCF also provided food and refreshments for Family Game Night and the community potluck.

### Participation in Nuka Conference

Julianna Bourdukofsky and Monique Lestenkof, both of the St. Paul Community Health Center, as well as Shiona Melovidov of the St. Paul Health Council visited Anchorage to attend SCF’s 5th Annual Nuka System of Care Conference June 15-19. The St. Paul representatives learned more about the programs and practices within SCF’s Nuka System of Care.

### Upcoming Optometry and Dentistry Visits Sept. 28-Oct. 2

SCF Optometry will offer eye exams and prescribe eyeglasses and contact lenses.



The SCF Dental Program visited St. Paul earlier this year to offer routine exams for preventative dental care.



Appointments for children can be scheduled for school hours.

### Oct. 11-23

SCF Dental will provide routine exams and preventative dental care.

Appointments for children can be scheduled for school hours. Appointments for adults are available in afternoons or evenings.

### Contact information

St. Paul Community Health Center is located at 1000 Polovina Turnpike, St. Paul Island, Alaska, 99660.

The hours of operation are Monday-Friday, 8 a.m.-4:30 p.m. (closed for lunch daily, noon-1 p.m.)

To schedule an appointment at the St. Paul Community Health Center, please call (907) 546-8300. The fax number is (907) 546-8370. Please, be sure to provide the best phone number to reach you when you make your appointment. We will follow up with you for confirmation.



## Southcentral Foundation Learning Circles

These activities are free and are open to the community. Please visit the Learning Circle and Events Calendar online at [southcentralfoundation.localist.com](http://southcentralfoundation.localist.com) for more information.

### SEPTEMBER - WEEKLY

**Sept. 7-16**  
**Our Breath of Life Festival**  
11 a.m.-1 p.m.  
Anchorage Native Primary Care Center lobby  
4320 Diplomacy Drive

Join the Southcentral Foundation (SCF) *Dena'a Yeets'* Program in raising awareness of suicide prevention and services in the Native Community. Also, meet The Winter Bear Project actors and enjoy a brief scene from Anne Hanley's play, "The Winter Bear." *Dena'a Yeets'* provides specialized support for Alaska Native and American Indian adults who are at risk for suicide. For more information, please contact (907) 729-5260 or (877) 266-4357.

**Na Tia Sukan**  
Mondays, Tuesdays, Wednesdays  
3 -4:30 p.m.  
Heritage Plaza | 1st floor conference room  
4155 Tudor Centre Drive

*Na Tia Sukan* is Athabascan for "Our Strength Tomorrow" and is a culturally appropriate learning circle that provides support, encourages self-development and promotes healthy life skills. This peer support is for men and women, ages 18 and older.

**Relaxation and Stress**  
Thursdays, noon-1:30 p.m.  
SCF Fireweed Building  
4341 Tudor Centre Drive

Is stress getting to you? This learning circle focuses on managing stress through relaxation techniques. Learn how to address signs and symptoms of stress before it becomes a problem. Join us to develop new skills and reduce the impact of stress in your life. Walk-ins welcome!

**Wellness Matters Night**  
Thursdays, 5:30-7:30 p.m.  
SCF Fireweed Building  
4341 Tudor Centre Drive

Bring your favorite dish for a healthy potluck meal at the start of each evening and then participate in a learning circle. There are several great learning circle opportunities including Life Skills, Anger Management (REBT), Recovery Support, Re-entry Support, and Grief and Loss.

**Men's Cultural Learning Circle**  
Thursdays, 6-7:45 p.m.  
SCF Fireweed Building  
4341 Tudor Centre Drive

Join us for activities like storytelling, drum making, dancing and song, as well as other Native cultural activities both contemporary and traditional. Open to Native and non-Native men, ages 18 and older.

**Nicotine Recovery Support**  
Fridays, 3-4:30 p.m.  
SCF Health Education and Wellness Center  
4201 Tudor Centre Drive

Join us as we provide support and encouragement for individuals who want to discontinue the use of nicotine

## SOUTHCENTRAL FOUNDATION IS NOW HIRING

- Director of Public Relations
- HVAC Mechanic
- Administrative Support Training Program
- Experienced Recruiter
- Manager
- Program Coordinator
- Supervisor
- Case Management Support
- Senior Human Resources Generalist(s)
- Various Financial Positions
- Certified Medical Assistant(s)
- Mental Health Worker(s)

Visit [www.southcentralfoundation.com](http://www.southcentralfoundation.com) to view all vacancies and apply online.

# CIRI HAS MOVED.

The company headquarters is now located in the Fireweed Business Center.

**725 E. Fireweed Lane, Suite 800**  
**Anchorage, AK 99503**



## INTERESTED IN VOLUNTEERING WITH ELDERS?

No experience is needed.  
Volunteers must be 18 years or older and participate in the application process.



For more information, contact Kira Bouwens in SCF Human Resources at 729-5235.



MONDAY

Shopping

12:30 - 2 p.m.

Value Village  
Northway Mall  
Fred Meyer  
Sears Mall  
Wal-Mart

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

TUESDAY

Sew and Bead Group

9:30 a.m. - 3:30 p.m.



WEDNESDAY

Bingo

12:15 - 1 p.m.



THURSDAY

Health Education on Nutrition and Wellness

12:30 - 2 p.m.

Please call the SCF Health Education Department at (907) 729-2689 for more information.

FRIDAY

Game Day

10 a.m. - 3 p.m.  
(1st, 2nd & 3rd Friday of each month)

Elder directed, with a variety of games offered.

Movie Day

12:30 p.m.  
(4th Friday of each month)

Popcorn and juice are provided.

Located at the SCF Elder Program (6901 East Tudor Road, Anchorage, Alaska 99508)

Important Phone Numbers	
SCF Elder Program Event Hotline	(907) 729-6588
Alaska Native Medical Center	(907) 563-2662
Cook Inlet Housing Authority	(907) 793-3000
Senior Benefits	(907) 352-4150
Anchor Rides	(907) 343-2550
People Mover	(907) 343-4536
Food Bank of Alaska	(907) 272-3663
Division of Public Assistance	(907) 269-6599
American Association of Retired Persons (AARP)	(907) 272-1444
Salvation Army Meals on Wheels	(907) 349-0613
Anchorage Police Department (non-emergency)	(907) 786-8500

## Updated Elder Program Bus Schedule

Cook Inlet Housing Authority (CIHA) Shuttle			
Morning Schedule		Afternoon Schedule	
Location	Depature	Location	Depature
Elder Program	8:15 a.m.	Elder Program	12:40 p.m.
Tyonek Terrace	8:32 a.m.	Tyonek Terrace	12:52 p.m.
Salamatof Heights	8:35 a.m.	Salamatof Heights	12:55 p.m.
Chickaloon Landing	8:38 a.m.	Chickaloon Landing	12:58 p.m.
Kenaitze Pointe	8:41 a.m.	Kenaitze Pointe	1:01 p.m.
A & B Building	8:44 a.m.	A & B Building	1:04 p.m.
Eklutna Estates	8:47 a.m.	Eklutna Estates	1:07 p.m.
Knik Corners	8:50 a.m.	Knik Corners	1:10 p.m.
*Store	9:01 a.m.	Carrs	1:23 p.m.
Elder Program	9:20 a.m.	Elder Program	1:47 p.m.
*Store	9:35 a.m.	Carrs	1:55 p.m.
Tyonek Terrace	9:43 a.m.	Tyonek Terrace	2:07 p.m.
Salamatof Heights	9:46 a.m.	Salamatof Heights	2:10 p.m.
Chickaloon Landing	9:49 a.m.	Chickaloon Landing	2:13 p.m.
Kenaitze Pointe	9:52 a.m.	Kenaitze Pointe	2:16 p.m.
A & B Building	9:55 a.m.	A & B Building	2:19 p.m.
Eklutna Estates	9:58 a.m.	Eklutna Estates	2:22 p.m.
Knik Corners	10:01 a.m.	Knik Corners	2:25 p.m.
*Store	10:12 a.m.	Carrs	2:40 p.m.
Elder Program	10:40 a.m.	Elder Program	3:00 p.m.
*Store	10:55 a.m.	Carrs	3:10 p.m.
Tyonek Terrace	11:03 a.m.	Tyonek Terrace	3:22 p.m.
Salamatof Heights	11:06 a.m.	Salamatof Heights	3:25 p.m.
Chickaloon Landing	11:09 a.m.	Chickaloon Landing	3:28 p.m.
Kenaitze Pointe	11:12 a.m.	Kenaitze Pointe	3:31 p.m.
A & B Building	11:15 a.m.	A & B Building	3:35 p.m.
Eklutna Estates	11:18 a.m.	Eklutna Estates	3:38 p.m.
Knik Corners	11:21 a.m.	Knik Corners	3:41 p.m.

For more information, please contact:  
**Southcentral Foundation Elder Program**  
(907) 729-6500  
4501 Diplomacy Drive  
Anchorage, Alaska 99507

Alaska Native Medical Center (ANMC) Express			
Morning Schedule		Afternoon Schedule	
Location	Depature	Location	Depature
Elder Program	8:10 a.m.	Elder Program	12:15 p.m.
Tyonek Terrace	8:25 a.m.	ANMC	12:25 p.m.
Salamatof Heights	8:28 a.m.	ANPCC	12:30 p.m.
Chickaloon Landing	8:31 a.m.	Fireweed Building	12:35 p.m.
Kenaitze Pointe	8:34 a.m.	**Neon Building	12:40 p.m.
A & B Building	8:37 a.m.	Elder Program	12:55 p.m.
Eklutna Estates	8:40 a.m.	ANMC	1:10 p.m.
Knik Corners	8:43 a.m.	ANPCC	1:15 p.m.
ANMC	8:58 a.m.	Fireweed Building	1:20 p.m.
ANPCC	9:00 a.m.	**Neon Building	1:25 p.m.
Fireweed Building	9:02 a.m.	Elder Program	1:35 p.m.
**Neon Building	9:04 a.m.	ANMC	1:45 p.m.
Elder Program	9:15 a.m.	ANPCC	1:50 p.m.
ANMC	9:25 a.m.	Fireweed Building	1:55 p.m.
ANPCC	9:30 a.m.	**Neon Building	2:00 p.m.
Fireweed Building	9:35 a.m.	Elder Program	2:15 p.m.
**Neon Building	9:40 a.m.	ANMC	2:25 p.m.
Elder Program	9:50 a.m.	ANPCC	2:30 p.m.
ANMC	10:05 a.m.	Fireweed Building	2:35 p.m.
ANPCC	10:10 a.m.	**Neon Building	2:40 p.m.
Fireweed Building	10:15 a.m.	Elder Program	3:05 p.m.
**Neon Building	10:20 a.m.	ANMC	3:15 p.m.
Elder Program	10:30 a.m.	ANPCC	3:20 p.m.
ANMC	10:40 a.m.	Fireweed Building	3:25 p.m.
ANPCC	10:45 a.m.	**Neon Building	3:30 p.m.
Fireweed Building	10:50 a.m.	Tyonek Terrace	3:45 p.m.
**Neon Building	10:55 a.m.	Salamatof Heights	3:48 p.m.
Elder Program	11:15 a.m.	Chickaloon Landing	3:51 p.m.

\* Mon, Wed, Fri bus stops at Fred Meyer  
Tue, Thurs bus stops at Wal-Mart  
\*\* Also known as Mt. Marathon building

Kenaitze Pointe	3:54 p.m.
A & B Building	3:57 p.m.
Eklutna Estates	4:00 p.m.
Knik Corners	4:03 p.m.