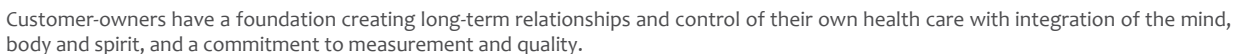


ANCHORAGE NATIVE NEWS

Volume 16 Issue 1 **January/February 2016**

Southcentral Foundation Nuka System of Care



This is the first installment of a series on the Southcentral Foundation Nuka System of Care and how the Native Community has created a world-class, internationally recognized health care system.

The Southcentral Foundation “Nuka System of Care” is the name given to SCF’s whole health care system created, managed and owned by Alaska Native people to achieve physical, mental, emotional and spiritual wellness. Nuka is an Alaska Native word used for strong, giant structures and living things.

You may have seen the SCF tagline “Alaska Native People Shaping Health Care.” But what does it mean?

In 1982, SCF was incorporated under the tribal authority of Cook Inlet Region, Inc. Alaska Native people assumed management of the health care system from the Indian Health Service in 1984 when Public Law 92-638 was signed into law. In 1998, Southcentral Foundation completed the assumption of ownership and management of primary care and other programs located in the Anchorage Native Primary Care Center. It was then that SCF leadership sought input from Alaska Native and American Indian people on the health care system. Feedback included the desire to have improved access to primary care, to see one provider, to have same day access, , for the facilities to be a clean, healing environment, and to own the services provided and their wellness.

Continued on page 11, "Understanding the Nuka System of Care"

SCF Leadership

By SCF Public Relations

Southcentral Foundation supports employees' career advancement. SCF employees may access academic advising, planning and coaching through SCF's Development Center. Employees are encouraged to apply for academic leave to complete coursework during regularly scheduled work hours. Alaska Native and American Indian employees may apply for scholarships.



April Kyle, a CIRI shareholder who is of Athabascan decent, was promoted to SCF Vice President of Behavioral Services.

April Kyle, Vice President of Behavioral Services, presents to SCF employees during the Annual Learning Event.

“SCF is pleased to announce April Kyle as the new vice president of

behavioral services,” SCF President/CEO Dr. Katherine Gottlieb recently said. “She is an excellent example of SCF growing our people within the organization and recognizing the strength of employees at every level.”

After earning her bachelor's degree in sociology from Montana State University, Kyle joined SCF Human Resources in 2003 as the employment and recruitment manager. In 2006, her contributions to the team were recognized; she advanced to become an administrator, and promoted again to human resources director.

Continued on page 11, "Leadership Updates: April Kyle"



Michelle Tierney has worked in support of organizational change at Southcentral Foundation since 1996. She held both medical services and organizational

development leadership positions within the organization before assuming her role as a vice president.

“SCF is proud that Michelle has earned a PhD while working here,” SCF President/CEO Dr. Katherine Gottlieb recently said. “This was part of the succession planning vision for employees; we supported her learning opportunity and her education will enhance what we offer as a leadership team. Michelle is another excellent example of SCF growing our people within the organization.”

Continued on page 11, "Leadership Updates: Michelle Tierney"

The Anchorage Native News (ANN) is published bi-monthly by Southcentral Foundation (SCF) 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. ANN 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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SCF is an Alaska Native owned health care organization serving Alaska Native and American Indian people living in Anchorage, the Mat-Su Valley and 55 rural villages in the Anchorage Service Unit.

Incorporated in 1982 under the tribal authority of Cook Inlet Region Inc., SCF employs more than 2,000 people in 80 programs.

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

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

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SCF NUKA SYSTEM OF CARE GLOBAL UPDATE

SCF shares information with First Nations Health Authority

Southcentral Foundation and First Nations Health Authority (FNHA) in Canada underwent a series of information exchanges over the past few months to help address service gaps within federal health programs and services for First Nations people in British Columbia and across Canada.

The information exchange began in October when 10 representatives from FNHA traveled to Anchorage for a site visit to learn about SCF Nuka System of Care, including an in-depth look at SCF’s operational principles. The visitors spent two days at SCF and had the opportunity to meet with staff and leadership.

In November, SCF leadership traveled to British Columbia, Canada to continue the exchange of information. Two SCF representatives hosted a three-

day workshop with 70 FNHA staff and leadership, sharing the key aspects of the management and operations of Nuka. Utilizing technology, the workshop included a video teleconference where FNHA staff visited with an integrated care team panel in Anchorage in real time and received a virtual tour of the SCF Anchorage Native Primary Care Center.

“They [FNHA staff] expressed a desire to gain a better understanding of SCF’s programs and services,” said SCF Senior Improvement Advisor Melanie Binion, one of the two SCF employees to host the workshop in Canada. “They wanted to learn about SCF’s operational standards and execution, human resources, and strategic and operational planning. So that’s what we highlighted at the workshops in B.C.”

When asked what they liked best about SCF’s training, a few responses from FNHA employees included:

- “Excellent to see where they [SCF] were and how they have grown organically like FNHA, and the learning and end result we aspire to.”
- “Establish a strong culture of customer-owner and team, reflect it in policies, procedures and then define appropriate tools.”

SCF will continue to offer consulting services to FNHA. The goal for FNHA is to reform the way health care is delivered to British Columbia First Nations people in order to close gaps and improve overall health and wellbeing.



SCF Medical Director of Quality Assurance Dr. Donna Galbreath shares an overview of SCF’s Human Resources Department’s use of the relationship-based model and the approach to performance management within the SCF Nuka System of Care.



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Remembering Maxim Dolchok, Sr.

By SCF Public Relations

Southcentral Foundation founding board member Maxim Dolchok, Sr. passed away in December 2015. A memorial mass service was held on Dec. 17, 2015 at Holy Cross Catholic Parish. Max was Athabascan and part of the Kenaitze Indian Tribe.

“Max led the change of calling out the warriors to end domestic violence, child sexual assault and child neglect,” SCF President/CEO Dr. Katherine Gottlieb said. “He vulnerably shared his story of being harmed; he chaired the Family Wellness Warriors Initiative Steering Committee and he loved his wife and his descendants. Max was a warrior.”

Max was known for his integrity, leadership, spirituality and willingness to break the silence of domestic

violence, child sexual abuse and child neglect. He paved the way for others to begin their journey to wellness.

Many of us know Max through his decades of service to the Native Community. He was the former executive director of Cook Inlet Native Association and Cook Inlet Housing Authority and an active leader working as a consultant, trainer and grant writer for Alaska Native organizations including SCF. Some of Max’s biggest contributions to SCF included joining the original steering committee for the SCF Family Wellness Warrior’s Initiative to advocate for men’s healing and family wellness.”

Dolchok worked with several tribal leaders to shape many CIRI



Our hearts, thoughts and prayers go out to Max Dolchok’s family including his wife of more than 50 years SCF Tribal Doctor Lisa Dolchok

nonprofit organizations, including SCF. He advocated for Alaska Native and American Indian pride in Anchorage schools, Elder housing, ending domestic violence and abuse, helping young men to become today’s warriors, and served as a role model for his family, the SCF family and the

next generation. Our hearts, thoughts and prayers go out to his family including his wife of more than 50 years SCF Tribal Doctor Lisa Dolchok, their four children, eight grandchildren and six great, great grandchildren.

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INTERESTED IN VOLUNTEERING WITH ELDERS?

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Volunteers must be 18 years or older and participate in the application process.



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

C’eyiits’ Hwnax Life House Community Health Center Opens

By SCF Public Relations

A ceremonial ribbon cutting was held on Thursday, Dec. 17, 2015 for the *Ahtnahwt’aene’ Naydini’aa den* (Ahtna Chickaloon People Gathering Place), which houses the *C’eyiits’ Hwnax* Life House Community Health Center. Community members attended and enjoyed refreshments, guest speakers, dancing and facility tours.

The *C’eyiits’ Hwnax* Life House Community Health Center serves Alaska Native and non-Native people from Palmer to Eureka, including the communities of Chickaloon, Glacier View and Sutton/Alpine. In addition, the center provides Veterans Affairs supported medical services to veterans residing in the area. Chickaloon Village Traditional Council (CVTC) and SCF operate the Life House Community Health Center collaboratively.

The old health clinic consisted of one exam room and one talking room.

The new facility features several exam and talking rooms, a room for

minor procedures, radiology services, dietician services and telepharmacy.



The C’eyiits’ Hwnax Life House Community Health Center serves Alaska Native and non-Native people from Palmer to Eureka, including the communities of Chickaloon, Glacier View and Sutton/Alpine.

The new building also houses a wellness center with an exercise area, locker rooms with showers and space for health education classes. The CVTC Health & Social Services Department, providing transportation services, Elders’ programs, and behavioral health and family advocates, will be located on the second floor.

C’eyiits’ Hwnax Life House Community Health Center is located at 21117 East Myers Avenue in Sutton. Myers Avenue is approximately 15 miles north of Palmer. To get there, drive north on the Glenn Highway to milepost 60 then turn left on Myers Avenue.

Q&A with Harvard Medical student Kate Majzoub, part 3 of 4

By SCF Public Relations

Harvard Medical School (HMS) student, Kate Majzoub, visited Southcentral Foundation for three-weeks from June 8-26. The rising fourth-year student focused on learning how SCF’s primary care teams work, primary care and behavioral health integration, the different governance structures that shape how the organization delivers care and how SCF incorporates local culture into health care delivery. Here is part three of a four-part Q&A with Majzoub.

You were here during the Nuka Conference. Did you go through SCF’s Core Concepts training and what was that like?

Yes, I did. I thought the instructors did a great job teaching us how to share

story and ... making us feel comfortable with the idea of doing something that’s very unusual to do in a professional setting.

I especially appreciated the guidance around how to listen and respond to the story. That’s something we do all the time in health care: hear people’s stories. It’s so important in those times to know how to respond. I haven’t had a lot of training in that, so this was very valuable to me.

What about the rest of the Nuka Conference. Did you get a chance to sit in on a few of the panels and what did you think?

Yes, I was there all five days. The conference was very well organized and the presenters were well prepared. It was great to see



While visiting Southcentral Foundation, Harvard Medical School student Kate Majzoub attended the Nuka Conference and went through Core Concepts training.

all of the different dimensions of Southcentral Foundation.

I also enjoyed seeing attendees from all over the world, and how they responded to this model and were inspired to change things at home.

What was the most valuable part for you about the Nuka Conference and what would you like take with you?

I definitely want to bring back some of the communication tools. I’m on the HMS Center for Primary Care’s Student Leadership Committee and my role is to develop a curriculum for

leadership training, so I’m always looking for tools like this.

I also attended Katherine’s presentation on leadership and thought it was very insightful. I am looking forward to sharing what I learned from that with my peers.

Check out the next edition of the Anchorage Native News for the final part of this four-part series with Majzoub. The fourth-year Harvard Medical School student will discuss how she can take what she learned at SCF and apply it to her education and pursuit into the medical field.



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SCF Research looking into teen tobacco use

By SCF Research

One out of every four Alaska Native and American Indian adults living in Alaska uses tobacco. In the United States, about 6,000 people start cigarette smoking each day with teens representing the majority of new consumers. Use of electronic cigarettes, known as e-cigarettes or vaping, is on the rise in Alaska, with e-cigarette use tripling over the past year among middle and high school students.

Southcentral Foundation Research is working with the staff of the Anchorage Native Primary Care Center (ANPCC) to learn how we can better screen teens for tobacco use. In addition, SCF is looking for ways to improve health messaging for teens focused on tobacco use prevention, including e-cigarettes. SCF is seeking participation for a survey on teen tobacco use and teen attitudes towards nicotine products at the ANPCC pediatrics clinic lobby.

SCF Research recently had several peer-review journal articles published which reported findings on teen tobacco and e-cigarette use. One study showed younger teens, particularly young boys, were less



Know the facts: E-cigarette use has tripled over the past year among middle and high school students.

likely to be screened in primary care for tobacco use. In another study we found that when customer-owners were asked about tobacco use, they didn’t include e-cigarettes as a type of tobacco. With e-cigarette use increasing among young people, the Alaska Native health system will need to expand services to help support quitting all nicotine products, including electronic cigarettes.

For more information on quitting tobacco or to schedule a Quit Tobacco appointment, please call SCF Health Education at (907) 729-2689 or go online at www.southcentralfoundation.com/services/health-and-wellness-programs/tobacco-cessation/.

For more information on research project findings or to enroll in a research project, please call SCF Research at (907) 729-8623 or go online at www.southcentralfoundation.com/services/research.

Welcome Iliamna Lake villages

By SCF Public Relations

At the request of seven Lake Villages, Igiugig, Kokhanok, Iliamna, Newhalen, Nondalton, Pedro Bay and Port Alsworth, Southcentral Foundation was invited to manage all health care services provided to the residents of the area. After initial



SCF Nilavena Subregional Clinic is a designated Community Health Center.

conversations with the villages, SCF began negotiations on behalf of the villages with Indian Health Service. SCF assumed management of the clinics on Oct. 1, 2015. Although the partnership is recent, SCF is not new to the area. SCF has provided management and health care services at the Nilavena Subregional Clinic in Iliamna since June 2003.

SCF Nilavena Subregional Clinic is a designated Community Health Center, supported by a federal grant. Typically SCF services are provided for Alaska Native and American

Indian people. However, the federal grant that supports the services provided at Nilavena Subregional Clinic allows SCF to extend health care services to both the Alaska Native and non-Native people living in the area. Additionally, the grant allows for the fees for services to be on a sliding scale depending upon both household income and size, helping to make health care more affordable for the region.

The recent transition has already brought positive changes to the services offered in the area. SCF’s

holistic approach to health care means better access and the integration of behavioral health to the services offered, a change that has been positively received by the community. Additionally, the Port Alsworth community has a clinic for the first time; renovations are currently being made to meet the needs of the health services offered.

The Nilavena Subregional Clinic in Iliamna is open 8 a.m.-5 p.m. Monday-Friday and 24-hours daily for emergencies. Call (907) 571-1818 to make an appointment.

National Institutes of Health seeks input on research policies and priorities from tribes

By SCF Research

The National Institutes of Health (NIH) is the largest source of funding for medical and behavioral research in the world. NIH is made up of 27 institutes and centers, each with its own mission and research agenda, and an office of the director, serving as the central office.

In 2015, NIH established a Tribal Consultation Advisory Committee (TCAC) to provide input on NIH policies, programs and priorities on behalf of American Indian and Alaska Native people. The TCAC is composed of 17 primary members, twelve from geographic areas served by the Indian Health Service and five members at-large. Each primary member has an alternate and a technical advisor.

SCF Director of Research Dr. Denise Dillard, who is Inupiaq, was



NIH tribal consultation: Tribal representatives and alternates attend the Tribal Consultation Advisory Committee meeting in Bethesda, Maryland.

nominated to serve for two-years as the Alaska area representative by King Island Native Corp. and the Alaska Native Health Board. She is joined by

the Alaska area alternate SCF Medical Director Quality Assurance Dr. Donna Galbreath, who is Athabascan, and was nominated by Mentasta

Traditional Council and technical advisor SCF Senior Researcher Vanessa Hiratsuka, who is Navajo/Wintu.

To date, the TCAC has had one in-person meeting in the Washington, DC area to identify priorities. Increasing the financial investment by NIH to build research capacity in Indian country, using research to preserve Indigenous knowledge, languages, cultures and improving the cultural awareness of NIH leadership were identified as major areas of future focus. Subsequent to this first meeting, NIH created a Tribal Liaison position to serve as a primary point of contact for tribes and to support the work of the TCAC. The TCAC will be providing input into proposed revisions to the Common Rule, a federal policy designed to protect humans who participate in research.

New learning circle developed for women

By SCF Public Relations

Life Changes is a new learning circle for women experiencing menopause. Learn more about effective tools for coping, managing symptoms and healthy alternatives to hormone replacement. A nutritionist will join the learning circle once a month to share advice and tips on diet and managing menopause symptoms.



SCF Family Wellness Warriors Initiative Manager Sandra Bohling (left) and Learning Circle Specialist Christina King (right) are co-facilitators of the Life Changes learning circle.

Life Changes is held on Tuesdays from 10-11:30 a.m. in the Anchorage Native Primary Care Center, Lynx Conference Room, located at 4320 Diplomacy Drive.

“The Life Changes learning circle is for women to find mutual support with those experiencing menopause symptoms,” Southcentral Foundation Family Wellness Warriors Initiative Manager Sandra Bohling, who co-facilitates the learning circle, said. “Sometimes women just need a place to vent and talk with someone who understands.”

Learning circles are a core part of SCF behavioral health services. There are several learning circles that focus on various aspects of health including physical, mental, emotional and spiritual wellness.

The aim of all SCF learning circles is to bring together small groups of people with similar needs to talk, share stories and learn from each other. There are a range of learning circles available covering many areas of interest including exercise, nutrition, understanding mindfulness and substance

recovery as examples. See the Learning Circle calendar on page 14.

Many SCF learning circles are open to everyone and walk-ins are always welcome. Other learning circles may require a referral from a behavioral health provider to participate.

Life Changes learning circle is for females only, ages 18 and older.

For information, please contact the Learning Circle Coordinator at (907)729-5443.



Life Changes learning circle is for females only, ages 18 and older.

Advanced Leadership Education and Training: the next step on a healing journey

By SCF Public Relations

For many, Beauty for Ashes (BFA) is the beginning of a healing journey that explores personal stories and events that have impacted their lives. BFA is hosted by Southcentral Foundation Family Wellness Warriors Initiative (FWWI) with the aim of eliminating and understanding the destructive impacts of domestic violence, child sexual abuse and child neglect, in the state of Alaska.

Organizing and facilitating BFA is complex. One reason this conference is successful is through the dedication of the many group leaders who provide support and guidance in the small group settings throughout the five-and-a-half-day, faith-based conference.

Group leaders are an important aspect of BFA. “FWWI offers Advanced Leadership Education and Training (ALET) to become a group leader and continue the process of healing,” FWWI Wellness Associate James Donadio said. “I have attended two BFA’s and recently completed ALET. It was an extraordinary life changing experience that

aids in personal growth and provides the tools needed to help others along their journey.”

Mentorship and fellowship are important aspects of ALET and BFA conferences. One of the most important life lessons Donadio states he learned was to have compassion for others, “Everyone has a story. You don’t always know the story behind their eyes. I learned people have walls they build and it takes time to help them take the bricks down. The best advice I can give someone



FWWI holds BFA and ALET conferences as an answer to the devastating impact of domestic violence, abuse and neglect.

is to show compassion and take the time to build relationships,” FWWI recognizes that by providing tools for helping others along their journey, they in turn are able to further support and strengthen the healing process for everyone.

“FWWI’s trainings really provide a safe and family oriented environment,” Donadio said. “ALET gave me a new perspective on how to help others while they are moving through their healing journey. With the love and support provided by FWWI staff I was also able to further my own journey while leading others as a group leader at BFA.”

FWWI holds BFA and ALET conferences as an answer to the devastating impact of domestic violence, abuse and neglect. Throughout the conference participants explore personal stories and events that have touched the lives of those harmed and those who have harmed.

For more information, or to sign up for BFA or ALET, please call (907) 729-5440 or the toll-free line at (866) 729-3994.



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Alaska March of Dimes Nurse of the Year Awards

By SCF Public Relations

Great nursing care can make a clinic or hospital visit comforting and reassuring and can help improve a health situation. One way that nurses from Southcentral Foundation (SCF) are recognized and celebrated is through the March of Dimes Alaska Chapter’s Nurse of the Year award program.

A kind, compassionate and skilled nurse can mean the world of difference when you need medical attention. As part of SCF’s Nuka System of Care, a nurse could also help customer-owners learn how to manage

health outcomes and navigate the system of care.

Monica Stout, an RN Case Manager who works at the *Benteh Nuutah* Valley Primary Care, was selected as the 2015 March of Dimes Nurse of the Year in the case management category. The nomination for the award identified that excellent customer service is foremost in Monica’s mind and her compassion and caring for customer-owners goes above and beyond the normal nursing duties. Nurses who use a collaborative process to provide

for, organize, and monitor care to meet health and human service needs for clients/patients.

Seven Alaska Native Medical Center registered nurses were nominated for the 2015 Alaska March of Dimes Nurse of the Year awards and two others, physician and manager, were nominated in the friends of nursing category.

Congratulations Monica for your hard work. Thank you to all nurses for providing the best care for customer-owners!



Pictured from left to right: Brenda Cook, medical services division nursing director, Monica Stout and Bryen Bartgis, VNPCC RN Case Manager Specialist.

Nuka Wellness and Learning Center Ribbon Cutting

By SCF Nuka Institute

Southcentral Foundation (SCF) Nuka Wellness and Learning Center is nearing completion. Planning is underway for a ribbon cutting ceremony on April 19 for the 58,845-square-foot building. SCF Family Wellness Warriors Initiative (FWWI), research, learning circle opportunities and the Nuka Institute will be located in the new building.

The first floor will include the training center, a large learning circle space and large group therapy rooms. The second floor includes a number of small and medium sized group therapy rooms and administrative offices. The

third floor will contain administrative offices and access to a rooftop deck.

The incorporation of natural colors, light and access to green space is crucial to the building’s design and incorporates the current traditional Native healing circles. By incorporating natural elements in the design, the building fosters the spiritual and physical healing process.

Nuka Institute

A growing number of individuals and organizations are requesting more information, and visits to the Alaska Native Health Campus, to learn about

how SCF has achieved world-class results in transforming health care.

The SCF Nuka System of Care is the name given to the whole health care system, which provides medical, dental, behavioral, traditional and health care support services to more than 65,000 Alaska Native and American Indian people.

The SCF Nuka Institute was launched in 2010 to ensure sustainability of the Nuka System of Care and to address the increasing number of requests.

The SCF Nuka Institute works with employees, leadership and subject matter experts across the organization to develop, deliver, and coordinate opportunities for employees and organizations to learn about the SCF Nuka System of Care. The Nuka Institute manages all external requests for visits, as well as requests for consultations, presentations, training, lectures and speakers.

Learning Circles

Learning circles help to connect and build relationships for participants. The new building will enhance and expand its learning circle opportunities, as a core service option with a variety of offerings focused on the following major categories:

- Nutrition and fitness

- Emotional support
- Parenting
- Healthy families and healthy relationships
- Vocational and life skills

Each learning circle has its own unique objective and input from participants is the common thread. Participants have an opportunity to experience a group of people who have similar interests within a peer-centered and safe environment. There is no requirement to participate so everyone is there for their own benefit.

Family Wellness Warriors Initiative

FWWI seeks to address the devastating problems of domestic violence, abuse and neglect in the Alaska Native community. Its purpose is to equip organizations and individuals to effectively address the spiritual, emotional, mental and physical effects of domestic violence, abuse and neglect. The program encourages wellness in each of these areas for individuals, families, community and the world in which we live through education and training events.

For more information regarding SCF Nuka System of Care, please visit www.southcentralfoundation.com.



Southcentral Foundation’s President/CEO Dr. Katherine Gottlieb and SCF Board Member, Karen Caindec tour the SCF Nuka Wellness and Learning Center.

SCF featured in new Harvard Medical School’s new executive education program

By SCF Public Relations

Southcentral Foundation will be one of the health organizations featured in Harvard Medical School Center for Primary Care’s new executive education program, Charting the Future of Primary Care.

This first of its kind program, featuring SCF as one of the four organizations participating, introduces primary care system and health system leaders to cutting-edge approaches to

primary care. The intense four-day program pairs case-based discussions led by Harvard faculty with “deep dive” conversations with the leaders of the exemplar organizations profiled in the cases.

“The Center was fortunate to profile the work of Southcentral Foundation, an Alaska Native health care organization working with the community to achieve physical,

mental, emotional, and spiritual wellness. As our inaugural Harvard Business School style case we look forward to featuring them in this new program,” said Russ Phillips, Director of the Center for Primary care.

Cases and discussions will consider innovative and optimal primary care system design with specific focuses on finance, healthcare IT, change management, operations, organizational culture, teams, patient satisfaction, and leadership.

“Southcentral Foundation is excited to continue its relationship with the Harvard Medical School Center for Primary Care and be involved in the Charting the Future of Primary Care program,” Dr. Katherine Gottlieb, SCF President and CEO said. “Harvard is a model for academic excellence. We hope this program sparks conversation towards innovation on the way health care is practiced around the world.”

Running June 9-12 in Boston, Massachusetts, the program aims to increase participants’ competency in the following areas:

- Analyzing and discussing a number of real-life primary care and leadership challenges via the

- Harvard Business School case method.
- Evaluating the strengths, weaknesses, and challenges facing multiple primary care delivery systems from around the world.
 - Building, participating in and leading high performing, results-focused teams.
 - Assessing different methods of working within and beyond the structure and constraints of the current health system to create an optimal system design for improved health, engaged and enabled patients, efficient care delivery, lower costs, and thriving primary care teams.

Leading primary care organizations featured include:

- Southcentral Foundation
- Martin’s Point Health Care – Bangor
- Camden Coalition of Healthcare Providers
- Gezondheidscentrum de Roerdomp from the Netherlands



SCF will be one of the health organizations featured in Harvard Medical School Center for Primary Care’s new executive education program.

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2015 Living Our Values Award Recipients



Theresa Forbes
Program Coordinator
BSD Administration

Theresa Forbes is a program coordinator for SCF Behavioral Services Division Administration. She consistently goes above and beyond in all areas of her job while providing the highest level of customer service.

Theresa’s eye for details and ability to exceed internal customer service standards is extraordinary. She inspires others with her focus on excellence and high performance. Theresa lives out SCF values everyday with the relationships she has built and her commitment to quality. She cares for the needs of others so that the best possible service is provided to internal and external customer-owners.



Lucy Frank
Dental Assistant
ANMC Dental

Lucy Frank is a talented general and pediatric dental assistant. She is also proficient in assisting with orthodontic procedures.

Lucy plays an integral part of the Head Start Dental team. This team is assembled every year to ensure that customer-owners who participate in Cook Inlet Native Head Start receive dental exams, cleanings, restorative work and referrals. Lucy has devoted an incredible amount of time to ensuring the success of this clinic and her dedication is truly amazing to see. The Head Start Dental team has been able to streamline the Head Start students’ appointments and referrals because of her efforts.



Dennis Good
Supervisor of Clinical Associates
The Pathway Home

Dennis Good began his service with The Pathway Home more than 10 years ago. Always professional, friendly, genuine and approachable, he has been instrumental in the development and success of the youth participants of the program.

Dennis stands out as an exemplary employee. He is detailed oriented, thoughtful, caring, trustworthy and reliable. He comes to work every day with a servant’s heart. He has a smile on his face, meets every situation with a positive attitude, makes good decisions, helps others to succeed, leads a healthy lifestyle, and walks alongside both customer-owners and employees to develop great relationships.



Marah Gotcsik
Physician
Pediatrics Inpatient

Dr. Marah Gotcsik (GOT-SHICK) has a seemingly inexhaustible supply of devotion, drive and dogged determination for caring for infants and children in the inpatient pediatrics clinic.

Dr. Gotcsik never does anything half way and truly gives her best in everything she does. She is always the first person to volunteer to cover a shift if someone is sick or has a family emergency. If a project that could improve quality of care or services gets discussed, she is usually the first person to volunteer for that as well. Dr. Gotcsik is an example of selfless dedication.



Robert Houle
Senior Compliance Analyst
Corporate Compliance

As a senior compliance analyst with SCF, Robert Houle provides support by responding to complaints and inquiries from customer-owners and various departments. In his daily work, he exemplifies SCF’s Core Concepts and customer service standards. He is always willing to step forward and help, and has a great attitude.

Robert’s ability to listen and make a connection honors the dignity of every individual he interacts with. His resourcefulness, sound judgement, and ability to work independently play an essential role in SCF Compliance’s commitment to quality.



James Lesniak
Physician Assistant
McGrath Regional Health Center

James Lesniak is a provider at the McGrath Regional Health Center. James is selfless in meeting the needs of the clinics and customer-owners. He is consistently making sacrifices, everything from picking up slack to mopping floors when the clinic was out a maintenance worker, to a much more involved capacity such as traveling to St. Paul Island for three weeks to help provide coverage.

James has a very enthusiastic approach to meeting our customer-owners’ health needs, not only physically but also mentally, emotionally and spiritually. His commitment to quality is one of his best gifts.

LIVING OUR VALUES • LIVING OUR VALUES

Southcentral Foundation’s (SCF) Living Our Values awards recognize employees and teams who have demonstrated an exceptional commitment to SCF’s mission and vision over time. In this series covering the 2015 honorees, excerpts will be shared from each nomination story. The stories are submitted annually by co-workers and supervisors to illuminate how each honoree exemplifies SCF’s values.



Amanda Leuer
Patient Accounts Specialist
Patient Accounts

Amanda Leuer’s unique and rare ability to stay extremely focused in all tasks given to her has been especially impressive given the wide range of tasks. Amanda’s tenacity and self-motivation to assist team members and the department as a whole, throughout a year of many changes, has also been very valuable. She has encouraged her peers to perform above the standards to ensure the success of the team, department and organization, and to provide the best possible customer service for internal and external customers. Amanda is a strong role model for all her peers.



James Logan
Dentist
ANMC Dental

Dr. James Logan is the director of the longest continually running Advanced General Practice Residency in the Indian Health Service. He has helped mentor and train 23 dental residents over the last 24 years.

Dr. Logan has been a leader within dental. He is constantly thinking of how to do things better. Sometimes his ideas convey small changes but are often so groundbreaking they have an impact on the delivery of care. Dr. Logan’s ideas result in an improved experience that positively affects the emotional, physical and mental wellness of customer-owners and employees.



Wendy Luft
Medical Radiology Technologist
Radiology

Wendy Luft is a radiology technologist who also performs bone density scans. Wendy is very skilled at making every customer-owner feel as if he/she is the most important person in the building.

Wendy performs the quality control for the radiologic equipment and keeps the equipment running efficiently. Her attention to detail has been key to reducing the exposure factors, thus reducing the amount of radiation the customer-owner receives. As a result of Wendy’s efforts, the radiation exposure for customer-owners has been reduced. This is a huge contribution to providing excellent radiologic care in a safe environment.



Joesph Macy
Prosthodontist
Fireweed Dental

Dr. Joe Macy, a prosthodontist, joined SCF’s Fireweed Dental Clinic nine years ago after a successful career restoring and replacing teeth in private practice. In support of SCF’s mission, Dr. Macy has brought new ideas and technology to help enhance the services for customer-owners.

He also constantly looks for new and better ways to provide state-of-the-art prosthodontic services that customer-owners will benefit from and can afford. Dr. Macy has empowered customer-owners to be directly involved with their care, fully understand their treatment plans, and also learn what financial resources are available to them.



Lyla Marey
Public Relations Specialist
Public Relations

Lyla Marey promotes SCF’s mission and vision by sharing the responsibility of building positive relationships. She works together with the Native Community and her peers to help customer-owners be more familiar with the services available to them. She exemplifies a strong work ethic, attention to detail and above-and-beyond customer service.

She is truly a shining example of effective communications and successful teamwork with her co-workers, with other departments and programs, and with outside organization and vendors. Through Lyla’s efforts, community awareness of the services offered in Wasilla in Sutton has increased.



Elizabeth Murphy
Medical Laboratory Assistant
Laboratory

As a medical laboratory assistant, Elizabeth Murphy is responsible for ensuring 100 percent of the specimens are acceptable before running the tests. She is very passionate about her work and always goes the extra mile with lab in-services during certified medical assistant meetings.

Elizabeth is the go-to person for blood draws when a blood draw is challenging. She brings her expertise to the organization and applies SCF’s Operational Principles while working with the behavioral health, pediatrics, primary care, OB-GYN clinics, and partner organizations.

Beauty for Ashes makes a difference in families

By SCF Family Wellness Warriors Initiative

Beauty for Ashes provides an opportunity to learn how to be a warrior that creates family wellness. Whether seeking a healthier life for family, advocating for the end of abuse, or supporting someone facing difficulties, there are ways to make a difference to help restore family wellness in the Native Community.

Offered by Southcentral Foundation Family Wellness Warriors Initiative, the five-day, four-night intensive training is designed by Alaska Native people to address domestic violence, child abuse and child neglect.



Two Beauty for Ashes trainings are scheduled in Anchorage for 2016.

Participants experience personal growth during the training, which translates into more effective communication skills and healthier relationships at home, in the workplace and throughout the community.

Two trainings are scheduled in Anchorage for 2016: May 2-6 and Nov. 6-10. Each training session has room for up to 90 participants. Adults of all ages may apply to attend a Beauty for Ashes training regardless of ethnic or cultural affiliation, location, or gender. After an application process, applicants will be notified of their eligibility to participate. Participants who complete the training have an opportunity to earn Alaska Pacific University credits and continuing education units for an additional fee.

Beauty for Ashes training provides culturally appropriate, faith-based curriculum. The topics are first presented in large general sessions and then are explored in smaller learning circle settings. The structure of the training provides a safe space for participants to explore stories and events that have impacted their lives.



Beauty for Ashes training provides culturally appropriate, faith-based curriculum.

Please visit www.fwwi.org or call (907) 729-5440 for more information. Applications are available online at www.fwwi.org/bfa.cfm.

Cook Inlet Native Head Start provides children with culturally relavent education

By Cook Inlet Native Head Start

Cook Inlet Native Head Start (CINHS) is a nonprofit, their mission is to build a strong foundation with Alaska Native families through Alaska Native cultures and education. CINHS services include home-based education, family advocacy, and infant to five years of age with full and part-day classrooms. CINHS's enrollment is 100 percent Alaska Native or American Indian students. CINHS is state and federally funded, providing families with free, quality, cultural education.

The CINHS' Board of Directors tasked executive director, Ethan Petticrew, to provide Alaska Native culture and language education. Petticrew's vision would be to see cultural and immersion schools in Anchorage and Alaska from infant programs through college. The educational statistics for

Alaska Native and American Indian youth continue to show a lack of equity and excellence as evident in graduation rates, drop-out rates and test scores. CINHS' staff and teachers are working together to create a standards-based, culturally appropriate curriculum for students. The model is based on research in education and best practice. It will allow children to see connections and gain new knowledge while strengthening their understanding of Native values and traditions. This curriculum project will take several years, but as each content area is completed, CINHS will pilot their own unique curriculum and assessment components.

CINHS' Cultural Coordinator, Marilyn Woods, coordinates elders and culture bearers to teach in each classroom. Many guest teachers have been in the



Cook Inlet Native Head Start is a nonprofit, their mission is to build a strong foundation with Alaska Native families through Alaska Native cultures and education.

classroom during the past two years, including Marie Meade (Yup'ik), Kyle Worl (Tlingit, Yup'ik, Athabaskan), Mary Soots (Tlingit), Maligiaq (Inuktitut), Paul Asicksik (Inupiaq), and Nae Brown (Tlingit).

At family nights, held once per month at CINHS, Alaska Native dance group perform and Native food is shared. CINHS strives to bring the Native Community together through these family night events, so that we can celebrate families' accomplishments. The evening is fun and serves as great reminder

of home villages. In fact, it brings our villages a little closer to those living in Anchorage.

Cook Inlet Native Head Start is proud to provide children with a culturally relevant and developmentally appropriate education. If you are interested in applying, please visit cookinletnativeheadstart.net to learn more, fill out an application and submit to our enrollment specialist. We look forward to working with you.



Cook Inlet Native Head Start is proud to provide our children with a culturally relevant and developmentally appropriate education.

The ribbon is cut and the doors are open, Nikolai community rejoices

By SCF Public Relations

A cool winter day in November made the perfect setting for the ribbon cutting of Nikolai’s newest building, the Junior “Doc” Gregory Memorial Clinic. The community gathered around the newly



Jacolin Bergstrom, First Chief Nick Alexia, Katherine Gottlieb hold the scissors to cut the ribbon for the Junior “Doc” Gregory Memorial Clinic.

minted facility and watched as the extra-large scissors snipped the ribbon, officially opening a building that represented a place of hope and wellness for the small community of 94 (2010 U.S. Census).

After the blue ribbon was cut, Very Reverend Peter Chris of St. Innocent Cathedral, Diocese of Alaska, led a prayer and blessing that started inside the clinic, covered the exterior and ended back in the exam room it had begun. Attendees of the blessing shared in song and prayer during the blessing. V. Rev. Peter Chris gifted the icons he brought to the community for the blessing to hang in their new clinic.

Community members, Nikolai Edzeno’ Village Council, Upper Kuskoswim Health Advisory Council, the Tanana Chiefs Conference and Southcentral Foundation leadership were present to acknowledge the collaborative efforts that took place in order for the opening of the new clinic to occur.

In a way that sung to the spirit of the event the children laughed and played in their gymnasium during the potluck and celebration that followed the blessing of their new clinic. This joy was shared by the adults and was reflected in the carefully prepared and shared food.

First Chief Nick Alexia of the Nikolai Edzeno’ Village Council offered gratitude on behalf of his community for the effort it took to complete the new clinic. Alexia also opened up the mic for comments regarding Junior “Doc” Gregory, whom the clinic is named after. Several people shared their memories about “Doc” and his commitment to provide medical care and healing to the Nikolai community and everyone he came in contact with.

The Junior “Doc” Gregory Memorial Clinic will provide medical service to the residents of Nikolai and the neighboring Telida community members.

Understanding the Nuka System of Care, Continued from page 1

Alaska Native people also shared the top five needs of the community: ending domestic violence, child sexual abuse, child neglect, and addressing addiction and alcohol through a focus on behavioral health.

Using this feedback, SCF instituted significant philosophical and other changes in the design and administration of programs and services. SCF launched a total system-wide transformation of care, increasing the quality and adaptability of programs—and more importantly—the accountability of providers and customers alike. Alaska Native and American Indian people are in charge of designing and delivering health care.

“Southcentral Foundation’s Nuka System of Care is about customer-ownership, relationships and whole system transformation,” SCF President/CEO Dr. Katherine Gottlieb said. “It includes all aspects of what we do and how we do it — from leadership to service delivery, to finance to human resources.”

As a health care organization, SCF offers more than just a primary care center supported by specialty clinics. It is a system of care driven

by Alaska Native and American Indian customer-owners. Customer-owners have a foundation creating long-term relationships and control of their own health care with integration of the mind, body and spirit, and a commitment to measurement and quality.

The Nuka System of Care is built upon three simple, yet revolutionary, philosophies:

- Customer-ownership – Not called patients, customer-owners are treated as equals and share decision-making for their health and wellness. Health care is a service, of which they’re customers and they own their health



SCF instituted significant philosophical and other changes in the design and administration of programs and services.

- and the health care system.
- Relationship – Relationship between the primary care team and the customer-owner is the most important means to affect change. Recognizing customer-owners are ultimately in control of their own lifestyle choices and health care decisions, the Nuka System of Care focuses on understanding each customer-owner’s unique story, values and influencers to support them on their journey to wellness.
 - Whole system transformation – Customer-ownership and relationship impact the entire system, not just health care delivery. All five key work systems in the Nuka System of Care were redesigned, including workforce development, compliance, human resources and finance.

This series will cover more about these philosophies and how other health care organizations are influenced by SCF.

Check out the next edition of the Anchorage Native News for part two of this four part series on the Nuka System of Care. For more information regarding SCF Nuka System of Care, please visit www.southcentralfoundation.com.

SCF Leadership Updates, Continued from page 1

April Kyle Continued

As Kyle progressed at SCF she earned a reputation as an effective and innovative leader.

Kyle has worked hard at SCF throughout her career and it has been noticed. In 2013, she was nominated by SCF and her peers and received the Top 40 Under 40 award from the Alaska Journal of Commerce. In 2014, she completed the Alaska Pacific University Alaska Native Executive Leadership Program in 2013 and SCF President/CEO Dr. Katherine Gottlieb’s Executive Leadership Experience Program.

Kyle is excited to take on her role as the vice president of behavioral services. “I’m honored to be a part of Southcentral Foundation,” Kyle said. “I am amazed every day by the employees and the way we

partner with customer-owners and families across our Nuka System of Care. It is a privilege to join the behavioral services team.

Michelle Tierney Continued

“SCF provides me with opportunities for personal and professional development” said Tierney. “I appreciate all of the support of Katherine, the board of directors, and the employees of Southcentral Foundation. I hope that my dissertation provides valuable information that enables SCF to continue working towards the mission and vision. I am honored to have worked for SCF for almost 20 years. ”

Michelle received a bachelor’s degree in English language and literature in 1992 from the University of Maryland. She went on to complete a master’s

degree in public administration at the University of Alaska Anchorage in 2000 and received a master’s degree in human and organizational systems from Fielding Graduate University in Santa Barbara, California, in 2012. She holds certifications in human resources, quality and training and development. She earned her PhD in Human and Organizational Systems at Fielding Graduate University in 2016. Her doctoral dissertation studied the impact of the relationship between primary care providers and customer-owners on health outcomes.

Join us in welcoming April Kyle as the new vice president of behavioral health services and congratulating Michelle Tierney for her hard work earning a PhD!

For rural Alaskans, lack of running water and modern sewage results in health problems

By Joaqlin Estus, News Director, KNBA

KNBA News Director Joaqlin Estus recently produced a series of stories about rural sanitation in Alaska. The stories aired in April 2015, but are available online at www.knba.org. For the project, she traveled to Kotzebue, Kivalina, Bethel, Kwethluk, and Tuntutuliak.

Alaska has the nation's highest rate of people living without plumbing – 6 percent – and it's getting worse.

Some three dozen villages lack piped water and sewer. Where permafrost prevents the use of septic tanks and outhouses,

people use a 5-gallon bucket, a "honey bucket," as a toilet. Inevitably, human waste gets spilled. Animals get into it. People drive through it. It dries and is scattered by the wind.

And the lack of running water causes severe health problems.

People collect rain water, buy water by the gallon from a central watering point, or haul water or ice from a river or lake.

When water comes at such effort or cost, people conserve water. Fifteen gallons of water per person per day is considered



A young man in Kivalina gets a village work out: five gallons of water weighs about 40 lbs.



In unserved villages in the Yukon-Kuskokwim region, rates of respiratory infections are 11 times the rate of other Alaskans

the minimum needed to stay clean and healthy. The average American uses up to 100 gallons of water a day. In underserved villages, people use an average of 2 gallons per person per day.

A household may share one basin of water for hand-washing. It can become a soup of bacteria, and viruses spread easily in these conditions.

In unserved villages in the Yukon-Kuskokwim region, rates of respiratory infections are 11 times the rate of other Alaskans, and one in four babies is hospitalized for severe respiratory infections such as pneumonia and bronchiolitis. People in these communities also experience high rates of skin infections.

However, in small villages with difficult terrain, piped water and sewer systems can cost

hundreds of thousands of dollars per capita. Officials estimate it would take \$900 million to meet current need.

In 2014, the state allocated \$7 million to rural water and sewer, the minimum needed to match federal grants, which themselves are half of the funding provided 10 years ago. And, state funding is unlikely to increase. The state has launched a program to come up with lower-cost alternative systems, but officials don't expect to have a field-tested prototype until 2018.

You can listen to each story from this important KNBA series, as well as view a photographic slide show, all at www.knba.org.

Alaska Native Art Auction donations sought to support Native programming

By KNBA

Koahnic Broadcast Corporation's Alaska Native Art Auction will be held Thursday, Feb. 18, 2016 at the Dena'ina Civic and Convention Center from 5:30 8:30 p.m. This annual fundraising event and celebration of Alaska Native culture features artwork by Alaska Native artists throughout the state.

The proceeds from the auction support the Native programming heard on KNBA 90.3 FM, including National Native News, Native American Calling and Earthsongs.

Koahnic is accepting donations of Alaska Native artwork for auction items.

For more information about donating artwork or reserving seats at the auction, contact Cindy Hector at (907) 793-3528.



"Dad's Stacked Salmon" Watercolor print by Danielle Larsen featured at 2015 Koahnic Broadcast Corporation Alaska Native Art Auction.

SOUTHCENTRAL FOUNDATION IS NOW HIRING

Director of Public Relations

Administrative Support Training Program

Exercise Technician I, II

Materials Technician I, II, III

Optician Apprentice

Patient Accounts Specialist I, II, III

Registered Nurse - Clinical Coordinator

Supervisor/Clinical Supervisor

TO APPLY VISIT WWW.SOUTHCENTRALFOUNDATION.COM

SAVE THE DATE!

Young Professionals Mixer

February 18, 2016

CIRI Building, First Floor

725 E Fireweed Ln #800, Anchorage, AK 99503

Mix, mingle, and network with the next generation of business and community leaders in Anchorage.



ALASKA
NATIVE
HERITAGE
CENTER

www.alaskanative.net | (907) 330-8071

ALASKA NATIVE HERITAGE CENTER

EVENT SCHEDULE

2016

JANUARY 23

Multicultural Drumming and Dance

FEBRUARY 11-12

Indigenous World Film Festival

MARCH 5

Iditarod Day

MAY 8

Mother's Day



ALASKA
NATIVE
HERITAGE
CENTER

8800 HERITAGE CENTER DRIVE, ANCHORAGE, ALASKA 99504 | (907) 330-8000 OR (800) 315-8606 | ALASKANATIVE.NET

Alaska Dispatch News
PRESENTS PERSEVERANCE THEATRE'S PRODUCTION OF:

our voices will be heard



PERSEVERANCE THEATRE
—Alaskan Regional Theatre—

FEB 19-28

WRITTEN BY VERA STARBARD
DIRECTED BY LARISSA FASTHORSE

Through the lens of fiction, and the palette of Alaska Native Storytelling, the playwright tells the true story of a mother's strength against impossible pressure.

Featuring an all-Native cast and director, Our Voices Will Be Heard weaves together legend and truth in a fierce call for healing and forgiveness.

For tickets or information:
www.OurVoicesWillBeHeard.org



Let's
circle
up!

What are learning circles?

Learning circles provide opportunities for people to connect and build relationships through a variety of wellness activities. Learning circles bring small groups of people with similar interests together to talk, share stories and learn from each other.

For more information, please contact Learning Circle Coordinator at (907) 729-5443.
www.southcentralfoundation.com

The Recipe Corner

Salmon Chowder

List of ingredients:

4-6 slices bacon, fried and crumbled

1 filet red salmon, cooked and flaked

½ onion, chopped

2-3 stalks celery, chopped

3 large carrots, sliced

3 potatoes, cut into cubes

Minced garlic (to taste)

½ tbsp. salt and pepper

2-3 cups water or chicken broth (to taste)

1 large can evaporated milk

Recipe directions:

1. Bake thawed salmon filet for approximately 30 min. at 350 degrees.

2. While salmon is baking, boil potatoes, carrots and celery in water or chicken broth until done; do not drain.

3. Fry bacon until crisp then break into small pieces.

4. Fry onions and garlic in bacon fat.

5. Add flaked and deboned salmon, bacon and onions to the boiled potatoes, carrots and celery.

6. Add evaporated milk (add more, if you like a creamy soup).

7. Add salt and pepper to taste.

Rhubarb Crunch

List of ingredients:

6 cups rhubarb, diced or 4 cups rhubarb and 2 cups raspberries

1 cup sugar

½ cup flour

½ teaspoon cinnamon

Topping:

1 cup flour

1 cup brown sugar

½ cup rolled oats

½ cup melted butter

Recipe directions:

1. Combine rhubarb, sugar, flour and cinnamon and put into 9x10 or 9x13 baking dish.

2. Combine flour, brown sugar, rolled oats and melted butter and sprinkle over rhubarb mixture.

3. Bake at 375 degrees for 35 minutes.

Southcentral Foundation Learning Circles

These activities are free and are open to the community. Please visit the Learning Circle and Events Calendar online at www.southcentralfoundation.localist.com for more information.

WEEKLY

Wellness Matters Night

Thursdays, 5:30-7:30 p.m.

Fireweed Building

4341 Tudor Centre Drive

Bring your favorite dish for a healthy potluck meal at the start of each evening and then participate in a weekly learning circle. There are many exciting opportunities from Southcentral Foundation Family Wellness Warriors Initiative and SCF Behavioral Health. For more information, please contact (907) 729-5443.

Domestic Violence Education

Thursdays, 4-5:30 p.m.

Map Room

Mt. Marathon Building

4201 Tudor Centre Drive

Have you experienced domestic violence or know someone who has? Join the domestic violence education learning circle, a peer-supported group for men and women. This learning circle is for those who have been harmed and those who have harmed, to examine the way to interact with family members and how they experience you. Build relationships with others and stop the cycle of harm. This is for adults ages 18 and older. Walk-ins welcome.

Life Changes for Woman

Tuesdays, 10-11:30 a.m.

Lynx Room -No. 1414

Anchorage Native Primary Care Center

4320 Diplomacy Drive

Join us and meet with others who are experiencing similar life changes, develop new skills for managing symptoms of menopause and learn how to be healthier. For females only, ages 18 and older. Walk-ins welcome.

Embracing Encouragement and Affirmation

Fridays, 3-4:30 p.m.

Lynx Room -No. 1414

Anchorage Native Primary Care Center

4320 Diplomacy Drive

Encouragement is support that inspires. Affirmations are positive statements. Please join us and discover the positive effect that embracing encouragement and positive affirmations can have in your life and others. For ages 18 and older. Walk-ins welcome.

Men’s Cultural Learning Circle

Thursdays, 6-7:30 p.m.

Fireweed Building

4341 Tudor Centre Drive

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

Recovery Support

Thursdays, 6-7:30 p.m.

SCF Fireweed Building

4341 Tudor Centre Drive

Join us for a peer-supported, faith-based recovery group that encourages self-development and healthy life skills. This group is for men and women, ages 18 and older. For more information, please contact (907) 729-5440.

www.southcentralfoundation.com • [www.twitter.com/SCFinsider](https://twitter.com/SCFinsider) • [www.twitter.com/SCFNuka](https://twitter.com/SCFNuka) • www.facebook.com/SouthcentralFoundation

Alaskan Winter

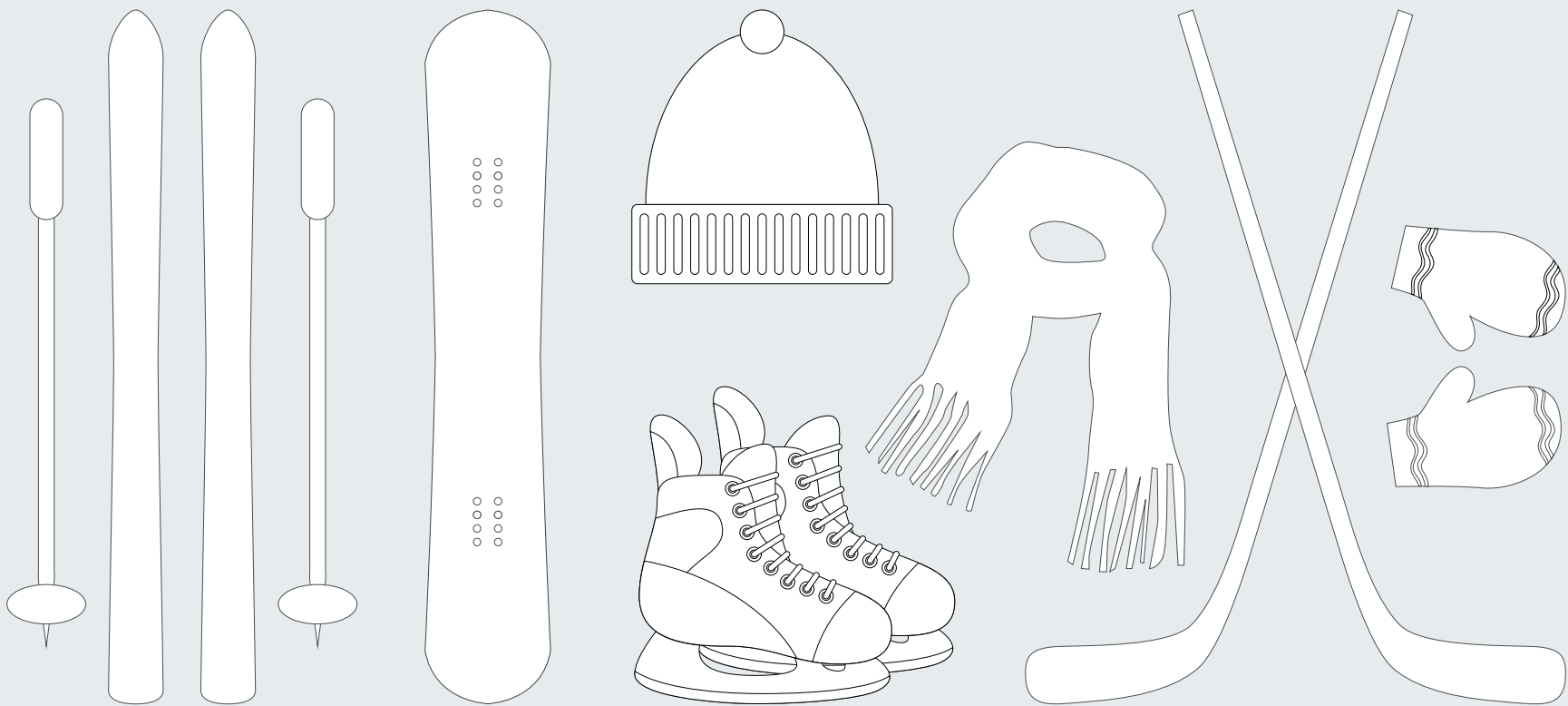
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Dog mushing
Hat
Hockey
Ice fishing

Iditarod
Mittens
Mukluks
Parka

Running
Scarf
Shovel
Skiing

Sledding
Snow angels
Snowboarding
Walking



MONDAY

Shopping

12:30 - 2 p.m.

Value Village
Northway Mall
Fred Meyer
Sears Mall
Wal-Mart

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

TUESDAY

Sew and Bead Group

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



WEDNESDAY

Bingo

12:15 - 1 p.m.



THURSDAY

Health Education on
Nutrition and Wellness

12:30 - 2 p.m.

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

FRIDAY

Game Day

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

Elder directed, with a
variety of games offered.

Movie Day

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

Popcorn and juice
are provided.

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

Important Phone Numbers

SCF Elder Program Event Hotline (907) 729-6588

Alaska Native Medical Center (907) 563-2662

Cook Inlet Housing Authority (907) 793-3000

Senior Benefits (907) 352-4150

Anchor Rides (907) 343-2550

People Mover (907) 343-4536

Food Bank of Alaska (907) 272-3663

Division of Public Assistance (907) 269-6599

American Association of Retired Persons (AARP) (907) 272-1444

Salvation Army Meals on Wheels (907) 349-0613

Anchorage Police Department (non-emergency) (907) 786-8500

Southcentral Foundation (907) 729-4955

Elder Program Services

By SCF Public Relations

The Southcentral Foundation Elder Program provides comprehensive services to address the needs of Alaska Native and American Indian elders, age 55 and older, who reside in the Anchorage area. The services are designed to enhance the quality of life and promote independent living through fostering an environment of quality, dignity and pride.

The program provides a hot lunch program Monday through Friday, advocacy, information and assistance and referral services. Light housekeeping, in-home visits and scheduled transportation are provided for

those who are eligible. Group outings and health and social activities are scheduled on a regular basis.

Located in the Chugach Square Mall at 6901 East Tudor Road, Suite 8, summer activities include vegetable and berry picking. Year round activities include an arts and crafts group, various learning circles and an exercise/ nutrition program. Annual events include a fiddle dance near Valentine’s Day, Fall Harvest potluck and Christmas party. *For more information about activities, shuttle schedule or to join please call the Elder Program at (907) 729-6500.*



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Elders enjoy their new dance floor

By SCF Public Relations

Southcentral Foundation Elder Program now has a beautiful wood 12’x15’ dance floor. The dance floor is a great addition to the Elder program for future activities that are healthy and fun!

When talking about the new dance floor installation, Elder Program manager, Chris Klabunde mentions that it “will allow Elders to dance at the program, during potlucks and other events as well as opens many possibilities for usage when our partners at health education lead activities. We are able to move and transport this as well to other locations.”



The Elders that attended the October monthly potluck had no reservations on taking the dance floor for a test run.

The possibilities for the uses and activities that can be held on the new dance floor seem endless. The Elders that attended monthly potlucks or other events had no reservations dancing on the new floor.

The wooden dance floor is portable so that it may be used for different Elder Program events. The dance floor provides a fun opportunity for Elders to get moving, exercise and enjoy a fun activity.

For more information please call the Elder Program at (907) 729-6500.

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