



Anchorage Native News

Our People,
Our Strength

Alaska Native People Shaping Health Care Volume 13 Issue 1 March/April 2012

30 years of health care excellence

Southcentral Foundation celebrates its 30th anniversary

By SCF Public Relations

On March 8, 1982, Cook Inlet Region Inc. (CIRI) established Southcentral Foundation (SCF) as a nonprofit organization. This was the start of a long journey to realize the dream of Alaska Native people owning and managing their own health care system.

Over the last 30 years, the Native Community has worked together to meet the challenges of ownership through shared responsibility. The Anchorage Native News in 2012 will feature a series of 30th anniversary articles honoring the vision and perseverance of our Elders, tribal leaders, customer-owners and many partners and advocates.

In this 2012 series, you will read more about SCF's workforce development initiatives, impact on health care outcomes, and long-term planning and improvement efforts. You'll also find real stories from customer-owners and employees about developing a health care system capable of addressing physical, mental, emotional and spiritual wellness. These stories provide strength and hope, and a better understanding of SCF's mission and vision.



Since 1982, Southcentral Foundation has focused on working together with the Native Community to achieve physical, mental, emotional and spiritual wellness.

Spotlight on Dental, SCF's first clinic



Dr. Kevin Gottlieb in the early 1980s.

By SCF Public Relations

Dr. Kevin Gottlieb, Southcentral Foundation's (SCF) first doctor, arrived in Alaska in 1976. A newly commissioned Indian Health Service officer, he was assigned to work as a dentist in the Alaska Native Medical Center. The dental care was nothing like what he grew up with on the East Coast.

"The dental clinic inside the hospital looked like a military clinic, and it felt like a military clinic," he said. "And, there were few appointments. The only way to enter the system was to take a number and stand by. Most patients never knew who they were

Continued on page 3, SCF Dental Clinic

ANCSA at 40

Reflections on the historic act of 1971

By SCF Public Relations

Dec. 18 was the 40th anniversary of the day the Alaska Native Claims Settlement Act was signed into law. ANCSA created a new kind of business enterprise controlled in every way by Alaska Native people. The resulting Alaska Native regional corporations have not only played a vital role in Alaska's economy, but also in the well-being of individuals, families and communities.

ANCSA opened up doors for Alaska Native ownership of programs and services. It brought opportunities for career development, homeownership, educational assistance and scholarships, legal advocacy, health care services and social services.

The ANCSA regional corporations were established to foster economic, social, and cultural well-being of their shareholders and shareholder descendants. While the corporations take different paths toward that goal, all recognize that economic, social and cultural well-being are interrelated and interdependent.

To address social and cultural well-being, Cook Inlet Region Inc. (CIRI), for example, has

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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 Mat-Su Valley and 55 rural villages in the Anchorage Service Unit.

Incorporated in 1982 under the tribal authority of Cook Inlet Region Inc., Southcentral Foundation is the largest of the CIRI nonprofits, employing more than 1,500 people in over 65 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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ANCSA at 40, continued from page 1

established and supported several nonprofit organizations. Through strong advocacy and sharing of resources over time, CIRI helped the nonprofits grow from a small assortment of services to a family of nonprofits that provide thousands of job opportunities and enhance the overall quality of life in the community.

“ANCSA provided mechanisms for Alaska Native people to take risks and jump on opportunities to meet the health and social services needs of our people,” said Southcentral Foundation President/CEO Katherine Gottlieb. “Our leaders in the ANCSA regional corporations have dedicated hours of life away from home to lead and guide, and advocate and push, to make today’s services possible.”

ANCSA has provided Alaska Native people with the responsibility and opportunity for self-determination. For 40 years, Alaska Native people have worked together to improve and enhance the way businesses and nonprofit services are administered and managed – by us and for us.

The work of ANCSA is not finished yet. Our regional corporations and affiliated nonprofits are changing and growing in accordance with our Alaska Native values and priorities. Drawing on 10,000 years of ingenuity, we continue to find better ways to do things – for each other, for our children and grandchildren, and for many generations to come.



Catherine Stevens, U.S. Sen. Ted Stevens, CIRI President/CEO Carl Marrs and Southcentral Foundation President/CEO Katherine Gottlieb at a 1999 ceremony honoring CIRI and the senator for their support of primary care services for the Anchorage Native Community.



Southcentral Foundation’s Nuka System of Care Annual Conference June 18-23, 2012 in Anchorage, Alaska

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.

Annual Conference

- Pre-conference workshop for building effective relationships
- General conference with workshop and break-out sessions
- Evening networking and cultural reception
- Community fun run and wellness festival

Feedback from the 2011 Nuka Conference:

94.4% of the participants stated they would recommend this conference to others.

- Katherine was inspirational in modeling how she interacts with her staff. It gave me insights on how I best operate and things I will change.
- The speakers were great. Especially enjoyed the Core Concepts training. Thank you for reminding me how important relationships are in our professional and personal lives.
- What was taught in Core Concepts was consistently role-modeled. A positive and caring atmosphere was evident wherever we went!
- Thank you to everyone for making it one of the richest experiences and making it feel like home/family.
- I have never been to a conference that was so responsive to its participants’ needs. I think all conference participants should have to take Core Concepts ... adds a whole new level of meaning and understanding to what you do and why it works.

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Foundation

SCF Dental Clinic, *continued from page 1*

going to see, or when they would be seen.”

It was a large, bureaucratic system centrally controlled from 5,000 miles away. The hiring policies were not supportive of local needs. Only one pediatric dentist was hired to serve the entire state. And, the entire facility was staffed by the government. So, when government hiring freezes occurred, this caused real problems in the clinic’s ability to keep up with the overwhelming demands for care. The employees most committed to serving the Native Community were left without much support, and there was little time to develop relationships with the customers.

When Dr. Gottlieb had the opportunity to serve as the first dentist for Cook Inlet Native Association’s new dental clinic in 1979, he jumped at the chance. Because he was the only dentist at the Alaska Native owned and managed clinic, everyone had an opportunity to get to know their doctor.

“Right from the start, it felt better for everybody,” he said. “I instantly got to know people better, and people felt more comfortable.”

Under Dr. Gottlieb’s clinical leadership, the new clinic responded to needs that the hospital wasn’t able to address. It provided comprehensive care for adults, such as crowns, bridges and dentures, and, while it initially opened to serve adults, it began to serve entire families. Working parents who were not able to sit at the hospital all day to wait for the first available dentist appreciated the convenience of scheduling appointments for both themselves and their children. The environment was warm, welcoming, and family oriented.

When Cook Inlet Region Inc. (CIRI) transferred the tribal authority for operating health care services from Cook Inlet Native Association to SCF in 1985, SCF assumed the contracts with the federal government for dental care, as well as optometry and community health. Dr. Gottlieb and other staff joined the team, and SCF’s first clinic was born. SCF emphasized the importance of a welcoming environment, personal relationships, ease of access and continuity of care; this model became the template for all future SCF clinics.

“ When I was employed by the Indian Health Service, I enjoyed working in Alaska’s villages. The small charter plane, loaded up with hundreds of pounds of dental equipment, would land – and everyone in the community would come together and help carry the equipment where it needed to go.

I would take my meals with the community members (most of them, my customers!) and would even stay with them in their homes. It was a very intimate experience, where I was able to connect with customers and build relationships. These experiences were much different than working in the hospital, where patients did not know the doctors and the doctors did not know the patients, and the environment felt sterile and unwelcoming.

We tried to replicate the feeling of community and connectedness found in the villages when we established SCF’s first dental clinic. Not only have the customers continued to choose SCF over the last three decades, but also my first dental assistants and receptionist continue their careers with this organization! Seeing their faces on campus and around town reminds me that our personalized, ‘family practice’ model really did build family and community!”

- SCF Vice President of Resource and Development/Chief of Staff
Dr. Kevin Gottlieb



Highlights from Southcentral Foundation’s early years

1982

■ Cook Inlet Region Inc. (CIRI) establishes Southcentral Foundation (SCF) as a 501(c)(3) nonprofit.

■ Cook Inlet Native Association operates a dental clinic at 670 W. Fireweed Lane that would later become SCF’s first clinic.

1985

■ Under CIRI’s tribal authority, SCF assumes the contract with the federal government to manage dental services, optometry, community health, and accident and injury prevention education in the region.

1986

■ SCF assumes self-management contract for mental health.

■ SCF’s Optometry Clinic opens at 670 W. Fireweed Lane.

What services am I able to use at the Alaska Native Medical Center?

By SCF Public Relations

Questions are often asked about eligibility for the wide range of services available at the Alaska Native Medical Center (ANMC). Under Southcentral Foundation (SCF) and the Alaska Native Tribal Health Consortium’s joint ownership and management, ANMC provides comprehensive inpatient and outpatient medical care.

A network of healing

ANMC includes both the hospital and the Anchorage Native Primary Care Center. Most of ANMC’s hospital services are available to the entire Alaska Native and American Indian population of the state. Referrals for specialty care are made by the Alaska Tribal Health System’s network of providers located in village clinics, community health centers and regional hospitals.



The Alaska Native Medical Center provides comprehensive inpatient and outpatient medical care to Alaska Native and American Indian people.

Customer access

ANMC’s primary care services are reserved for those living in the Anchorage Service Unit, including Anchorage, Palmer, Wasilla and the Anchorage Service Unit villages. If you are from outside the Anchorage Service Unit, you may receive specialty referral and inpatient care at ANMC, while receiving your primary care in your village or regional hub.

ANMC does offer brief “urgent care” services for those visiting Anchorage from another area of Alaska. You may be seen in the Emergency Department’s Fast Track, or make an appointment to visit Internal Medicine (for adults) or Outpatient Pediatrics (for children). Our goal is to do what is needed while you are visiting, but have your main primary care be with providers who are familiar with you in your home community.

Primary care services

The ANPCC provides primary health care services as a regional hub for Alaska Native and American Indian adults and children in the Anchorage Service Unit.

The Complementary Medicine Clinic and Traditional Healing Clinic inside the ANPCC are available by referral for customer-owners who live in the region. SCF also has a variety of other programs available to assist customer-owners in their journey to physical, mental, emotional and spiritual wellness.

If you live in the Matanuska-Susitna Valley, SCF also offers primary care services in the Valley Native Primary Care Center (VNPCC). Choosing the VNPCC, rather than driving to Anchorage to be seen, ensures quality care much closer to home. Later this year, SCF will be opening a new VNPCC in Wasilla, with more room and the potential for offering even more services.

SCF offers more than 65 programs to support health and wellness. Please visit www.southcentralfoundation.com for more information on services available to residents of Anchorage, the Matanuska-Susitna Valley and the Anchorage Service Unit villages.

Learning that anything is possible

Dr. Tamara Pickett, a role model for our youth and the next generation of Alaska Native health care providers, shares her story

By SCF Assistant Medical Director
Dr. Tamara Pickett

I am Inupiaq and grew up in Anchorage. I graduated from East Anchorage High School, and earned my bachelor’s degree at Stanford University. In 1998, after graduating from the University of Washington Medical School, I returned home to my roots and my family to complete my training as part of the Alaska Family Practice Residency.

In 2001, I was hired by Southcentral Foundation to work at the Anchorage Native Primary Care Center. Within a year into my new job, and 10-weeks pregnant with my second child, I was diagnosed with chronic myelogenous leukemia. It was a devastating shock.

The Alaska Native Medical Center helped me manage my cancer through my pregnancy - the goal was to keep my white blood cells under control with a drug until I delivered my baby. I had a healthy baby boy. The day after I delivered my baby, I started on a new oral chemotherapy

drug. After a year, it was clear that the drug was not working. I was told my only option was a bone marrow transplant. My siblings were not a match for me, and I was told that it may be difficult for me to find a match because of my Alaska Native blood.

I was incredibly fortunate to find an unrelated perfect match in six weeks and my transplant proceeded in 2003. Timing is very important in this process. When people can’t find a match for the life-saving transplant, their options are very limited or non-existent. I thank my donor every day for the gift of health and life that he has given me and the ability I now have to work and raise my family. To give someone the gift of life is a selfless act and truly an act of kindness.

As a cancer survivor, I have a heartfelt interest in cancer prevention and treatment. And, as a provider, I am able to share information with customer-owners about cancer prevention, early disease detection, and treatment options, as well as convey hope to our Native Community whose cancer rates are higher than the national average.



I partner with customer-owners by offering information, a vision of what their health and wellness could be, and choices. Our people were a strong and healthy people that lived off the land. I share a vision of Alaska Native people who spend time outdoors and harvest and eat healthy food such as berries and salmon to return to what our health used to look like. I hope our families can preserve these traditional lifestyles, which can help protect ourselves from illnesses and disease.

With a positive belief system and connections to different community resources, I’ve learned that anything is possible!

Our values, our ECAF

“Share what you have, giving makes you richer. Take care of others, you cannot live without them.”

- Alaska Native Knowledge Network, on a list of values shared by Alaska Native cultures

By SCF Public Relations

Southcentral Foundation’s (SCF) Employee and Community Assistance Fund is in its fourth year of providing temporary financial relief for employees and community members facing hardships during unexpected emergencies and crises.

The Employee and Community Assistance Fund, also known as ECAF, is part of SCF’s effort to promote wellness. There are times in our lives where circumstances beyond our control have a detrimental impact on our well-being. And, when it is a crisis in the life of a friend, co-worker or family member, we are impacted through our serious concern for that person’s well-being.

Applications for assistance are reviewed by a diverse group of SCF employees who sit on a formal Application Review Team. The number of distributions is limited by the funds raised by employees and community members.

For more information and eligibility criteria, please contact the SCF Organizational Development Department at (907) 729-5234. To make a donation to ECAF, please visit www.southcentral-foundation.com/ECAF/donate.ak.

Employee and Community Assistance Fund distributions, ranked by percentage of funds distributed in 2011:

- 48% - Burial/funeral expenses
- 24% - Other circumstances
- 21% - Injury/illness affecting ability to produce income
- 7% - Home damaged or destroyed

Preventing colorectal cancer makes great birthday present

By SCF Program Coordinator Janice Swier, Screening and Prevention

“Is this a joke?” Paula Poncho, a Southcentral Foundation customer-owner, asked when the woman on the other end of the phone wished her a happy birthday and asked her if she wanted to schedule her colorectal screening exam.

The call was from the Alaska Native Medical Center’s (ANMC) Colorectal Cancer Screening Clinic, and it was not a joke. It was Poncho’s 51st birthday and she was a year past due for her screening exam.

“(It) didn’t even dawn on me that I needed (a colorectal screening),” said Poncho.

At first, she told the ANMC employee that she didn’t want to schedule the screening that day, but after the woman spoke with her more, Poncho decided to schedule it for the next week.

Knowing she was going to be doing a bowel prep (to flush the colon for better viewing during the exam) for half the day, Poncho said she started drinking more fluids and eating lighter the week leading up to her appointment. Taking these steps meant her bowel prep would be easier.

“Drinking the stuff was nasty, (but) the prep was great. I felt so refreshed!”

When she went in for her flexible sigmoidoscopy, a 30-minute screening procedure, she appreciated having the

chance to see the inside of her colon on the TV screen as they were doing the exam.

“It was a great learning experience,” reported Poncho. “You don’t know what’s inside you until you go in there.”

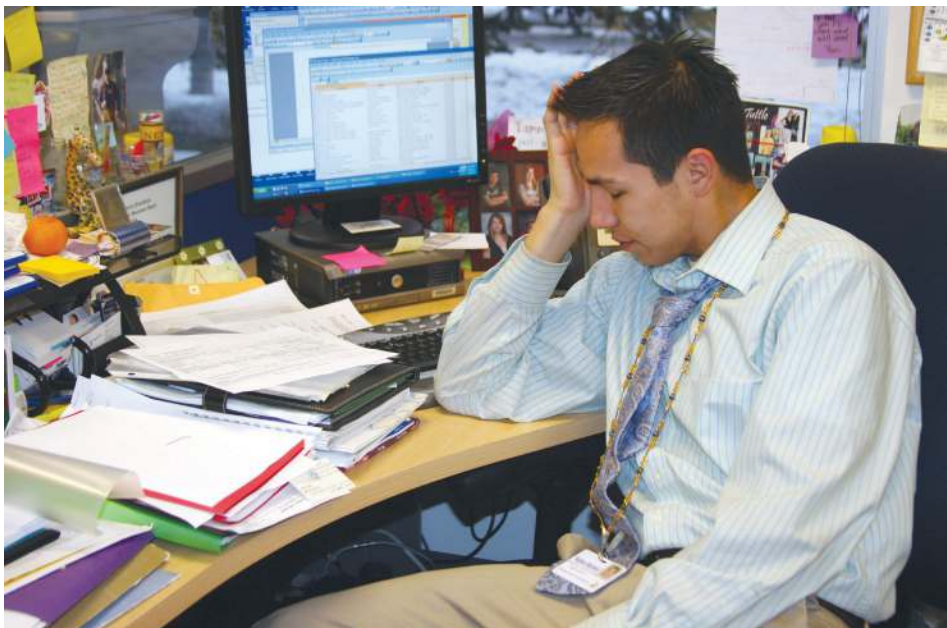
During her screening, they found small growths known as polyps. Because the polyps were precancerous – meaning the growths weren’t cancer yet, but would have turned into cancer if they weren’t found – she just had to schedule a colonoscopy to get the polyps removed from the inside of her colon.

“It was a little scary to think about what would have happened had I not found them,” Poncho shared. “(The screening exam) was the best birthday present I ever got.”

Colorectal cancer is the second leading cancer killer in the U.S., and Alaska Native people are twice as likely to get colorectal cancer as non-Hispanic White people are. However, colorectal cancer can often be prevented by getting a colorectal screening exam through a flexible sigmoidoscopy or a colonoscopy. As was the case for this customer-owner, these exams can find the polyps before they turn into cancer.

Poncho urges people to get a colorectal screening exam saying, “If you aren’t going to do it for yourself, think of all the family that would be severely affected if you waited.”

Routine questions lead to better care



By SCF Research Department

In an effort to improve care at the Anchorage Native Primary Care Center, Southcentral Foundation (SCF) providers are discussing depression and its warning signs with customer-owners in hope of detecting and treating depression sooner.

Signs of depression can include trouble sleeping, weight change, loss of energy, trouble focusing, loss of hope, and feelings of sadness, loss or anger getting in the way of daily life. Depression is common, with one in six Americans experiencing it during their lifetime.

During a routine visit, a provider may ask the following questions:

- “In the past two weeks, how often have you felt sad, down or hopeless?”
- “How often do you have trouble enjoying activities you used to like?”

These questions will help the provider determine if a customer may be suffering from depression and if further follow-up questions are necessary. Early detection and treatment can contribute to an improved quality of life for individuals and families.

For more information on services available for early detection and treatment of depression and other health concerns, please visit the SCF website: www.southcentralfoundation.com.

Small steps can help prevent diabetes

By SCF Public Relations

Alaska Native and American Indian people suffer from some of the highest rates of diabetes in the world. The good news is that research has shown it is possible to prevent Type 2 diabetes through simple lifestyle changes, such as exercising more, eating healthy food and losing weight. Even a 10-percent weight loss has proven to make a difference.

According to the American

Diabetes Association, “Before people develop Type 2 diabetes, they almost always have ‘prediabetes’ – blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes.” Like diabetes, prediabetes can have a harmful effect on the heart and other organs. The risk for prediabetes increases when:

- Someone in your family has diabetes;
- You weigh more than you should;
- You had diabetes when you were pregnant (gestational diabetes); or
- You had a baby weighing over nine pounds at birth.

Southcentral Foundation (SCF) offers a “Lose to Win” program that can help customer-owners and employees incorporate healthy choices into their lives and lose weight. While the 12-week program is open to everyone, it is particularly helpful to people who are interested in reducing their risk for developing Type 2 diabetes.

For those who have already been diagnosed with diabetes, SCF offers a Diabetes Wellness Gathering, appointments with a certified diabetes educator, and other services to assist with self-management of the disease.

If you are interested in Lose to Win or the Diabetes Wellness Gathering, please call the SCF Health Education Department at (907) 729-2689 for more information.



PACK up some active fun!



Are you looking for fun, effective ways to get your child more physically active? Look no further! The Southcentral Foundation (SCF) Health Education Department is now offering the Physical Activity Club for Kids, or PACK.

PACK is an eight-week program that focuses on fun and engaging exercises, and also includes an educational nutrition component. Children ages 7 to 14 are invited to attend any and ALL of the classes we will be holding on Mondays and Wednesdays from 4 to 5 p.m.

According to the Centers for Disease Control and Prevention, 13,000 young people are diagnosed with diabetes each year. Both Type 1 and Type 2 diabetes continue to be a growing problem in our young population. Type 2 is one of many diseases that may be prevented through healthy food choices and getting enough exercise.

Encouraging your child to practice healthy eating habits and engage in regular physical activity at a young age can contribute to exceptional physical, social and mental wellness later in life. To learn more preventive strategies, come to PACK where your child will learn to improve his or her own health with activities such as sport-specific skill building, jump roping and playing beach ball volleyball!

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

Need a refill? Tired of waiting in line?

Call the Refill Hotline!

The 24-hour refill hotline allows customer-owners to call in their prescriptions and have their medications mailed to them.

Three easy steps for prescription refills:

1. Locate the prescription number and your chart number on the prescription bottle.
2. Call (907) 729-2117 or (877) 320-4321 seven days before you will need your prescription refilled.
3. You will receive your refill in the mail within five to seven business days.

For more information, please call the Southcentral Foundation Pharmacy at

(907) 729-8874



Dena A Coy Men’s Outpatient Program

By Dena A Coy Supervisor Ken Brewington

The Southcentral Foundation (SCF) Dena A Coy Men’s Outpatient Program (DACMOP) celebrated its one-year birthday this February. SCF’s mission of working together with Native Community to achieve wellness through health and related services was paramount in designing the program. DACMOP is open to customer-owners as well as non-beneficiaries. It is a 24-week program divided into an outpatient track (OP) and an intensive outpatient (IOP) track. Customers are selected for the track that is considered a best fit for their treatment needs.

“DACMOP has helped me a great deal by providing me with valuable information to support my goal of staying sober,” said one of the customers served by DACMOP. Another customer shared: “I feel safe and the program has provided me a way to overcome my problems.”

DACMOP was designed to address the complex and culturally sensitive needs of the Alaska Native Community. The nationally acclaimed Matrix Model, with its incentive-based interventions, serves as an anchor for the program. The Matrix Model is a structured curriculum aimed at helping customers successfully complete treatment, maintain abstinence from substances, and obtain coping skills necessary to build a solid program of recovery. The program also includes a 12-Step curriculum that is based on concepts from “The Red Road To Wellbriety,” which promotes recovery from addiction, addresses generational trauma and brings in Alaska Native and American Indian cultural perspectives.

Another component of DACMOP is the Family Wellness/Social Support Group. This group is aimed at family reunification by inviting family members in to take active roles as their loved ones complete their journey toward recovery. There is also an aftercare component that is designed to provide valuable support as customers transition out of treatment into long-term sobriety.

Since its formation, DACMOP has been a valuable tool in helping SCF achieve its mission of working together with the Native Community to achieve wellness.

If you or a loved one are in need of services or are interested in joining us for one of the weekly walk-in orientations, please call DACMOP at (907) 729-6300.

Staying fit in a rural community



Being creative with your workout routine and exercising with a friend or a group can help keep you motivated and on track to achieve your fitness goals.

By SCF McGrath Regional Health Center Nurse Practitioner Rosemary Graffius

Once I was walking with a friend in the Aleutian Islands in spite of a very high wind that had us holding on to each other; hunkered down, trying to get around our usual loop. All of a sudden, an eight-foot sheet of aluminum siding flew over our heads. We decided that our walk should be curtailed for the day.

Participating in healthy activities in rural areas that may have limited resources and equipment, and adverse weather conditions, requires creative thinking and a sense of humor at times. Learn how SCF employees living in rural areas are staying fit and helping their communities stay healthy!

Using your resources

At the McGrath Regional Health Center, where the weather is very cold this time of year, clinic employees are utilizing their work areas as an exercise location. Employees are walking laps through the clinic corridors. Employees have discovered that 30 loops around the corridor is equal to one mile. One day the group even played some marching music for encouragement and to increase pace. The employees have also been motivating and encouraging each other by completing workout videos together at the end of the day.

They have been gradually incorporating more

difficult aerobic and strength-building exercises to stay challenged. Remember, the people around you are a resource too! Having a workout buddy or group can help keep everyone motivated and on track.

Involving your community

In Nikolai, the community health aide has been participating in community walking and daily exercise or play at the school, visiting several times a week. The health aide also teaches a nutrition class. Additionally, the community health aide at the Takotna Health Clinic leads the local school children through an hour of stretching and exercises every day.

Staying committed

For anyone trying to stay fit, whether you are in a rural area or not, use those around you as motivators! Encouraging your community to exercise is a great way to make exercise fun and keep everyone healthy and motivated! The most important thing is to stay committed. Change your routine by adding fun music. And, try various workouts, such as walking one day and doing a workout video the next. Look to your community for large exercise events you can participate in such as walks or runs. The important things to remember are to have fun, be creative and not let the lack of resources or the weather be an excuse!

Baked Salmon Patties

Wondering what to do with last summer’s canned salmon? Try making some baked salmon patties!

Ingredients:

- | | |
|------------------------|--------------------|
| 3 jars salmon | 1 tsp. lemon juice |
| 4 large eggs | Saltless seasoning |
| 3/4 C. bread crumbs | |
| 1/2 red onion, chopped | |

Preheat oven to 350 degrees. Crumble the salmon in a bowl and add eggs, bread crumbs, onions, lemon juice. Form into patties, season with saltless seasoning if desired, and place on a baking sheet. Place in oven for 40-50 minutes, until golden brown, flipping once at about 20 minutes.



Elder Drum

Elder events promote independent living through fostering an environment of quality, dignity and pride.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Shopping 12:30 to 2 p.m. Value Village Northway Mall Fred Meyer Sears Mall Wal-Mart Please call (907) 729-6500 for transportation. Space limited!	Sew and Bead Group 9:30 a.m. to 3:30 p.m. 	Bingo 12:15 to 1 p.m. 	Health Education on Nutrition and Exercise 1:30 to 2:30 p.m. Located at the Wellness Center 4201 Tudor Centre Dr. Suite 315 Please call the Southcentral Foundation Health Education Department at (907) 729-2689 for more information.	Game Day 10 a.m. to 3 p.m. (Every first, second and third Friday of each month) Movie Day 1:30 p.m. (Fourth Friday of each month) Game Day is Elder directed, with a variety of games offered. For movie day, popcorn and juice are provided.

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

Monthly Elder potlucks in the Valley

Southcentral Foundation (SCF), in coordination with Knik Tribal Council, will be hosting monthly potlucks for Alaska Native people, ages 50 and above, who live in the Matanuska-Susitna Valley. The gatherings will be held from 4 to 6 p.m., and will include a potluck dinner, social time, and planning for a needs assessment for Elders in the Valley. If you plan to attend the March potluck, you’re also invited to bring photos and old Alaska Native jewelry to facilitate storytelling during the social hour.

Upcoming potlucks:

- March 14, 4-6 p.m., Knik Tribal Council, 951 E. Bogard Rd #101, Wasilla
- April 11, 4-6 p.m., Knik Tribal Council, 951 E. Bogard Rd #101, Wasilla

For more information, please call SCF Behavioral Health Clinician Donna Horton at (907) 729-8546.

What you need to know about breast cancer

By SCF Public Relations

Among women, breast cancer is one of the most common cancers and the second leading cause of cancer death, according to the Centers for Disease Control and Prevention.

What is breast cancer? As reported by the U.S. Department of Health and Human Services, cancer is a disease in which cells become abnormal and form more cells in an uncontrolled way. With breast cancer, the cancer begins in the cells that make up the breasts. The cancerous cells form a mass of tissue called a tumor.

Although Alaska Native and American Indian women have lower rates of breast cancer compared to other ethnic groups in the country, they are more likely to be diagnosed with breast cancer at a later stage, when the cancer is more advanced and harder to treat.

It’s important for our mothers, sisters and aunties to get screened for breast cancer before the cancer becomes untreatable. As with other cancers, such as colorectal cancer, screening is vital. Screenings can find cancer early, when it is most treatable, by looking for signs of cancer even before a woman has symptoms.

Screening for breast cancer

The two most common tests used by providers to screen for breast cancer are mammograms and clinical breast exams. A mammogram is a safe,

low-dose X-ray exam of the breast to look for changes that are not normal. In a clinical breast exam, a provider examines for lumps or anything else that feels unusual. Southcentral Foundation (SCF) recommends that women, ages 40-49, should have a mammogram done every other year; and, once they turn 50, women should have a mammogram done every year. Clinical breast exams should be done annually starting when a woman gets her first pap test – age 21 or when a woman becomes sexually active, whichever comes first.

Reducing your risk

The Mayo Clinic suggests limiting alcohol intake and maintaining control of one’s body weight in order to reduce one’s risk of developing breast cancer. The more alcohol consumed, the greater the risk of developing breast cancer. Limit yourself to one drink per day if you choose to drink alcohol. In addition, being overweight or obese increases the risk of breast cancer, especially if this weight gain occurs later in life. Take a brisk walk around the block tonight after dinner, or hit the gym for at least 30 minutes this afternoon. Being physically active can help you control your weight.

The SCF Health Education Department provides support and education for those seeking information on breast, cervical and colorectal cancer. Please call (907) 729-2689.



When should I have a mammogram?

Between ages 40-49, women should have a mammogram every other year. After age 50, the frequency should increase to annual mammograms.

Also, please consider speaking to your provider about the need for a mammogram if you have immediate blood relatives (e.g., mothers, sisters, daughters) that have had breast cancer.

Southcentral Foundation news in brief

Men’s Wellness Initiative launches with grant funding

Southcentral Foundation (SCF) received \$50,000 from the Robert Wood Johnson Foundation to support the development of its new Men’s Wellness Initiative. This initiative aims to help men find meaningful productive roles in their families, communities, and culture. To achieve this aim, a plan will be developed to help Alaska Native and American Indian men rediscover the resilience and internal strength that sustained them for millennia. This plan will be the tangible, deliverable product of the project and will include plans for scaling up and sustaining the project into the future. The grant award will allow the men to develop the roadmap for that restoration in much the same manner that the Family Wellness Warriors Initiative has done. It will scour the nation for potential practices that can be adapted to resonate with Alaska Native cultures. Local practices will also be examined and incorporated into the plan. Ideas will be tested by volunteers from within SCF’s large, diverse workforce. The Men’s Wellness Initiative also plans to use the funds to support the development of talking circles, brown bag gatherings, mentorship, and 2x2 visits to different communities. The Men’s Wellness Initiative manager will receive guidance from a steering committee that will establish the vision and mission for the project.



Native Community observes Heart Health Month

In recognition of National Heart Health Month, Southcentral Foundation (SCF) planned several activities during the month of February. SCF kicked off a series of events by celebrating the American Heart Association’s National Wear Red Day® on Feb. 3 in the main lobby of the Anchorage Native Primary Care Center (ANPCC). This outreach event provided blood pressure tests, information about healthy eating, and small giveaways, with the goal of increasing awareness about the importance of heart health for Alaska Native women. The following week, on Feb. 9, the 3rd Annual “Fiddle My Heart” fiddle dance and potluck was held in the SCF Gathering Room. More than 100 Elders and other guests attended the event hosted by the SCF Health Education Department and the SCF Elder Program to promote heart health. Then, on Valentine’s Day, the SCF Health Education Department hosted its annual “Love Your Heart” event in the ANPCC lobby to promote steps customer-owners can take to reduce the risk of heart disease and stroke. Channel 11 news covered the event, which was attended by about 100 participants. A Zumba dance party, with refreshments and prize drawings, was held later in the evening at the SCF Health Education and Wellness Center.

Congrats to Miss Fur Rondy

Southcentral Foundation (SCF) Dental Assistant Stephanie Peterkin was crowned Miss Fur Rondy 2012 on Feb. 15 by Mayor Dan Sullivan in downtown Anchorage. She was selected from a group of 25 applicants. Peterkin has been working for SCF Dental since January 2007, and was an SCF RAISE intern between 2001 and 2005. Miss Fur Rondy is open to unmarried Alaska residents, ages 18 to 25, without children. Applicants share about their families, volunteer work, and why they would make a good Miss Fur Rondy. Peterkin was named one of the three finalists before Mayor Sullivan presented her crown at a press conference. The honor comes with prize money and other gifts, as well as appearances on the local news.



Win a \$25 Gift Certificate!

Please take a few minutes to complete this survey. Everyone who completes the survey and turns it in to the Southcentral Foundation (SCF) Public Relations Department will be entered into a drawing for a Fred Meyer Gift Certificate. Other prizes include an SCF scarf, glass mugs and goodie bags. We would like your feedback so we can continue to improve the information that is provided in the Anchorage Native News.

1. Where did you read the Anchorage Native News (ANN)?

Received in the mail	_____	Lobby or waiting area of	_____
On the Internet	_____	SCF program	_____
Lobby or waiting area of ANMC	_____	Which program?	_____
Which program?	_____	Lobby of a nonprofit organization	_____
		Which organization?	_____

2. Please rate the overall quality of the ANN:

Low 1 2 3 4 5 Highest

3. Please rate how useful the ANN is in helping you and your family learn about healthy activities and programs:

Low 1 2 3 4 5 Highest

4. Please include any comments on your favorite parts of the ANN, or on improvements that could be made:

To be entered into the drawing for a \$25 gift certificate, include your name and phone number below, and mail to the SCF Public Relations Department. You may also email answers to vstarbard@scf.cc .	SEND TO: Public Relations Dept. Southcentral Foundation ATTN: Vera Starbard 4501 Diplomacy Drive Anchorage, Alaska 99508
Name and phone number:	

Southcentral Foundation Contact Information

southcentralfoundation.com

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