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Alaska Native People Shaping Health Care

Volume 15 Issue 4 July/August 2014



Thank you, Rasmuson Foundation!

Rasmuson Foundation awards grant for Nuka Institute start-up

By SCF Public Relations

In late June, Rasmuson Foundation announced a major grant award in support of Southcentral Foundation's Nuka Institute.

"Southcentral Foundation is responding to tremendous demand for training on the health care system it pioneered," said Diane Kaplan, Rasmuson Foundation president. "Like the Dental Health Aid Therapist program, Nuka is an example of Alaska innovation that can be replicated around the state and country to solve one of the biggest challenges of our time: improving health while containing costs."

The funding will primarily support the construction of a Nuka Building in Anchorage, also supported in part by State of Alaska and Southcentral Foundation, that will feature space for training events and learning circles. A third of the grant will be used to develop curriculum and training programs.

The Nuka Institute will be working to help improve the quality of care throughout Alaska while helping to reduce the high costs. Alaskans will benefit from the training and support provided by the Nuka Institute to organizations that serve their families and communities.

The award is part of the Rasmuson Foundation's Tier 2 grant program, which provides grants for capital projects, projects of strategic importance or of an innovative nature, or the expansion or start-up of programs that address issues of broad community or statewide significance.

The Nuka Institute has also received start-up funds from Robert Wood Johnson Foundation and Gordon and Betty Moore Foundation.

Motivating change

By SCF President/CEO
Dr. Katherine Gottlieb



SCF President/CEO Dr. Katherine Gottlieb stands with Nuka Conference participants from Singapore.

In an interview with Prof. Chee Yam Cheng, CEO of the National Healthcare Group in Singapore, I learned what motivated health care leaders from Singapore to come to Alaska for our Nuka System of Care Conference.

Singapore's National Healthcare Group is a leader in public health care. More than 9,000 employees provide care through an integrated network of primary health care polyclinics, acute care hospitals, national specialty centers, innovative virtual specialty centers and business divisions.

Their CEO, who has had a long, distinguished career in health care as a physician and executive leader, is helping to lead a redesign that focuses on integrated care and population health management. I asked why he personally made the trip to Alaska and he responded, "I'm here to try and learn more about how we can deliver this system."

The National Healthcare Group's interest in learning from the Nuka System of Care began more than two years ago when a small group attended an Institute for Healthcare Improvement conference and listened to a presentation on Nuka.

"The group that attended came back with rave reports that the Nuka System is the answer – the solution to our problems," said Chee.

They followed up by sending a team of three to the Nuka Conference in 2013 and the team returned to Singapore thoroughly impressed.

Continued on page 9, "Motivating"

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Foundation

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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 employs more than 1,700 people in 90 programs.

Southcentral Foundation Mission

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

Southcentral Foundation Vision

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

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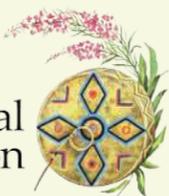
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Southcentral
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YKHC honors Southcentral Foundation



By SCF Public Relations

Yukon-Kuskokwim Health Corporation (YKHC) President/CEO Dan Winkelman and Governing Body Chairperson James Nicori recently honored Southcentral Foundation (SCF) leadership for their significant contributions and partnership with YKHC that resulted in a favorable settlement of YKHC's contract support cost lawsuit. The lawsuit was against the Indian Health Service for payments owed 2005-2011.

The SCF Board of Directors, SCF President/CEO Dr. Katherine Gottlieb and SCF Vice President of Finance/Chief

Financial Officer Lee Olson (pictured at left) were each presented with plaques.

“Contract support costs are those costs incurred as a result of performing our health contract with the IHS to deliver health care to the people of the Yukon-Kuskokwim Delta. They are administrative costs like insurance, utilities, etc.,” said Winkelman in a press release.

The YKHC Board of Directors expressed gratitude and shared that the “passion and generosity” with which SCF has shared manpower and best practices “with other tribal health organizations is without equal.”

News from the Nuka Institute ...

Harvard Medical School preps a case study on SCF



Erin Sullivan and Ted Hufstader.

Erin Sullivan and Ted Hufstader from the Leadership Institute at the Harvard Medical School Center for Primary Care spent five days at Southcentral Foundation (SCF) meeting with leadership and employees at all levels of the organization. Harvard

will be writing a case study on the Nuka System of Care, and the visit was arranged to learn more in preparation for writing it.

Virtual site visit with UK health leaders

SCF hosted a virtual site visit for more than 50 participants of the United Kingdom's National Health Service (NHS) Leadership Academy on June 5. The site visit was part of an intensive development and training program provided in part by the Institute for Healthcare Improvement along with the Harvard Kennedy School and Harvard School of Public Health. SCF's Nuka Institute was asked to participate because of the focus on value-driven, high-reliability health care sustained by improvement and innovation.

Mentoring in Medicine works with RAISE interns



Mentoring in Medicine's Dr. Lynne Holden and Andrew Morrison.

A tour of SCF was given June 6 to the president and vice president/chief operating officer of Mentoring in Medicine, a 501(c)(3) nonprofit organization that works with students in disadvantaged areas from third grade through health professional schools.

The goal of Mentoring in Medicine is to ignite, cultivate and prepare students to become health care professionals by allowing prospective students to interact with established health care professionals around the country. While in Anchorage, the organization engaged with SCF's RAISE interns (see Page 7 for highlights). They returned in July with additional activities that served to both inspire and motivate the youth interns.

Presenting at NCAI Mid Year Conference

The National Congress of American Indians (NCAI) held its Mid Year Conference in Anchorage June 8-11. SCF President/CEO Dr. Katherine Gottlieb kicked off the conference's Tribal Leader/Scholar Forum on the main stage during the General Assembly Session. Her presentation was focused on the Nuka System of Care and how Alaska Native people are investing in health care. Conference attendees were extremely receptive to hearing about the impact of assuming management and ownership from the Indian Health Service; how Alaska Native people redesigned the tribal health care system in Alaska; and how a customer-owned system improves results. Gottlieb also moderated a session titled “Innovations in Health Policy: Tribal Communities Leading the Way,” focused on how Native people are exercising sovereignty to advance health initiatives and better address the needs of their people. During the session, SCF's Nutaqsiivik Nurse-Family Partnership presented on the success of the NFP model for early childhood home visiting in Alaska.

“A Deeper Dive”

As a follow-up to SCF's presentation at a meeting hosted by the Robert Wood Johnson Foundation's Aligning Forces for Quality (AF4Q) program last fall, SCF offered a 60-minute webinar on the development and implementation of the Nuka System of Care. Participants of the June 11 discussion, titled “What they do and how they do it: A Deeper Dive with the Southcentral Foundation,” included representatives from most of the 16 AF4Q Alliances, representing diverse communities across the country who are working together to improve health care quality in America. The purpose was to elaborate on some of the steps that the Alliances could take to accomplish some of the same outcomes experienced within the Nuka System of Care. The Alliances consist of organizations in nearly every region that represent providers, employers, health plans, consumers and consumer advocates.

Veterans Affairs visit

SCF hosted 39 individuals from Veterans Affairs Northwest Health Network for a site visit June 25. The VA leadership and management have expressed their appreciation for the values and outcomes of the Nuka System of Care and want their staff to experience a “working health care model” firsthand.

If you would like to learn more about the Nuka System of Care, please visit www.southcentralfoundation.com/nuka or email SCFNukaInstitute@scf.cc.

Southcentral Foundation, 'a national treasure'

By SCF Nuka Institute

"I think of Southcentral Foundation as a national treasure that more of us should come up and see, because it is a vision for how health care might be practiced," said Dr. Russell Phillips, director of Harvard Medical School Center for Primary Care. Phillips was the featured keynote speaker at Southcentral Foundation's (SCF) 4th Annual Nuka System of Care Conference, held June 16-20 on the Alaska Native Health Campus in Anchorage.

SCF's "Nuka System of Care" is a name given to the whole health care system created, managed and owned by Alaska Native people to achieve physical, mental, emotional and spiritual wellness. It is renowned

for being customer-owner driven, while decreasing health care costs and increasing health outcomes.

SCF's 4th Annual Nuka System of Care Conference began with a three-day, pre-conference Core Concepts workshop in which 75 attendees worked in small learning circles. In these circles, they learned methods for sharing stories and entering into productive conversations, as well as discovered how their relational styles impact others.

Following the pre-conference, the general session offered 35 concurrent sessions for nearly 125 attendees. The topics ranged from SCF's integrated care teams and improvement tools to data management techniques, behavioral health integration, leadership practices,

strategic planning, substance abuse programs and more.

At a networking and cultural reception held at the Alaska Native Heritage Center, conference attendees also experienced Alaska Native cultures through dance performances by Lepquim Gumilgit Gagoadim and SCF's Princess Warriors Dance Group.

Attendees traveled from as far as New Zealand, Ireland and Singapore, as well as Canada and 10 states from across the U.S. to attend the conference.

In feedback provided through participant surveys after each of the sessions, 99.5 percent (n=399) of survey respondents indicated they will "aspire to do something differently,

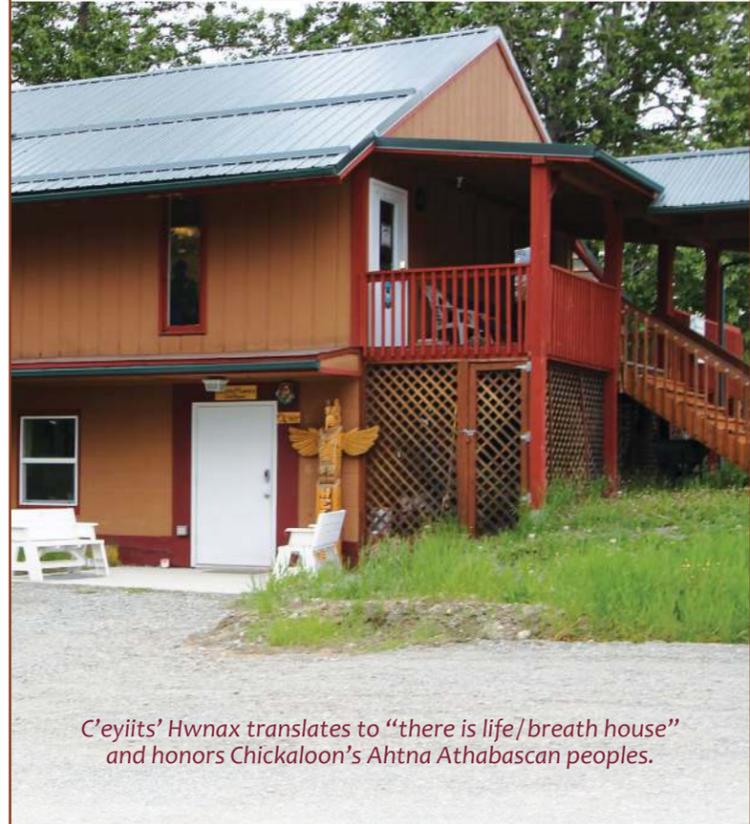
professionally or personally, as a result of this session."

For more information about the Nuka System of Care or the next conference, visit www.southcentralfoundation.com/nuka.



Director of the Harvard Center for Primary Care Dr. Russell Phillips served as a keynote speaker during the general session of the fourth Nuka System of Care Conference.

C'eyiits' Hwnax
Life House Community Health Center hours:
Monday-Friday • 8 a.m. to 5 p.m.



C'eyiits' Hwnax translates to "there is life/breath house" and honors Chickaloon's Ahtna Athabascan peoples.



Expanded medical services are now available for communities between Palmer and Eureka, including Sutton, Chickaloon and Glacier View.

- As a designated Community Health Center, this clinic provides medical services to both Alaska Native and non-Native people.
- Charges are adjusted on a sliding fee scale, depending on the household income and ability to pay.
- Primary care services are available and provided by a physician assistant.
- Some assistance with medications, dentistry, behavioral health, and transportation is also offered.

For more information, please contact:
C'eyiits' Hwnax Life House Community Health Center
16166 N. Glenn Hwy, Mile 61.5
(907) 631-7665
www.chickaloon.org



Southcentral Foundation physician assistant earns global honors

By SCF Public Relations

Southcentral Foundation (SCF) Physician Assistant Ben Olmedo was honored in Washington, D.C., and again in Sutton, Alaska, as a recipient of the prestigious REAL Awards that recognize extraordinary health workers in the U.S. and around the world. The REAL Awards, created by Save the Children in partnership with the Frontline Health Workers Coalition, is a first-of-its-kind global awards program designed to develop greater respect and appreciation for health workers and the lifesaving care they provide. The program is sponsored by the Bill and Melinda Gates Foundation, Merck Foundation and Masimo Foundation.

Olmedo is a primary care provider at the C'eyiits' Hwnax Life House Community Health Center in Sutton, serving the Chickaloon Traditional Village and the communities of Sutton, Chickaloon and Glacier View. He also serves customer-owners of Benteh Nuutah Valley Native Primary Care Center in Wasilla. Olmedo is a decorated veteran of the U.S. Army, where he attained the rank of captain and completed tours in Iraq and

Afghanistan. He graduated from Yale School of Medicine's physician associate program in 2011 with a master of medical science degree.

"Ben deserves a REAL Award, because he goes out of his way to care for every Elder, child, staff member, and adult in our community," said Jennifer Harrison, former executive director of the Chickaloon Village Traditional Council, who nominated Olmedo for the award. "He takes the time to really listen to our Elders and finds creative ways to help them."

In his acceptance speech, Olmedo shared: "Today, I am humbled and honored by the recognition of my efforts to take care of the children, the adults and, especially, the Elders. There is no greater fulfillment than knowing you are making a difference in the eyes of the people you are trying to help. Tomorrow, I hope to continue representing the spirit of the REAL Awards by striving to reach out to those who are most in need while honoring the great privilege of serving others in the capacity of healing and supporting communities on their path to wellness."



Southcentral Foundation Physician Assistant Ben Olmedo is recognized by U.S. Senator Mark Begich as a 2014 REAL Award honoree.

Awards

Honoring national, state and local leaders



Family Wellness

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

Nutaqsiivik celebrates 20 years of mother-baby home visits

By SCF Public Relations

In June, the Southcentral Foundation (SCF) Nutaqsiivik Nurse-Family Partnership celebrated 20 years of service to the community. The anniversary celebration was attended by Nutaqsiivik nurses, current customer-owners and families who have graduated from the program.

While the model has changed over the years to respond to changing needs, Nutaqsiivik (“place for renewal” in Yup’ik) has endured as a voluntary, home visiting service that partners with families, mothers and infants to provide support. This service supplements regular prenatal care and well-child checkups. Together, the nurse and family develop goals and an education plan that help the family prepare to welcome a new infant into their home.

The Nutaqsiivik Nurse-Family Partnership begins before the 28th week of pregnancy and continues until the child turns two, creating strong bonds between the families and nurses. The families lead the way by guiding the

nurses in what they want to learn about. The nurses are also able to assess other needs and provide additional health and/or wellness education.

The Nutaqsiivik Nurse-Family Partnership is based on a model supported by 30 years of ongoing research. Many positive health outcomes have been reported, including improved pregnancy, child health and development, and maternal life course development. In the past three decades, there has also been a decrease in low birth weight babies or preterm babies, a reduction in smoking in pregnant women, a decrease in neglect and maltreatment for children, and improved immunization rates.

Customer-owners who have received support through Nutaqsiivik have given the program glowing reviews. Recently, an SCF midwife checked in with a family enrolled in the program and had this feedback to share: “When the family was asked about their thoughts on the home visits, the baby’s father wanted to share that, although he had experience and knowledge about raising



The 20th anniversary celebration was attended by Nutaqsiivik Nurse-Family Partnership nurses, current customer-owners and families who have graduated from the program.

children, he still found the program very useful. ‘You just don’t know what you don’t know, and I have learned so much. I’m glad she visits and I look forward to learning more.’”

To receive services through the Nutaqsiivik Nurse-Family Partnership, customer-owners must be enrolled before the 28th week of their pregnancies and be eligible for WIC and/or Denali KidCare or Medicaid. To contact someone in Family Health Resources to see if you’re eligible for WIC, Denali KidCare or Medicaid, please call SCF Family Health Resources at (907) 729-4470.

Youth and teen learning circles



By SCF Public Relations

Southcentral Foundation (SCF) offers several opportunities for teens and pre-teens to gain a sense of hope, vent with peers and gain a better perspective on some difficult situations. Teens Responsibly Accepting Individual

Life Skills (T.R.A.I.L.S.) is a series of learning circles and related services for youth ages 10 to 18 to improve their skills for relationship building, communicating, and coping with daily life as a teen.

T.R.A.I.L.S. is offered, by referral only, for three different age

groups and includes:

- For ages 14-18: T.R.A.I.L.S. - High School Learning Circle, Tuesdays 4-6 p.m.
- For ages 12-14: T.R.A.I.L.S. - Middle School Learning Circle, Thursdays, 4-6 p.m.
- For ages 10-12: T.R.A.I.L.S. - Elementary School Learning

Circle, Fridays, 4-6 p.m.

The learning circles are located at the SCF Behavioral Health Fireweed Clinic in Anchorage at 4341 Tudor Centre Drive (on the 3rd floor). For more information, or for a referral, please speak with your primary care or behavioral health provider.



Enjoy reading with your kids this summer

School is out, but that’s no excuse to stop reading! Reading to kids at home has many proven benefits – including increasing their vocabulary and communication skills. Plus, it’s a great way to spend time together.

Looking for book suggestions?

Visit the websites below for some of our favorite books for babies, toddlers and kids (thanks to Best Beginnings for sharing these sites with us!).

<http://bit.ly/1jhEPGT>

<http://bit.ly/1ms91Oo>

Also, visit www.bestbeginningsalaska.org for additional early childhood development information and resources.

Your dietitian wants to know: Got moose?



SCF employees don their nutrition campaign t-shirts at Primary Care 3 East in the Anchorage Native Primary Care Center.

By SCF Public Relations

Southcentral Foundation (SCF) dietitians have launched a new nutrition campaign in SCF's primary care clinics. The campaign focuses on incorporating healthy traditional foods such as moose, salmon, blueberries, and halibut into meals. All SCF employees who work in the primary care clinics are wearing t-shirts with nutritional information to promote healthy eating and traditional foods. Additionally, customer-owners are learning more about dietitians and the services they provide as members of the integrated care teams.

SCF dietitians offer nutrition counseling for treatment and prevention of disease, weight management and meal planning. Dietitians can be a trusted partner in managing:

- Diabetes
- Gestational diabetes
- High cholesterol
- High blood pressure
- Food allergies
- Prenatal nutrition
- Breastfeeding

Dietitians in the SCF Pediatrics Clinic are also available to help parents address infant and child feeding, picky eating, anemia and other nutrition concerns.

If you receive services at the Anchorage Native Primary Care Center and would like to meet with a dietitian, please contact your primary care team at (907) 729-3300. If you receive services at the Benteh Nuutah Valley Native Primary Care Center, please call (907) 631-7800.

Men's Health Week at Southcentral Foundation

By SCF Native Men's Wellness Program

The Southcentral Foundation (SCF) Native Men's Wellness Program teamed up with the SCF Health Education Department to support Alaska Native and American Indian men and their families during National Men's Health Week, June 9-13. A week-long series of events offered a chance for both men and women to increase their awareness of the health problems that men face and what they can do about them.

One of the most dangerous threats to men's health is simply their reluctance to seek health care. In fact, according to Agency for Healthcare Research and Quality, men are 24 percent less likely than women to have seen a doctor in the

past year. Committing to see a health care provider annually, and when you are sick, can help you stay one step ahead of some potentially serious health risks.

SCF's observance of Men's Health Week featured blood pressure checks, cardiovascular education, and information on colon health as well as the SCF Employee Wellness Program. The Anchorage Native Primary Care Center lobby offered fun activities such as Target Your Health, an interactive game using a Nerf bow and arrows, fishing with Nolan the Colon, and video interviews with children about their dads for Father's Day. Prize drawings offered participants chances to win camping chairs, fishing lures and a smoker.

To end Men's Health Week, SCF Medical Director Dr. Verlyn Corbett spoke at "Our Stories, We Share," a monthly Native Men's Wellness Program event. Corbett shared his personal health and wellness story and led a discussion on the importance of seeking regular health care. He shared that early detection is crucial and suggested that young men, between ages 18 and 30, see their provider at least once every couple of years for a checkup.

For more information, please contact SCF Native Men's Wellness Program Outreach Coordinator Shon Stewman at (907) 729-5208 or sdstewman@southcentralfoundation.com.



Native Men's Wellness participants Michael Farahjood, Marcel Bergeron and Josh Hendrickson.

Rural Community Wellness

Clinic staff join Nikolai spring camp

By SCF Manager Dusty Parker

In May, Southcentral Foundation's (SCF) McGrath Regional Health Center employees traveled to the south fork of the Kuskokwim River to spend the day with residents of Nikolai.

Community members were gathered on the banks of the river for their annual spring camp.

The Nikolai residents shared information about traditions and future camps and the employees delivered fresh produce and offered information on health care and SCF.

About 30 residents participated in a talking circle facilitated by Shirley Gover, a behavioral health aide at McGrath Regional Health Center.

The McGrath Regional Health Center would like to thank Verdene Anselment, chair of the Upper Kuskokwim Health Advisory Council, for the invitation to attend spring camp.



SCF Manager Dusty Parker and SCF Behavioral Health Aide Shirley Gover with Advisory Council Chair Verdene Anselment.



A "Kids Don't Float" demonstration teaches youth about water safety.

Nilavena Subregional Clinic co-hosts "Kids Don't Float" event

By SCF Program Coordinator Shannon Johnson-Nanaloak

Southcentral Foundation's (SCF) Nilavena Subregional Clinic, community-led Aciliq Wellness Committee and Bristol Bay Area Health Corporation partnered together to coordinate a "Kids Don't Float" event. The committee acquired equipment to build two kiosks to store personal flotation devices (PFD).

On May 28, a safety presentation was held by the water for community members interested in learning more. The 20 participants learned how to properly wear a PFD based on personal weight measurements. They also learned how to use a "Frisbee Buoy," a device that can be launched out to a person in water that needs help.

Living Our Values

Southcentral Foundation's (SCF) Living Our Values awards recognize employees and teams who, over time, have demonstrated an exceptional commitment to SCF's mission, vision and values.

Shared Responsibility

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



Mary "Missy" Alsworth
Program Coordinator
Home Based Services



Bethany Berry
Certified Nurse Midwife
OB-GYN



Chad Bouwens
Supervisor
Patient Accounts



Desiree Chichenoff
Certified Medical Assistant
OB-GYN



Kristina Cohen
Pharmacist - Benteh Nuutah
Valley Native Primary Care Center



Laura Cornejo
Cook
Dena A Coy



Becky Crawford
Graphic and Web Designer
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Sally Hanson
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Victor Horton
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Facilities



Darren Hull
Supervisor of Clinical Associates
The Pathway Home



Deana Kuehn
Accounting Technician
Accounts Payable



Glen Lavarias
Behavioral Health Consultant
Pediatrics



Miranda Leuer
Patient Accounts Specialist
Patient Accounts



Olga Limani
Pharmacy Technician
Pharmacy



Daniel Mendez
RN Case Manager
ANMC Dental



Alexay Mercurief
Maintenance Technician
Facilities



Marta Muntean
Clinician
Behavioral Health Fireweed



Latanya Odden
Marketing Planner
Nuka Institute



Renee Robinson
Senior Researcher
Research



Barry Skelton
RN Case Manager
Primary Care 3 West



Heather Skelton
STD Coordinator
MSD Administration



Anthony Washington
Clinician
Behavioral Health Fireweed



Jennifer Wieskamp
Supervisor
Fireweed Dental



Paulo Wolcuff
Medical Laboratory Technician
Laboratory



Primary Care 1 East (Maroon)
Adriana Moore, Bernice Burton, Christina Vanclave, Ferritha Leoncio



Primary Care 2 West
Gordon Ivey, Jack Hickel, Allison Gallen, Jennifer Beans



Rural Screening Team

Kate Landis, Paul Ferland, Linda Sheppherd-Donovan, Melissa Deacon, Beverly Horton, Valerie Dull, Katie Henry, Suzanne Milette, Peter Ludvick, Shannon Johnson-Nanalook, Jaslyn Wren, Sabre Anelon, Anne Dailey

RAISE intern activities

Photo Reflections

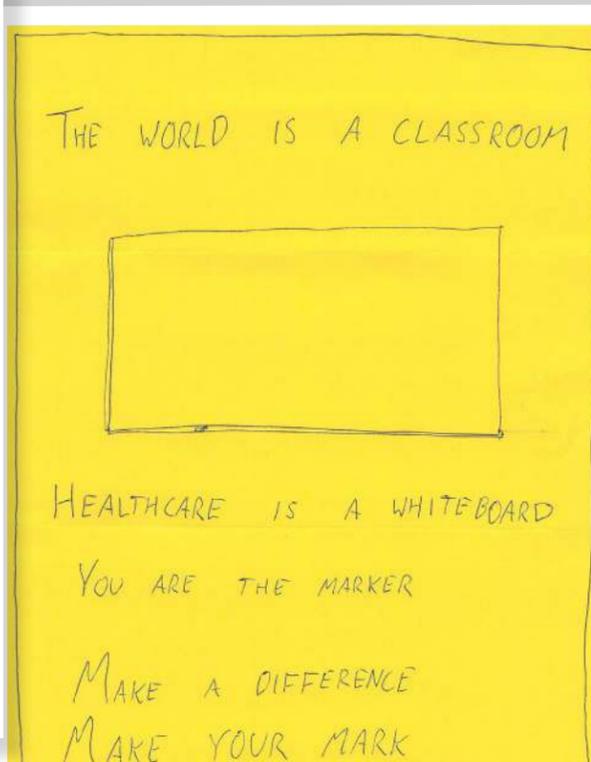
A picture says a thousand words.



Southcentral Foundation (SCF) RAISE interns and supervisors pose for a group photo with Mentoring in Medicine president and founder Dr. Lynne Holden (at center, in white lab coat) and vice president/chief operating officer Andrew Morrison (at far right).



Dr. Lynne Holden shows SCF RAISE Summer Intern Julise Perez the chambers of a pig's heart. The RAISE interns were able to learn about the anatomy, physiology and pathology of the cardiovascular system from Mentoring in Medicine during a June 6 visit to SCF. Holden founded the New York-based nonprofit organization "to diversify the workforce by mentoring and exposing underrepresented students to careers in health care."



The representatives from Mentoring in Medicine led the SCF RAISE interns in an exercise of creating cartoons that represent what health care means to them. Mentoring in Medicine uses hip hop, art and kinesthetic learning techniques in their work with youth and teens.



James Hancock, SCF RAISE summer intern, puts the finishing touches on the hood for his kuspuk during the SCF RAISE Program's kuspuk workshop.



SCF RAISE summer interns Junetta Peterson and Emily Sheakley proudly display the kuspuks they created.

Cancer screenings at Southcentral Foundation

By SCF Public Relations

Family wellness is essential to a thriving Alaska Native community. As part of the organization's commitment to family wellness, Southcentral Foundation's (SCF) strategic plan has been oriented around 12 family wellness objectives adopted by the SCF Board of Directors, including **"reducing the rate of preventable cancers and improving the management of cancers."**

Cancer can take a devastating toll on families and communities and, according to the Alaska Native Epidemiology Center, it was the leading cause of death among Alaska Native men and women from 2004 to 2008. Cancer was the cause of one out of every five Alaska Native deaths during this time period. As a reference, information is provided below about the most common cancers among Alaska Native people.

BREAST CANCER

According to the National Breast Cancer Coalition, more than 90 percent of breast cancer deaths are a result of cancer spreading to other parts of the body.

Who should be screened?

Women should begin breast cancer screening at age 40. Mammograms have been shown to detect cancers at a small size and early stage. Following the initial screening, mammograms are advised every two years. SCF notifies women by mail when they are due to schedule mammography appointments.

What to expect

Mammograms take about 15 to 30 minutes and take place in SCF Radiology. You will be asked to undress from the waist up and stand facing a mammography machine. A compression paddle will be lowered gently onto each breast in order for the low-dose X-ray beam to pass through the breast tissue. Following the screening, the results will be made available for your primary care provider to review with you.

CERVICAL CANCER

Cervical cancer can be preventable. Since this cancer typically begins with pre-cancerous changes in the body, there are two ways of looking at preventing it in its invasive form. The first is "early detection" – to find and treat pre-cancers – and the second is to prevent the pre-cancers. A Pap test can help find abnormal cells of the cervix (pre-cancers) and cervical cancer at an early stage. Studies have shown that not smoking can lower your risk of cervical cancer, along with avoiding exposure to HPV, a very common sexually transmitted disease that is responsible for more than 90 percent of all cervical cancers. Fortunately the vaccine, Gardasil®, can help protect males and females against four different types of HPV. For the best protection, it is recommended that the vaccine be received in the preteen years, starting at age 11, which allows an immune response to develop before being sexually active.

Who should be screened?

Women at age 21, or after first sexual contact, should be screened for HPV. While the American Cancer Society recommends the HPV vaccine, it has also established that the vaccine does not protect against all cancer-causing types of HPV, so routine cervical cancer screening (Pap testing) is still necessary. Most invasive cervical cancers are found in women who have not had regular Pap tests. The timing of your Pap test screening depends on several factors. The intervals can be as long as five years between tests or as short as six months, depending on your age and past test results. Cervical cancer grows slowly, and there is no evidence to suggest that more frequent Pap tests will be more effective at catching cancer or precancer. Please check with your provider team if you are not sure how often you should be screened.

What to expect

Cervical cancer is screened for during a Pap test, a routine procedure that can take place during a visit with your primary care provider. Cells are collected from the cervix and the area around it and are examined in the lab. There are many reasons why Pap test results might show

something that is not normal. If your Pap test results show cells that are not normal and may become cancer, your provider will follow up with you to discuss. In most cases, treatment prevents cervical cancer from developing.

COLON CANCER

Research shows that the likelihood of Alaska Native people developing colorectal cancer is double that of Caucasian people. However, the good news is that colon cancer is preventable and treatable. Early detection is key, and as such, colon screening exams are recommended by the Alaska Native Medical Center (ANMC) for Alaska Native men and women ages 40 and older.

Who should be screened?

Customer-owners who have never been screened should complete the screening when they turn 40. You may need to get screened before you turn 40 if there is a family history of colorectal cancer. Talk to your provider about when you should start the screenings, and which screening test is right for you. Screenings can find and remove polyps before they turn into cancer.

What to expect

A colonoscopy is the highest standard for screening, as it examines the rectum and large intestine (colon), checking for cancer and precancerous lesions called polyps. The entire appointment can last three to four hours and you will be sedated during the test. Daily activities can be resumed after 24 hours. If polyps are found they can usually be removed during the test. If your screening results are completely clear, your next colonoscopy will be recommended 10 years later. Otherwise, check with your provider.

There is another test called fecal immunochemical test (FIT), a test that detects blood in stool samples. This new screening tool is less invasive and can be done in the comfort of your own home. No preparation is needed, as there are no food or medication restrictions. If the test detects a possible sign of colon cancer, you will be asked to schedule a colonoscopy. The FIT screening is recommended annually.

Know the facts about STDs in Alaska

By SCF Public Relations

Did you know that sexually transmitted diseases are on the rise and remain a major health challenge in the U.S., and especially here in Alaska? Even though there have been major strides in preventing, diagnosing and treating certain STDs, the increase in new infections is staggering. According to state health officials, syphilis and HIV cases are spiking in alarming numbers, while chlamydia and gonorrhea cases are spreading faster this year than in 2013.

Fact: Alaska has the highest rates of STDs in the nation.

Fact: There is an ongoing syphilis outbreak in Alaska.

Fact: Many STDs do not have symptoms.

Fact: Chlamydia and gonorrhea increase your chances of contracting an incurable STD such as HIV and/or herpes.

Fact: Untreated STDs can lead to sterility.

STDs have tremendous physical and psychological consequences as well as substantial economic costs. The Alaska Native Medical Center (ANMC) encourages sharing responsibility to control Alaska's STD rates and reduce the risk through these recommendations provided by Centers for Disease Control and Prevention:

FACT:
ALASKA
HAS THE
HIGHEST
STD
RATES IN THE
NATION.

It's Routine. Get Screened.

- **Abstinence** – The most reliable way to avoid infection.
- **Condoms** – Correct and consistent use of the male latex condom is highly effective in reducing STD transmission.
- **Vaccination** – Vaccines are safe, effective, and highly recommended ways to prevent hepatitis B and HPV.
- **Mutual monogamy** – Agree to be sexually active with only one person, who has agreed to be sexually active only with you. Being in a long-term mutually monogamous relationship with an uninfected partner is one of the most reliable ways to avoid STDs. It is important to have an open and honest conversation with your partner, and identify whether or not an STD infection is already present.
- **Reduction in number of partners** – Reducing your number of sex partners may decrease risk for STDs. It is still important to get tested and share your test results with one another.
- **Getting tested** – Knowing your STD status is a critical step in stopping STD transmission.

Screening for STDs is routine and necessary to keep sexually active people healthy. Be sure to ask your primary care provider about your options for getting tested and treated for STDs.

For more information, contact your primary care team or visit iknowmine.org.

Successful book drive led by Southcentral Foundation staff



Southcentral Foundation (SCF) Courier Wilhelm Shade loads up more than 1,900 books before delivering them to Covenant House.

By SCF Public Relations

Southcentral Foundation (SCF) partnered with Covenant House Alaska (CHA) to organize a book drive for Alaska's homeless, at-risk youth ages 13-21.

CHA is the state's largest youth shelter and served more than 3,500 youth in fiscal year 2013. Forty percent of the youth reported Alaska Native and/or American Indian heritage.

SCF provided six collection sites on the Alaska Native Health Campus in Anchorage and one at the *Benteh Nuutah* Valley Native Primary Care Center. Employees worked together to collect motivating and encouraging books that would resonate with the CHA teens and young adults.

By the end of the drive, SCF employees and their families donated more than 1,900 books! Thank you to everyone who participated!

Graduating with support from SCF Academic Programs

By SCF Public Relations

Southcentral Foundation (SCF) offers its employees several services to support their ongoing learning journeys and career advancement. All employees can access academic advising, career planning, and coaching through SCF's Development Center. Employees are also encouraged to apply for academic leave for the opportunity to complete coursework during regularly scheduled work hours. In addition, Alaska Native and American Indian employees may apply for SCF scholarships.

Congratulations to the employee scholarship recipients and 2014 graduates, Natalee Kline and Lyla Marey, for completing their bachelor's degrees this spring.



Natalee Kline
SCF Health Educator
Graduated with a Bachelor of Science in health services administration

Natalee Kline, from the village of Mayo in the Yukon, is of Klondike, Tlingit, Ta'an Kwach'an, Norwegian, Scottish and Irish

descent. She has been an SCF employee for 13 years, and has served both the complementary medicine and health education departments. Kline is the first in her family to graduate from college. Her three daughters are next in line, also pursuing degrees in the medical field.

Kline's educational pursuits have been generously supported by SCF's academic leave, career counseling and scholarships. With this assistance, she has been able to balance raising four children and her full-time job along with the work required to obtain two degrees, multiple certifications and licenses.

Kline's undergraduate senior project was based on her current work focus, breast cancer prevention in Alaska Native and American Indian communities. She plans to take a year off of school so she can spend more time with her children, learn to quilt and do some traveling. Afterward, she plans to complete her Master of Business Administration with a concentration in health sciences administration and a certificate in Alaska Native Executive Leadership.

"You can see SCF truly believes in the 'Commitment to Quality' by the investments they make in their own employees."



Lyla Marey
SCF Public Relations Specialist
Graduated with a Bachelor of Science in psychology

Lyla Marey, who grew up on the Kenai Peninsula, is of Aleut, Russian, Palestinian and Caucasian descent. She has worked in the SCF Public Relations Department for over two years and previously worked as an intern supervisor for the RAISE program. She graduated in May.

"You can see SCF truly believes in the 'Commitment to Quality' by the investments they make in their own employees," said Marey.

Marey was awarded the SCF academic scholarship and academic leave for two years. Because of SCF's support, she was able to work full time, attend school full time and stay on track for graduation. She is passionate about working with youth and plans to pursue a Master of Business Administration. She encourages SCF employees interested in continuing their education to utilize the SCF Academic Programs as part of their journey to achieving their goals.

Motivating, Continued from page 1

"We were convinced that this is the one place we must visit in our journey to changing our Singapore health system into one that is more population based, less hospital centric, less episodic, and more on a continuing basis, one that provides better care through patient motivation," said Chee.

Chee and his colleagues from Singapore were intrigued by the notion of empowering people to choose better health and wellness on their own terms, yet having providers partner with them as advisors on their journey.

He shared that, "This is one area where we feel we have failed ... we have told them that 'this is what you need to do' but then left them to figure out why and how they must do it. So, when the time comes for measuring results and outcomes, we don't get what we have set out to do."

The National Healthcare Group in Singapore, like other organizations that attend SCF's Nuka Conferences, had been looking for ways to improve health outcomes while reducing waste within their systems.

"We need some different system, which is population health based, and, therefore, this relationship building for which Nuka is so famous for, and is so wonderful in executing and delivering, is part of the solution."

The biggest question Chee brought to the conference: "How do you motivate people to do the right thing?" He shared that he found the answer in the Core Concepts pre-conference session.

"I've come here to learn and I have learned a bit about speaking from the heart," said Chee. "Storytelling is a very powerful tool that touches the heart. It touched my heart ... As I have said, we have heard about you and now we have come, we have seen, and more than anything, we have felt it."

If you would like to learn more about the Nuka System of Care, please visit www.southcentralfoundation.com/nuka or email SCFNukaInstitute@scf.cc.



Please excuse our dust.
We are making improvements to our current services at Southcentral Foundation Laboratory.

Customer-owners visiting Radiology and OB-GYN may hear some construction noise.

Thank you for your understanding.

Construction is expected to be completed in early September 2014.

Circle of Life: Preserving culture

By SCF Public Relations

Every two years, the Native Village of Eklutna offers an opportunity for Alaska Native families, tribal chiefs and presidents, tribal council members, and other people from around the state and country to take part in the Dena'ina Potlatch/Pow-wow held on Eklutna's traditional lands just outside of Anchorage. This gathering is renowned for its dance and drum performances, good food, and chance to visit with old and new friends.

This year, National Congress of American Indians (NCAI) delegates were invited to attend the June event as honored potlatch guests. NCAI, founded in 1944, is the oldest and largest American Indian and Alaska Native organization serving the broad interests of tribal governments and communities. The Dena'ina Potlatch/Pow-wow embodies the principles of cultural preservation that are at the heart of NCAI's advocacy efforts.

Speakers at the gathering, including NCAI delegate Darryl Magdalena (from Pueblo of Jemez, New Mexico) and Lee Stephan, president of the Native Village of Eklutna's Traditional Tribal Council, spoke about the importance of passing down traditions and heritage, to be aware of Alaska Native and American Indian rights and to respect the land.

With the colorful regalia, vibrant sound of drums and songs, and the familiar smells of foods that have been passed down for generations, participants of the potlatch/pow-wow were fully engaged in what it means to maintain and preserve cultural traditions. There was also a sense of shared recognition that organizations such as NCAI help to preserve our Native communities, too. The presence of NCAI at this event was a poignant reminder that activism is essential for shaping our futures so the drumming, singing, foods and dancing can be enjoyed for generations to come.



Photo by Robert Kupka/Creative Commons

In memory of Mike Zacharof, 'King of the Aleuts'

Jan. 24, 1941-June 14, 2014

Mike Zacharof was a family man, a leader for Saint Paul Island, and an advocate for all Tribal people. He will be remembered for his humor, often saying "Hey there!" with a smile that would light up the room. Southcentral Foundation President/CEO Dr. Katherine Gottlieb shared that when she would pick up the phone and hear "It is the king of the Aleuts," she would smile and know it was him.

Zacharof dedicated more than 50 years to supporting and elevating Alaska Native issues, from protecting personal rights to improving health care and expanding business opportunities. Last summer, he was awarded the National Indian Health Board's Jake White Crow Award for his outstanding lifetime achievements in health care advocacy, raising awareness and affecting change for Alaska Native health care.

Zacharof wore many hats in his lifetime, including serving as a dental assistant and policeman in the 1960s, and then later as a power plant operator, foreman for the fur seal harvest, member of the National Guard,



president of Tanadgusix Corp., president of Aleut Corp., Tribal president, mayor of the City of St. Paul; president of the Aleutian Pribilof Islands Association, station manager for Reeve Aleutian Airways and Adak Penair, director of RurAL CAP, mechanic, truck driver, crane operator, volunteer firefighter/EMT, director of the Aleut Foundation, and an honorary tribal judge. He negotiated in Washington, D.C., to fight for the Aleut people who were evacuated to concentration camps during World War II, and fought for the creation of the St. Paul Island Harbor, breakwater and airport.

His passing is mourned by his large family, the people of the Aleutian Pribilof Islands, and many others who knew him throughout the state and nation.

Back-to-school stress?

By ANMC Maternal Child Health

Summer may be winding down, but children often get wound up at the thought of going back to school. Whether your child is excited or fearful about starting a new school year (or some of both), there are a few things you can do to help ease the transition.

Here are some tips from schoolfamily.com (plus, a couple of our own) to make the back-to-school season an enjoyable one:

Stay positive – A parent's attitude has a strong influence on how children view the beginning of school, says Eileen Kennedy-Moore, a clinical psychologist and author. Children pick up on their parents' feelings, react to them, and often magnify them. Be positive!

Create routines – Establish, or get back into, morning and evening routines at home before school starts. Routines at home help children adjust to having a routine in the classroom. Consider having children help create their schedules so they feel some ownership of it.

Establish fun traditions – Create a fun, annual back-to-school ritual to celebrate the start of a new year. Attitude matters. If you show excitement for school, your kids are more likely to be excited, too.

Get plenty of sleep – When kids (and their parents/guardians!) are well rested, they handle stress better and adjust more easily to change.

Eat good food – By good, we mean good for you! Studies show that healthy, balanced breakfasts and lunches help kids stay more alert and focused throughout the school day.

Want to know more? Check out www.schoolfamily.com for a go-to-guide for school success.

Remembering Denny DeGross

Nov. 30, 1935-Feb. 11, 2014

A memorial potluck was held June 26 in Southcentral Foundation's Gathering Room for Denny Peter DeGross, a man that is remembered as a historian, comic, activist and renaissance man.

DeGross, 78, was passionate about the delivery of whole-person health care and made an impact as director of the Alaska Center for Rural Health at University of Alaska Anchorage.

During his 30 years in the state, he "rattled a lot of cages" for Alaska Native and rural/frontier populations' rights to self-determine their health infrastructure. He wasn't afraid to eat slugs, run a bingo parlor or testify before Congress to achieve his goals.

DeGross passed away on Feb. 11 among loved ones, including his wife, Vonni Carole, whom he met on the shores of Lake Aleknakik in 1984.

Southcentral Foundation community events

These activities are free and are open to the community, unless otherwise noted.

JULY

July 28

Healthy Food Fun demonstrations and samples: "Rethink Your Drink"
11 a.m.-1 p.m.

Anchorage Native Primary Care Center, Healthy Kitchen Room 1127

12:30-1:30 p.m.

Benteh Nuutah Valley Native Primary Care Center
Susitna Room and lobby

July 30

Alcohol-free weekend promotion: Pledge to be alcohol free and be entered to win great prizes

11 a.m.-1 p.m.

Anchorage Native Primary Care Center Lobby

July 31

Family Matters Night

Thursdays, potluck 5:30 p.m., learning circles 6:30-7:45 p.m.

Southcentral Foundation (SCF) Health Education & Wellness Center
4201 Tudor Centre Drive

AUGUST

Weekly events

Breastfeeding awareness activities

11 a.m.-1 p.m.

Aug. 7 and 21, Anchorage Native Primary Care Center lobby

Aug. 7 and 14, Benteh Nuutah Valley Native Primary Care Center lobby

Aug. 14 and 28, Alaska Native Medical Center first floor lobby by the elevator

Healthy Food Fun demonstrations and samples: "Food for Little Fingers"

Mondays and Fridays, 11 a.m.-1 p.m.

Anchorage Native Primary Care Center, Healthy Kitchen Room 1127

Mondays, 12:30-1:30 p.m.

Benteh Nuutah Valley Native Primary Care Center
Susitna Room and lobby

Aug. 4

Diabetes Support Group
Noon-1:30 p.m.

SCF Health Education & Wellness Center

4201 Tudor Centre Drive

For more information, please call (907) 729-2689.

Aug. 16

Family Safety Day

10 a.m. - 4 p.m.

Delaney Park Strip

Aug. 26

Diabetes Education Program
9 a.m.- 4:30 p.m.

Anchorage Native Primary Care Center, Rooms 1128 and 1129

For more information, please call (907) 729-2689.

Aug. 28

Diabetes Education Program
9 a.m.- 3 p.m.

Benteh Nuutah Valley Native Primary Care Center, Susitna Room

For more information, please call (907) 729-2689.

Please visit the SCF Learning Circle and Events Calendar online at southcentralfoundation.localist.com for greater detail on these and other community events.



Spotlight on RAISE Interns:

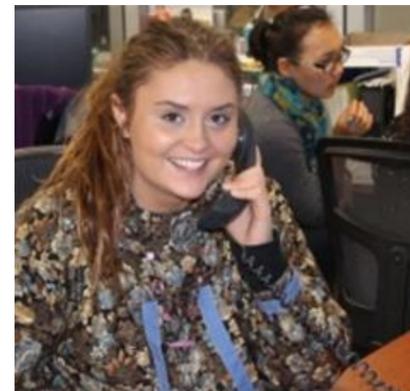
Current intern Kalani Tucker

By SCF RAISE Intern James Donadio

Southcentral Foundation (SCF) RAISE intern Kalani Tucker shows great luminosity in the workplace and has a strong grasp on integrity.

Involved in the SCF RAISE Program for five consecutive summers, Tucker is a recent high school graduate preparing to pursue a Bachelor of Business Administration management degree with a minor in Alaska Native studies at the University of Alaska Anchorage.

"The RAISE program helped me gain confidence, improve my skills and professionalism and taught me a lot about Alaska Native culture and heritage," said Tucker.



"She demonstrates professionalism, camaraderie and cultural awareness," said SCF Administrative Coordinator Tammy Ashley. "She is an asset to any team she works with, and has a bright future."

Former intern and entrepreneur Maceo Melton

By SCF Public Relations

In 1997, the inaugural year of the Southcentral Foundation (SCF) RAISE Program, Maceo Melton was placed as an intern in SCF Human Resources. Following his internship, he was offered a full-time position in the RAISE Program's office. He served in a program coordination role for several years.

"The most beneficial part was the development of leadership," said Melton. "I was provided the opportunity to flourish and learn the intricacies of health care management at a very young age."



Fast forward 17 years later and you'll find Melton the proud owner of Alaska's Onsite Wellness Network, a massage therapy company. His philosophy: when people feel better, they do better for themselves and others.

Current job openings at Southcentral Foundation



- Manager of public relations
- Program coordinator
- Human resources administrator
- Human resources generalist
- Human resources assistant
- Executive special assistant
- Director of planning and grants



Apply at www.southcentralfoundation.com

Elder Drum

Promoting independent living through fostering an environment of quality, dignity and pride

MONDAY

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 is limited!



TUESDAY

Sew and Bead Group

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



WEDNESDAY

Bingo

12:15 to 1 p.m.



THURSDAY

Health Education on Nutrition and Fitness

1:30 to 2:30 p.m.

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

FRIDAY

Game Day

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

Game Day is Elder directed, with a variety of games offered.

Movie Day

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

Popcorn and juice are provided.

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

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

ELDERS Extravaganza

The Southcentral Foundation (SCF) Health Education Department hosted an Elders Extravaganza event on May 29. Nearly 50 Elders participated in exercise and game activities, watercolor painting, and the harvesting of plants.



SCF Health Educator Kim Aspelund shares her knowledge about harvesting Alaska plants for food and medicine. Some samples that Elders were able to taste and test included dandelion lattes, nettle pesto, birch granola, and devils club and cottonwood salve for their skin.



Elders enjoy some exercise and dancing during the Elders Extravaganza. SCF Health Education promotes the importance of exercising for maintaining overall wellness.



Elders learn how to paint birch trees with watercolors and acrylics. Painting can help reduce stress, increase creativity, and improve hand and eye coordination.



SCF Health Education hosts a healthy lunch for the Elders as part of the event. The lunch included fresh fruits and vegetables and ended with fun door prize drawings for everyone who participated.