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Anchorage Native News

Alaska Native People Shaping Health Care

Volume 15 Issue 6 AFN Special Edition 2014

Embracing healthy families today

By SCF Family Wellness Warriors Initiative

Everyone loves to watch children in those moments when they experience the world as a wonderful place, when they are care-free and without any worries. Their heads are thrown back and their arms are wide open



as they embrace life. They give us a picture of joy, trust and security. This is one picture of a healthy family and family wellness.

October is National Domestic Violence Awareness Month and a time to reflect on the importance of raising awareness of a serious problem facing societies everywhere. Join us and the Native Community as we loudly proclaim that violence will not be a part of our lives. Domestic violence is not an Alaska Native or American Indian tradition!

Domestic violence steals the voices of the ones who are harmed. It teaches them that what they think and feel is not important. Those who experience domestic violence often stop speaking up for themselves and stop valuing who and what they are. Often that loss remains with them long after the violence stops.

During this month, while we are reminded of how big the problem of domestic violence still is, we also celebrate the warriors who honor family wellness and protect others from harm. Families are getting stronger and experiencing healing through our Native strengths.

When people are encouraged to tell their own stories, they are using their own voices. Telling their stories helps those who have lost their voices find them once again. This is often the beginning of their healing journeys.

Recently, former participants of Family Wellness Warriors Initiative's (FWWI) Beauty for Ashes training were given the opportunity to share with program staff the difference they see in their lives and families as a result of attending. These stories provide hope and encouragement and share that there is meaningful healing and change possible for those who have experienced the devastation of domestic violence.

Continued on page 7, "healthy families"

Cama'i!

On behalf of our 65,000 customer-owners and 1,800 employees, welcome to Anchorage for the annual Alaska Federation of Natives Convention! This is a time for us to RISE AS ONE, celebrate our cultures and reaffirm our priorities.

We are proud to support this year's AFN theme by promoting health and wellness during the Alaska Native Medical Center Health Fair taking place on the second floor of the Dena'ina Center. Along with Alaska Native Tribal Health Consortium, we are providing blood pressure checks and health information on a range of family wellness topics.

Southcentral Foundation's Nuka System of Care was developed by working together with the Native Community to achieve wellness through health and related services. Thank you to our 65,000 customer-owners who have voiced their values, preferences and priorities to make world-class health care possible.

- SCF President/CEO Dr. Katherine Gottlieb

Primary care expands its behavioral health support

Co-location offers new opportunities to improve care

By SCF Behavioral Services Division

As part of Southcentral Foundation's (SCF) commitment to quality care for its customer-owners, the organization is continuously working on improving access to services as well as increasing communication between the providers. Some initiatives are capable of addressing both areas for improvement, as is the case for the co-location of psychiatry in primary care.

Primary care services are typically thought of as the services provided by a family physician. At SCF, the emphasis is on integrated care team members working together – with each other and with customer-owners – to ensure that families are getting the tools, support and resources they need to make decisions.

During the last year, as part of BSD Redesign, SCF expanded the behavioral health resources available to customer-owners in the primary care setting. Trained as psychiatrists, nurse practitioners and physician assistants, the new members of the team differ from the co-located

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Permit No. 1022



Southcentral
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4501 Diplomacy Drive
Anchorage, AK 99508

The Anchorage Native News is published bi-monthly by the Southcentral Foundation Public Relations Department. If you have questions, comments, want to submit articles or be added to our mailing list, please contact the editor per the information below. The Anchorage Native News reserves the right to edit all submissions for clarity, length and content. Every article will be considered for publication depending upon space available.

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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 Matanuska-Susitna 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 1,800 people in 82 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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SAVE THE DATE!



Southcentral Foundation 2015 Nuka System of Care Conference

June 15-19, 2015
Southcentral Foundation, Anchorage, Alaska

Pre-Conference Workshop: June 15-17, 2015
General Conference: June 18-19, 2015

Southcentral Foundation's Nuka System of Care describes the entire health care system created, managed and owned by Alaska Native people to achieve physical, mental, emotional and spiritual wellness.

- Pre-Conference Workshop for building effective relationships
- General Conference with workshops and break-out sessions
- Evening networking and cultural reception

Visit www.southcentralfoundation.com for more information.

News from the Nuka Institute ...

Southcentral Foundation participates in Baldrige Regional Conferences



SCF Improvement Advisor Barb Sappah presents at the 2014 Baldrige Regional Conference held Sept. 23 in Minneapolis, Minn.

As a 2011 Malcolm Baldrige National Quality Award recipient, Southcentral Foundation (SCF) was selected to share real-world best practices on issues affecting health care managers and leaders at the 2014 Baldrige Regional Conferences held in Minneapolis and Los Angeles in

September. The presentations focused on SCF's Nuka System of Care approaches to workforce development, including onboarding.

Conference attendees had more than 15 management sessions to select from at the biannual conferences, which are co-sponsored by the Baldrige Performance Excellence Program.

President/CEO visits Bristol Bay region



SCF President/CEO Dr. Katherine Gottlieb visits with Bristol Bay Native Association (BBNA) Chief Administrative Officer DeeDee Bennis and Nena Larsen from the BBNA Community Services Department at the BBAHC meeting Sept. 25 in Dillingham.

Southcentral Foundation President/CEO Dr. Katherine Gottlieb traveled to Dillingham, Alaska, Sept. 25, to meet with members of the Bristol Bay Area Health Corporation (BBAHC) Board of Directors. During this one-day visit with the BBAHC board, Gottlieb shared highlights of the SCF Nuka System of Care's relationship-based model.

"I was privileged to visit with the BBAHC board members and share with them highlights of our Nuka System of Care," said SCF President/CEO Dr. Katherine Gottlieb. "We have common goals for our Alaska Native people. These interactions work to strengthen our commitment to our mission of working together with the Native Community to achieve wellness through health and related services."

BBAHC is a tribal organization providing quality health care to 34 villages in Southwest Alaska.

Collaboration around indigenous health measurement



SCF Director of Tribal Relations and Traditional Healing Dr. Ted Mala speaks about wellness indicators to a gathering of the International Group for Indigenous Health Measurement.

SCF Director of Tribal Relations and Traditional Healing Dr. Ted Mala spoke at the sixth meeting of the International Group for Indigenous Health Measurement (IGIHM) Oct. 3 in Vancouver, British Columbia. The discussions were focused on indigenous frameworks, and organizers had asked

Mala to share his perspective on indigenous wellness indicators.

The group first convened in 2005 as a network of people from Australia, Canada, New Zealand, and the United States who are united in their desire to improve the collection, analysis, dissemination and use of health information for indigenous populations. The meetings allow participants to present information on the indigenous health measurement work they are doing in their own countries and facilitate collaborative projects between the countries. The 2014 meeting was co-hosted by the First Nations Health Authority of British Columbia.

Upcoming speaking engagements:

NOVEMBER

Event: Second World Congress on Integrated Care
Topic: Nuka System of Care
Location: Sydney, Australia
Dates: Nov. 23-26

DECEMBER

Event: 26th Annual IHI National Forum on Quality Improvement in Health Care
Topics: Partnering with the Community to Improve Health; Health Care 3.0: The Nuka System of Care
Location: Orlando, Florida
Dates: Dec. 7-10

World class health care innovation starts in Alaska



By Rasmuson Foundation President/CEO
Diane Kaplan

In the areas of health and wellbeing, Alaska is frequently last in many indicators that are not a source of pride for our state. But in the U-Med district of Anchorage, a revolution is taking place that holds the promise to make Alaska first in innovating health care. It is called Nuka.

In many ways, it makes sense that Alaska is ground zero for health care innovation. When it comes to health care costs, we are the top of the top. Alaska spends the most in a country with the highest health care costs in the world. Yet the performance of our health care system does not match its cost. Alaska is one of the best states to be born in, but our babies are less likely to survive and grow into healthy adults than in any other state.

We need a new health care paradigm, which is exactly what Southcentral Foundation has been constructing since it assumed responsibility in 1998 for the health care of the region’s Indian Health Service beneficiaries. Instead of simply

taking over what many saw as a failed system, SCF used the opportunity to redesign the system totally. The result is SCF’s “Nuka System of Care,” the whole health care system created, managed, and owned by Alaska Native people to achieve physical, mental, emotional and spiritual wellness.

The Nuka System puts the client-provider relationship at the forefront. Instead of being the objects to which medical services were provided, beneficiaries became the essential partner, metaphorically the managing director, of a series of processes focused on attaining wellness rather than just treating illness. Patients have been transformed into customer-owners.

The benefits of this approach, which is also called patient-centered medical home, is apparent to me at a very personal level. My husband has received his health care from the Native medical system since he was born. After we were married, in the late 1980s, when he needed to see a doctor, he would get up very early in the morning to go to the old Native hospital on Third Avenue in downtown Anchorage. Once there, he would sit in the crowded waiting room for hours, sometimes all day. Some days he would never see a doctor, and come back home. Today he is guaranteed a same day appointment with his regular doctor. And the quality of care is as good or better than any available in town. Today he has options, but chooses to get his health care from SCF.

The elements of the Nuka System practiced at SCF for more than a

decade (life-long relationships between the provider and client, and shared responsibility for wellness) have become state-of-the-art best practices that improve health outcomes through better coordination of services; integrated care across a range of health needs; consumer empowerment as an active partner in care; and better orientation to cultural backgrounds. Perhaps the most important outcome of the Nuka System is a reduction in the discrepancy between the quality of health care and the cost of that care.

Nuka was the basis for SCF’s 2011 Malcolm Baldrige National Quality Award. In his announcement of the award, the U.S. Secretary of Commerce cited “innovative practices, an unwavering commitment to excellence, dynamic management and proven results.”

Recognition of Nuka has brought increased numbers of people from Alaska, the United States and the world to the U-Med district wanting a firsthand look at the Nuka System. SCF has responded to the intense demand by organizing annual conferences, providing consulting services, and assisting other tribal health systems in adopting the Nuka System.

In June, Rasmuson Foundation, with a \$3 million grant, joined SCF, the Robert Wood Johnson Foundation, and the Gordon and Betty Moore Foundation as an investor in the creation of the Nuka Institute. The Nuka Institute will provide leadership, training and technical assistance to help health care

systems across the state and world learn about and adopt the Nuka model. The creation of the institute as a separate entity means that SCF can respond to the market demands for training without diminishing its core local health services.

High-cost, inefficient healthcare affects not only those who need and pay for services, but each of us through the lost productivity and unfulfilled promises of lives diminished by poor health outcomes. Because a significant portion of Alaska’s health care bill is paid by public sector programs, making care more affordable, proactive and efficient is prudent public policy. For those with a focus on continued economic stability in our state, access to high quality, affordable care makes Alaska a more desirable place to live and work, and improves our collective quality of life.

At Rasmuson Foundation, we applaud SCF CEO Katherine Gottlieb, recipient of the MacArthur “Genius Grant,” and Dr. Doug Eby, former member of the Rasmuson Board of Directors, and many others at SCF in creating and implementing the Nuka System. The Nuka Institute will continue to reinforce SCF’s -- and Alaska’s -- position as a national and international leader in health care innovation.

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Southcentral Foundation in Singapore

Singapore invites SCF leadership to deliver keynote address, provide consultation



SCF Vice President of Medical Services Dr. Douglas Eby, SCF Board Secretary/Treasurer Karen Caindec, and SCF Vice President of Organizational Development and Innovation Michelle Tierney join staff from the Sengkang Health organization in Singapore before a presentation.

By SCF Nuka Institute

Three representatives from Southcentral Foundation (SCF) leadership were invited to Singapore last month to share about SCF’s Nuka System of Care. During their visit, SCF Board Secretary/Treasurer Karen Caindec, SCF Vice President of Medical Services Dr. Douglas Eby, and SCF Vice President of Organizational Development and Innovation Michelle Tierney presented as keynote and plenary speakers at the 2014 Singapore Health and Biomedical Congress, met with Singapore Health Minister Gan Kim Yong, and consulted with Sengkang Health.

The Singapore Health and Biomedical Congress is known as the “largest health care scientific meeting and competition in Singapore.” Yong, Singapore’s health minister since May 2011, spoke at the opening ceremonies. With this year’s theme, “Redefining Healthcare for the Future: Educating, Innovating and Leading for Success,” participants were interested in hearing about SCF’s transformational journey. The remarks were attended by 3,000 health care delegates.

Another highlight of the SCF visit to Singapore was meeting with representatives from Sengkang Health. On an invitation from the health organization, Eby, Caindec and Tierney provided a three-hour intensive consulting session with the representatives in both large group and small workshop sessions.

Sengkang Health strives to offer a seamless health care experience for its customers. In order to provide that, Sengkang Health has expressed a need for development of a “regional health services” framework that would better integrate all of its care services under one roof.

Sengkang Health sought input from SCF on the following strategies:

- Enhancing the role of primary care in complex care coordination and chronic health management.
- Achieving sustainable and independent living for the community at large.
- Delivering holistic care by integrated social and medical rehabilitation in the community.

The workshops and meetings were beneficial to both SCF and Sengkang Health, and the relationship may be further developed in the future.

For more information about SCF’s Nuka System of Care, visit www.southcentralfoundation.com or email SCFNukaInstitute@southcentralfoundation.com.



SCF Vice President of Medical Services Dr. Douglas Eby speaks with representatives from Sengkang Health.

Family Wellness

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

Co-location, Continued from page 1

behavioral health consultants (BHCs). They have special training in both medical and behavioral health, including medications. Often working behind the scenes, they collaborate with primary care providers and BHCs to problem solve and help address customer-owner needs related to anything from anxiety and depression to sleep issues.

What are the benefits for customer-owners? During a routine visit to primary care, customer-owners have the opportunity to talk with different members of the team for caring and private guidance on health issues. Contact with these new behavioral health providers will occur through the primary care team when and if the need arises.

The biggest barriers to getting behavioral health services can be asking for and finding help. Fitting appointments into your busy schedule may be a factor. In 2012, the U.S. Public Health Service/Center for Behavioral Health Statistics and Quality reported that 28.3 percent of Alaska Native and American Indian adults experience a behavioral health issue in a given year and 60 percent do not receive treatment. By co-locating a range of different behavioral health providers into primary care, behavioral health matters can be addressed quickly and seamlessly. For example, if at a routine check-up or primary care appointment, and other needs surface, a provider can partner with both you and other members of the team to address those needs right away.

Co-location – the integration of services in a shared clinic space – supports the long-term, caring relationships between customer-owners and their primary care teams. At SCF clinics, both the customer-owner and lead provider can build relationships and consult with a range of other providers based on what the needs are. This team-centered, holistic approach is aligned with the relationship-based principles of SCF’s Nuka System of Care.

For more information or if you have questions, please talk with your primary care provider during your next visit or call your primary care team at (907) 729-3300.

Spotlight on Native Men’s Wellness outreach coordinator



Shon Stewman, outreach coordinator for Southcentral Foundation’s Native Men’s Wellness Program, shares a little about himself and his passion around men’s wellness.

Tell us about yourself.

I was born in Fairbanks and raised in Anchorage. My parents are still living and I am the youngest of four. I am Cherokee, Sioux and Blackfoot Indian as well as Irish and Black. I have been married for 21 A and have five children, two are waiting in Heaven. I

have been involved with Family Wellness Warriors Initiative (FWWI) since 2005 and am currently on the steering committee.

How did you get involved with Native Men’s Wellness Program?

Ever since attending my first FWWI Beauty for Ashes training event I have had a passion around men’s wellness. When the opportunity arose to start a men’s wellness program, I immediately stepped forward to be involved with the planning and startup of the program.

What does a healthy Alaska Native/American Indian man look like?

A healthy Alaska Native/American Indian man stands up and says “yes, I am a warrior, despite my struggles.”

What are your hopes and dreams around men’s wellness?

My hopes and dreams are that this program will open many doors for men and their families to hold their heads up and not be afraid to be those people they were meant to be.

If you would like to get involved with the Native Men’s Wellness Program as a volunteer or participant, please call Shon Stewman at (907) 729-5208 or email sdstewman@southcentralfoundation.com.

Expanding services in the Mat-Su Valley



Customer-owners can now visit the new East primary care clinic at the Benteh Nuutah Valley Native Primary Care Center in Wasilla, Alaska. The East clinic opened in August.

By SCF Public Relations

Customer-owners in the Matanuska-Susitna Valley are celebrating a new milestone in the expansion of the *Benteh Nuutah* Valley Native Primary Care Center (VNPCC). In August, Southcentral Foundation opened Primary Care East, the clinic located on the east side of the building. This new clinic space increases the capacity to serve customer-owners and follows the successful 2012 opening of Primary Care West. Additionally, within the next 18 months, customer-owners will have access to new services such as audiology, optometry, and midwives in both clinics, along with an ultrasonographer.

If you live in the Matanuska-Susitna Valley, choosing the VNPCC for primary care, rather than driving to the Anchorage Native Primary Care Center, ensures high quality care much closer to home. If you choose to be empanelled to a primary care team in Wasilla, this team will work in partnership with you – and in partnership with each other – to ensure you are getting the tools, support and resources you need to make your health care decisions. The VNPCC does not provide emergency services, however. If you are in an emergent situation, please call 911 or visit your local emergency room.

For more information, please contact the VNPCC at (907) 631-7800.

Native Men’s Wellness Program shares its goals

By SCF Native Men’s Wellness Program

Southcentral Foundation’s Native Men’s Wellness Program is diligently working toward four primary goals: promoting healthy living, raising awareness, facilitating opportunities for cultural connectivity and enhancing employability.

1. Healthy Living focuses on:

- Advocacy for men’s health issues and healthy living.
- Partnerships with community services with an emphasis on men’s health.
- Sharing information on men’s health topics.

2. Awareness focuses on:

- Developing trainings on historical trauma and discrimination, core values, and spiritual reflection to increase self-awareness and promote positive self-esteem.
- Presentations and personal stories to increase awareness of the commonality of issues, share examples of how individuals can overcome challenges in their lives,

provide options based on real-life events and elevate a sense of hope.

- Supporting community public events with the intent of raising awareness of the values of the Native Men’s Wellness Program.

3. Cultural Connectivity focuses on:

- Developing cultural programming, including a Men’s Cultural Camp, for men and youth to connect them with their heritage, and maintain positive cultural values and a sense of core identity.

4. Employability focuses on:

- Implementing vocational job training.
- Establishing courses to reinforce positive behaviors within the workplace such as teamwork, attendance, respect, etc.
- Collaborating with community agencies.

For more information, please call Shon Stewman, outreach coordinator, at (907) 729-5208.

Vaccines, screenings key to prevention

By SCF Public Relations

There are many contagious diseases that we need to be aware of during our lifetime. As such, vaccines and screenings are not only important at the earliest stages of life – they are also vital in adulthood.

In addition to childhood vaccines, the U.S. Centers for Disease Control and Prevention (CDC) recommends that adults receive the flu, pneumonia and tetanus vaccines. Flu is easier to catch than most other deadly viruses and is responsible for more than 30,000 deaths in the U.S. every year. The flu vaccine offers the best chance of protection. People with health complications, pregnant women, health care workers and caregivers are considered high priority for the vaccine along with young children and adults over age 50.

Another important vaccine that adults should receive is the pneumococcal vaccine that protects against pneumonia. Pneumonia is an infection of the lungs that can be caused by viruses, bacteria or fungi. The CDC recommends that Elders ages 65 and over receive the pneumococcal vaccine. It is also recommended for people who smoke and those with long-term or chronic health problems such as diabetes or asthma.

The tetanus vaccine, or DTaP (diphtheria, tetanus, and pertussis), is another vaccine we receive during early childhood. However, the tetanus vaccine must be received every 10 years in order to be fully protected from the potentially deadly disease.

In addition to these vaccines, the CDC also recommends that adults (especially those born between 1945 and 1965) be screened for hepatitis C once during their lifetime. Hepatitis C is a contagious liver disease spread primarily through contact with blood. Two new treatments were approved by the Federal Drug Administration that can clear an infected person of hepatitis C and have reported an 80 percent success rate.

Also recommended is that people between the ages of 13 and 64 receive an HIV screening once in their lifetime as part of routine health care. People who have unprotected sex, have already contracted a sexually transmitted disease such as syphilis, or inject any type of drugs with needles are all at increased risk of contracting HIV. Screening for both hepatitis C and HIV are done by blood tests that can be scheduled through your primary care provider.

Please speak with your primary care team to find out if you are due for a vaccine or to schedule a hepatitis C or HIV screening.

Introducing a new corporate initiative

The U.S. Centers for Disease Control and Prevention (CDC) changes its guidelines and recommendations – including recommendations on vaccines – regularly. Southcentral Foundation (SCF) and other health care organizations continually respond to these changes to ensure the best care for the people being served.

SCF recently launched a new corporate initiative to address communicable diseases so that these ever-evolving changes could receive extra attention. The communicable diseases initiative falls under SCF’s corporate goal of “Family Wellness” and focuses on prevention, screening and treatment of communicable diseases such as HIV, STDs and hepatitis. As a corporate initiative, there are now metrics in place for reporting progress and for ongoing monitoring. These health issues will be addressed organization wide in a coordinated way as part of the journey to achieving family wellness.

Rural Community Wellness

Nilavena Subregional Clinic hosts fall health fair

By SCF Health Education

Southcentral Foundation’s (SCF) Nilavena Subregional Clinic hosted a two-day health fair Sept. 25-26. Nearly 100 community members from Newhalen and Iliamna attended the fair held in the Newhalen School gym and library.

Fair events included “Crafting for Health” in support of breast cancer awareness and a “Rethink Your Breakfast” portion control demonstration. Participants were asked to pour an average bowl of cereal they would eat for breakfast and compare their measurement to the serving size recommended on the nutrition facts label. They were

also invited to make a healthy trail mix in collaboration with SCF health educators.

Throughout the health fair, community members learned about colorectal, breast and cervical cancer as well as tobacco cessation. SCF customer-owners shared personal stories about colon cancer and discussed ways to prevent colon cancer through diet, exercise and abstinence of tobacco. In addition, employees from the SCF Health Education Department led participants through Zumba® and a gentle yoga session.



Participants view the “tar jar” and learn how smoking cigarettes can cause tar to build up in lungs and prevent the cilia hairs from functioning properly. They were amazed how the body is able to heal itself after one quits tobacco completely!



Youth learn inspirational movements for wellness. Any activity that increases the resting heart rate at least 60 minutes a day may help prevent diabetes.



Iliamna and Newhalen youth participate in Zumba® and show their support of exercise as a means to combat the community’s rate of diabetes.



Southcentral Foundation Health Educator Julie Stayden demonstrates “hands to heart center” during a gentle yoga session at the health fair held in the Newhalen School Gym.

October is National Breast Cancer Awareness Month!

The Southcentral Foundation (SCF) Health Education Department has partnered with others to offer a full month of activities to share information about breast cancer and promote awareness. Here are some of the highlights from the first half of the month.



Gov. Sean Parnell stops by the SCF booth at the Paint the Rink Pink event to thank SCF Health Education employees for their community outreach.



SCF offers information on early detection to attendees of the eighth annual Alaska Aces Paint the Rink Pink event at the Sullivan Arena in Anchorage, benefitting the local fight against breast cancer.



SCF leads “Party in Pink” Zumba® in the Anchorage Native Primary Care Center lobby to promote the classes that will be offered in the Wellness Center throughout the month.



“Team ANMC” included over 100 people as participants in the American Cancer Society’s Making Strides Against Breast Cancer 5K walk on Oct. 4 at the Delaney Park Strip.



SCF Health Educator Natalee Kline stands with SCF Vice President of Medical Services Dr. Douglas Eby in support of breast cancer awareness.

Healthy families, Continued from page 1



Finding one’s voice carries over into other areas of life, as recalled by two participants who shared:

“Being able to talk to my husband without having that lump in my throat and just being able to talk. I learned that from the training, it is okay to talk to the family and to be encouraging now ...”

“I noticed this initiative has people talking. You know, all these people ...years ago, they were quiet. Now, they talk to each other. They open up in meetings and you notice a difference in them.”

Other participants commented on how the training helps improve relationships:

“This training helped me cope with different kinds of people, different cultures even. I never used to get along too well with them, didn’t like talking with them. When I would talk to them I would often get stuck on certain words. After I came to the program, I opened up.”

“The effects from FWWI would be- I enjoy people more ... I’m able to connect with them better than I used to and I could understand them.”

Being a part of this program has also helped some participants take important steps toward embracing their culture and identity. This has led some to return proudly to the traditional and subsistence activities they had moved away from. As several Beauty for Ashes alumni explained:

“I remember a time when it wasn’t very cool to practice subsistence; you know we were more westernized.”

“My dad, where he went to school, was punished for speaking his language and punished for doing any kind of cultural subsistence activities and he really made sure to a point that I would know nothing about what was traditional. FWWI healed that part of me, I started

remembering things: the way my grandmother danced, the food and things they loved ...”

“After this program I was like, hey I want a part of that. I was more connected to my Yup’ik culture ...I have more pride in that now than I did.”

Alaska Native men, women, children and families are healing from domestic violence, finding their voices and reclaiming the power of their culture and heritage. One person at a time, one family at a time, the cycle of domestic violence, abuse and neglect is being stopped. During National Domestic Violence Awareness Month, let’s not forget to celebrate the changed lives and changed families who are on their healing journeys and are committed to stopping domestic violence in this generation.

The Family Wellness Warriors Initiative provides an intensive five-day education and training program called Beauty for Ashes. This training builds effective communication skills, specifically addressing issues of domestic violence, abuse and neglect. It is a hands-on experience that provides a clear picture of what a healthy family can look and feel like. For more information, please visit www.fwwi.org/bfa.cfm or call (907) 729-5440.

New information on the Affordable Care Act’s Indian Status Exemption

By ANTHC Marketing and Communications

Under the Affordable Care Act, every American must demonstrate health care coverage, but there are special exemptions that apply to Alaska Native and American Indian people. Alaska Native and American Indian people are exempt from the requirement to purchase insurance if they can show evidence of:

- Enrollment in a federally recognized tribe;
- ANCSA shareholder status (village or regional), or;
- Eligibility to receive services from an IHS facility/tribal health care provider.

On Sept. 18, Secretary Sylvia Mathews Burwell of the U.S. Department of Health and Human Services announced that those who are eligible for services through an Indian Health Service (IHS) provider, including Tribal health facilities in Alaska, will be able to obtain a hardship exemption from the shared responsibility payment through the tax filing process. The shared responsibility payment is a tax penalty assessed to those who do not have health care coverage. Until now, only members of federally recognized tribes and shareholders of Alaska Native Claims Settlement Act (ANCSA) corporations had the option of claiming the hardship exemption through the tax filing process. Now, individuals who are not members of federally recognized tribes, but who are eligible for services through a tribal health care provider, also have this option.

As a result of this announcement, there are two exemption options for Alaska Native and American Indian people:

1) File form 8965, titled “Health Coverage Exemptions,” with your taxes. **The form isn’t final yet, but it will be ready for tax time.**

2) Apply for the Tribal exemption through a paper application process. To get started, visit <http://marketplace.cms.gov> and click on Applications and Forms (next, click Exemption Applications and choose the Tribal option).

Within two to four weeks after mailing the paper application form, the federal government will inform you if they need additional information. If you receive the exemption, you will be sent a letter from the Health Insurance Marketplace with an Exemption Certificate Number (ECN). When you receive the letter, review it to ensure you receive an ECN for every family member represented on your exemption forms. It is important to keep a copy of your ECN in a safe place for future use. If you do not hear from the federal government in the four weeks after mailing the paperwork, you may contact the Health Insurance Marketplace Help Center at (800) 318-2596 to check the status of your application.

If you have health care coverage through Medicaid, Medicare, Denali KidCare or veteran’s benefits, or if your employer provides health insurance, you have met the requirements and do not need to purchase additional health care coverage to avoid the tax penalty. While you are not required to complete the Indian Status Exemption paperwork if you have health care coverage, the Indian Exemption is a lifetime exemption and can be useful if you ever have a gap in health care coverage.

For assistance with the Indian Status Exemption paperwork and to learn more information about the ACA in Alaska, visit your local clinic or contact the Alaska Native Tribal Health Consortium Health Reform group at healthreform@anthc.org, (907) 729-7777 or (855) 882-6842. More information is also available at <http://anthc.org/aca/>.

Helpful hints for completing Indian Status Exemption paperwork

When you opt to complete the paper form, you must send copies of supporting documents such as:

Preferred documents:

- Tribal enrollment card/letter
- Proof of ANCSA shareholder status (village or regional)

Other accepted documents:

- Certificate of Indian Blood (CIB) card issued by the Bureau of Indian Affairs
- IHS eligibility letter

Please do not send originals of these documents as they will not be returned to you.

#

Remember to complete Step 2 of the application for all members of your family, including children. Also, be sure to send copies of the same supporting documents for every member of your family that needs the exemption.

#

The deadline to apply for the exemption is **Dec. 31**. However, we suggest that you complete the exemption paperwork and mail it no later than **Nov. 1** to ensure that the federal government has enough time to process your application.

Native Community

We value the family as the heart of the Native Community.

NOVEMBER

Wellness Activities

Mondays

Healthy Food Fun demonstrations
11 a.m.-1 p.m.
Anchorage Native Primary Care Center
Healthy Kitchen (Room 1127)
4320 Diplomacy Drive, Anchorage

Thursdays

Wellness Matters Night
Potluck dinner 5:30 p.m.
Learning circles 6:30-7:45 p.m.
SCF Health Education and Wellness Center
4201 Tudor Centre Drive, Anchorage

Nov. 3

Diabetes Support Group
Noon-1:30 p.m.
SCF Health Education and Wellness Center
Denali Room

Nov. 5 and 19

Diabetes Education Class
9 a.m.-4:30 p.m.
SCF Health Education and Wellness Center
Denali Room

Nov. 12 and 26

Prediabetes Class
1-3 p.m.
SCF Health Education and Wellness Center
Denali Room

Nov. 20

Great American Smokeout
11 a.m.-1 p.m.
Anchorage Native Primary Care Center lobby

Please visit the Learning Circle and Events Calendar online at southcentralfoundation.localist.com for more information about Southcentral Foundation’s learning circles and other community wellness activities.

Southcentral Foundation is currently recruiting for the following vacancies:



- Administrative Support Training Program
 - Case Management Support
 - Certified Medical Assistant
 - Courier and Driver
 - Health Benefits Specialist
- Maintenance Technician
 - Manager
 - Mental Health Worker
 - Program Coordinator
 - Supervisor



Visit www.southcentralfoundation.com to view all vacancies and apply online.

This is your chance to experience

NATIVE VOICES:

Native Peoples’ Concepts of Health and Illness



On display through Nov. 9 at
Anchorage Native Primary Care Center
4320 Diplomacy Drive, Anchorage
Monday through Friday, 8 a.m.-6 p.m.
Saturday, 8 a.m.-4:30 p.m.

On display Nov. 12–Jan. 2, 2015 at
Benteh Nuutah Valley Native Primary Care Center
1001 Knik Goose Bay Road, Wasilla
Monday through Friday, 8 a.m.-5 p.m.

Hear stories and interviews from contemporary Alaska Native, American Indian and Native Hawaiian people on how Native health and culture intertwines with contemporary medicine.

Don’t miss the opportunity to see this national traveling exhibition!

Colonoscopies save lives!

By SCF Public Relations

Cancer is the leading cause of death in Alaska. The good news is that cancer screening and early detection can and do save lives.

Southcentral Foundation (SCF) is working together with the Native Community to reduce cancer rates. One of the focuses is colorectal cancer. This is the second leading cause of new cases of cancer among Alaska Native people. In addition, Alaska Native people have a much higher rate of getting colorectal cancer – and also dying from it – than other Americans. According to the Centers for Disease Control and Prevention (CDC), the rates have been about double those of the U.S. white population (age-adjusted) and higher than those in Indian Country in the Lower 48.

Colorectal cancer is highly preventable and treatable, and it all starts with screenings that begin as early as age 40.

Top two reasons to get screened?

1. Screening tests help find precancerous polyps so they can be removed before they have a chance to turn into cancer. This prevents the disease.
2. Screening can find colorectal cancer at an early stage, when treatment is most effective. This can be life saving.

About one-third of Southcentral Foundation (SCF) customer-owners ages 50 to 75 are overdue for screening or have not yet been screened. Fear of discomfort may be a barrier to colorectal cancer screening, but it is a barrier that can be overcome.

“I encourage everyone to get your screening,” said SCF President/CEO Dr. Katherine Gottlieb. “In the end, the life-saving benefits outweigh any reason for not getting screened.”

Customer-owners who have never been screened should complete the screening when they turn 40. If there is a family history of colorectal cancer, the screenings may need to start earlier.

A colonoscopy in the Alaska Native Medical Center (ANMC) Colorectal Cancer Screening Clinic is the highest standard for screening. If polyps are found during the examination of the rectum and large intestine, they can usually be removed during the appointment. If the screening results are completely clear, the next colonoscopy will be recommended 10 years later.

The team that works in the ANMC Colorectal Cancer Screening Clinic includes MAGNET®-designated nurses who specialize in colorectal health and are very attentive to customer-owners’ physical, mental, emotional and spiritual needs. ANMC

remains Alaska’s only hospital to achieve MAGNET® recognition from the American Nurses Credentialing Center, a reflection of ANMC’s nursing excellence which is frequently praised after colonoscopies.

You can also talk to your primary care provider about another screening test, called the fecal immunochemical test (FIT), which is completed in the comfort of your own home. This screening detects blood in stool samples. If the test detects a possible sign of colon cancer, you will be asked to schedule a colonoscopy. The FIT screening is recommended annually.

Please talk to your primary care provider about when you should start screening for colorectal cancer and which screening test is right for you.



Learn more about colonoscopies at the ANMC Health Fair taking place Oct. 23-24 during the Alaska Federation of Natives (AFN) Convention on the second floor of the Dena’ina Civic and Convention Center. Stop by to see “Nolan the Colon” along with a number of other ANMC Health Fair booths focused on cancer prevention and whole-person wellness.



Flu shot clinic

When: Oct. 25, Nov. 1 and Nov. 8

Time: 10 a.m. to 4 p.m.

Location: Primary Care Clinic 2 East
Anchorage Native Primary Care Center
4320 Diplomacy Drive

For more information, please contact:
Southcentral Foundation Pharmacy
(907) 729-4172
www.southcentralfoundation.com



Alaska Native Medical Center prepares for unlikely spread of Ebola

The Alaska Native Medical Center (ANMC) is a state-of-art medical center with the facilities and equipment to safely care for people with infectious diseases while protecting employees, visitors and customer-owners. While an outbreak of Ebola in Alaska is not likely, we understand the concern and questions people have about the disease.

ANMC is working with the State of Alaska and the Centers for Disease Control and Prevention (CDC) to ensure that proper protocols are put into place in the unlikely event of needing to care for a person with Ebola. ANMC employees are also practicing walkthrough exercises using national guidelines on Ebola Hospital Preparedness, reviewing Ebola response protocols, drilling on personal protective equipment and updating policies and procedures.

While the risk of infection in the U.S. is extremely low, understanding what Ebola is and how it spreads is essential to preventing further spread. Ebola is a virus that has caused outbreaks of infection in Africa since its discovery in 1976. Symptoms of Ebola infection include fever, severe headache, muscle pain, weakness, diarrhea, vomiting, stomach pain, and unexplained bleeding or bruising. Symptoms may appear anywhere from 2 to 21 days after exposure to Ebola, but the average is eight to 10 days. While death rates in outbreaks of Ebola infection have ranged from 25 to 90 percent, influenza (flu) is more of a threat in this country and state than any other infectious disease.

For the latest information about Ebola, please visit <http://www.cdc.gov>.



ANMC Healthy Selfie Project

Share your ‘Healthy Selfie,’ and win prizes!

Here’s how it works: We’ll post a different topic each week to the ANMC Healthy Selfie Facebook page. You just have to post a photo of yourself (with a caption) that relates to that topic. You can browse other posts for new healthy ideas and inspiration, and share posts you like with others. At the end of the project, we’ll compile our favorite submissions to create a ‘Healthy Ideas We Love’ page on the ANMC website.

You will be automatically entered in random weekly drawings for fun prizes like coffee cards and movie tickets (and more!) just for posting! And, at the end of the project, we’ll also select grand prize winners in each of the following categories:

1. Most creative idea/activity
2. Most inspirational idea/activity
3. Best overall photo

The Healthy Selfie Project runs Oct. 20 - Dec. 31.

Check the ANMC Healthy Selfie Project Facebook page weekly for new topics, prize information and chances to win! Visit <http://anmc.org/healthy-selfie> for more info.



Facts *about* Ebola in the U.S.

You can’t get Ebola through water



You can’t get Ebola through air



You can’t get Ebola through food



You can only get Ebola from:

- Touching the blood or body fluids of a person who is sick with or has died from Ebola.
- Touching contaminated objects, like needles.
- Touching infected animals, their blood or other body fluids, or their meat.



Tips for keeping Halloween safe

By SCF Public Relations

Halloween can be a fun and exciting time with family and friends! If you’re planning to “trick-or-treat,” remember to keep these safety tips in mind.

- 1. **Be sure to bundle up!** Dress young children with a layer of warm clothing under their costumes and remember hats and gloves.
- 2. **Stick with the buddy system.** No one should trick-or-treat alone, no matter the person’s age. Make sure that an adult or older youth is supervising children under age 12, and teach your children to never enter a stranger’s home.
- 3. **When in doubt, throw it out.** Check your children’s candy before they eat it. Discard homemade goods if received from someone your family does not know.
- 4. **Illuminate so motorists can see you.** The sun will set around 6 p.m. on Halloween. Lights will help drivers and other trick-or-treaters know where you are.

If you don’t have any flashlights or reflectors around the house, stop by the Southcentral Foundation Public Relations Department (located at 4501 Diplomacy Drive) and pick up a globe strobe for just \$2 each.



Calling creative people of all ages

It’s time to show off your artistic talent in the Southcentral Foundation Hand Washing Poster Contest.

Help Southcentral Foundation (SCF) visually share the importance of good hand washing skills with customer-owners, visitors and employees.

Four posters will be chosen – two geared to adults and two toward children – for reproduction and display at SCF locations beginning Jan. 22. Prizes will also be awarded to winners.

Posters must ...

- Contain visuals and wording that support hand washing and infection prevention.
- Be family friendly (no slang or profanity).
- Be your own creative work (no copyrighted material).
- Be 11 x 17 inches in size.
- Be signed in the lower right-hand corner for credit.

Submit your poster design and entry form by 5 p.m. on Nov. 7. Posters must be delivered flat, not rolled or folded. Mail or hand deliver your entries to the Hand Washing Poster Committee, c/o Quality Assurance, Southcentral Foundation, 4501 Diplomacy Drive, Anchorage, AK 99508. Or email your submission to SCFEmployeeHealth@SouthcentralFoundation.com. All entries become the property of SCF and will not be returned.

For a complete description of the contest, including contest rules, entry form, judging process, prizes and hand washing information, visit www.southcentralfoundation.com/healthinfo.cfm.




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 Wellness

12:30 to 2 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

Elder Fall Potluck

By SCF Public Relations

The Southcentral Foundation (SCF) Elder Program held its annual Fall Harvest Potluck on Sept. 19 at ChangePoint Church. More than 250 Elders enjoyed each other’s company at the potluck, along with the food, entertainment, door prizes, SCF vendor booths and Native artist booths. Dances were performed by the Princess Warriors and the Fireweed Dancers, and songs were performed by Arianne Swiehart. The vendor booths provided information from SCF Dental, Traditional Healing, Health Education, Learning Circles, Family Wellness Warriors Initiative and Native Men’s Wellness Program. Nearly 60 SCF employees from across the organization offered to spend the afternoon working at the event. They helped serve the food and coffee and assisted with the set-up and clean-up. This community event is a highlight of the fall for many.



Elders Sarah Bouffieux (left) and Elizabeth Conrad (right) pause to have their photo taken at the SCF Elder Program’s Fall Harvest Potluck Sept. 19.



Back row: Elders Danny Roehl, Betty Roehl, Pat Andrews and Vern Luckhurst. Front row: Elders Mary Ann Andrews and Nida Nelson.



SCF Tribal Doctor Sarah Smith catches up with a friend at the event. Smith is a longtime volunteer with the SCF Elder Program.