

Anchorage Native News

SCF Information Technology team wins national honors

Southcentral Foundation's (SCF) Information Technology (IT) is the best in the nation! That's according to Computerworld, one of the world's most highly regarded organizations devoted to IT.

So, you ask, "What exactly is 'IT'?" IT is all about the computers.

In the 25 years since SCF was established, no single device has had more impact on health and related services than the computer. Computers help make vital information readily available to healthcare providers. That's where IT comes in.

SCF's IT specialists developed the NetApp IP-SAN system to help its users gather, store, process and retrieve essential information when and where they need it, rapidly, and reliably. The system saved

SCF an estimated \$90,000 on anticipated upgrades to the old system.

Though largely unnoticed by its customers, SCF's IT vastly improves the quality of many of its key services. For instance, SCF's 'access to care' philosophy ensures that customer/owners have access to care when they need it, not days or weeks later. This system depends on IT to ensure essential information is available to SCF's caregivers, so they can respond quickly to customer needs.

Similarly, customer/owners in SCF's Dental Clinic, probably do not realize the system that provides dental imaging, patient records and reports—all without cumbersome paperwork—is

made possible by IT.

SCF's IT system includes the e-mail system that interconnects SCF's 1400 employees, the FundWare financial accounting system, and many other services that ultimately improve the efficiency and accuracy of customer/owner care.

Earlier this year, Computerworld selected SCF's NetApp IP-SAN system from more than 120 nominations as the nonprofit organization "Laureate" in its NetApp Innovation Awards for 2007, to be presented in Sunnyvale, Calif., in May. Computerworld will post SCF's IT system as a Case Study on its prestigious Computerworld Honors Program website: www.cwhonors.org (membership required for access).

SCF history continues with the beginning of the Dental Clinics

When one of Southcentral Foundation's (SCF) first three programs, the SCF Dental Clinic, opened its doors in 1983, SCF took the first step toward accomplishing its very bold mission: "Working together with the Native Community to achieve wellness through health and related services."

How did this program get its start?

The SCF Dental Clinic—and more than 60 other health-related programs SCF would establish in the next 25 years—sprang from the vision of Cook Inlet Region, Inc. (CIRI), which established SCF in 1982 to help the Native Community within its geographical area achieve physical, mental, emotional and spiritual wellness.

In 1983, SCF assumed management of Dental services through its first P.L. 93-638 contract from Indian Health Service. Starting with only 12 employees, the Dental Clinic was located at 670 West Fireweed Lane. Kevin Gottlieb, D.D.S., was the clinic's first dental manager. He was assisted by a staff that included

Continued on page 2



The Southcentral Foundation Dental Clinic began in a small office located off of Fireweed Lane.

Klementsons find success at the Health Education and Wellness Center

Angela Klementson, born and raised in Montana, was one of the 50 participants chosen to be a part of the Southcentral Foundation (SCF) Employee Wellness Pilot Program. Angela began the program setting a goal to lose 20 pounds, improve her muscular strength, endurance, and flexibility, and to exercise consistently five times a week. She started by making little changes such as working out three times a week and not skipping breakfast. Currently, Angela is at the center five days a week and eating much healthier. Overall, Angela has lost 50 pounds!

Angela said, "I couldn't have done this without the assistance of the staff at the Wellness Center, and I am very thankful and grateful to Southcentral Foundation for giving me the tools and opportunity to change my lifestyle. I hope that others will take advantage of this wonderful program, as it truly is a lifesaver!"

After seeing his wife's success, Luther Klementson was convinced to join the program. Luther was born in Nome and is part Eskimo and Norwegian Laplander (Sami). His grandfather was one of the first people to bring reindeer to Alaska. His mother was born in Golovin and was raised in the Solomon and Nome areas.

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Angela and Luther Klementson find success with their progress at the SCF Health Education and Wellness Center.

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25th Anniversary

SCF History continues with the dental Clinic



The Fireweed Building located on the Alaska Native Health Campus houses the Dental Clinic, as well as Optometry and Behavioral Health Services.

A second dental clinic is located in the Alaska Native Medical Center.

Certified Dental Assistant Sue Cochran. They were two of SCF's earliest employees. The family atmosphere and connection to its Alaska Native and American Indian customers still felt today in SCF programs, began with this clinic and has been carried on for the past two decades.

In July 2003, the Fireweed Building, which included a state-of-the-art new Dental Clinic, became fully operational and welcomed its first

customers. With the opening of this new facility, dental services were transferred to the Fireweed Building, which is located on the Alaska Native Health Campus on Tudor Road.



Vice President of Resource and Development Kevin Gottlieb, D.D.S., and former Certified Dental Assistant Sue Cochran are pictured in the Dental Clinic located on Fireweed Lane.

"The Dental Clinic at the Fireweed Building is one of the most advanced, high-tech clinics in the country and operates entirely paperless," SCF Dental Director Tom Kovaleski, D.D.S. said. "This building doubled our Dental Clinic capacity."

In contrast to the old facility on Fireweed Lane, which began with one dental chair, the Fireweed Building clinic has 27 dental operatories. Most of them offer a window view

and are equipped with a records computer and a dedicated digital x-ray machine.

Although primarily for adults, the new facility adds to the existing Dental Clinic at the Alaska Native Medical Center, whose 23 chairs have been dedicated to emergency and children's care.



SCF Dental Director Tom Kovaleski, D.D.S., Health and Human Services Secretary of State Tommy Thompson and SCF Vice President of Resource and Development Kevin Gottlieb, D.D.S., tour the new dental facilities in the Fireweed Building in 2003.

Continued on page 11

Vision Statement

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

Mission Statement

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

Key Points

Shared Responsibility

- We value working together with the individual, the family and the community.
- We strive to honor the dignity of every individual.
- We see the journey to wellness being traveled in shared responsibility and partnership with those for whom we provide services.

Commitment to Quality

- We strive to provide the best services for the Native Community.
- We employ fully qualified staff in all positions, and we commit ourselves to recruiting and training Native staff to meet this need.
- We structure our organization to optimize the skills and contributions of our staff.

Family Wellness

- We value the family as the heart of the Native Community.
- We work to promote wellness that goes beyond absence of illness and prevention of disease.
- We encourage physical, mental, social, spiritual and economic wellness in the individual, the family, the community and the world in which we live.

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Southcentral
Foundation



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Health Education

Exercise program celebrates five years of wellness



Jo Murray assists a customer/owner with an exercise plan at the Health Education and Wellness Center located on the Alaska Native Medical Center campus.

Southcentral Foundation (SCF) Health Education Exercise Physiologist Jo Murray began working for SCF five years ago, before there was an exercise component to the SCF Health Education Department. Murray knew the possibilities for building an incredible program were endless. Providers were also very excited to be able to refer their customer/owners to an exercise program to help with the management of chronic issues.

“Living in the city where gathering food means driving to the store, means that exercise is no longer built into every day life. But the human body, mind and emotions all do much, much better with exercise, so we have to create exercise in our lives,” SCF Vice President of Medical Services Doug Eby, M.D., said. “The new SCF Wellness Center creates one more possibility for fulfilling this critical need we have for all parts of us to be healthy – exercise! It’s not the speed or

the form; it’s the effort!”

The SCF exercise program then started with two pieces of exercise equipment. At that time, Health Education could only see one customer/owner per hour per exercise specialist. Now, there is an entire facility devoted to healing customer/owners and employees, to improve their health.

Murray grew up in the Midwest and graduated from Colorado State University. She developed a passion in the 1970s for teaching exercise and motivating individuals to be healthier.

“I have been so privileged to work with so many wonderful patients over the past five years. I can literally observe the changing effect that exercise has had on, not only people’s physical well-being, but more importantly, their mental, spiritual and emotional well-being,” Murray said. “I hope to see our facility grow and offer more programs to inspire our youth.”

Klementsons find healthy opportunities in Wellness Pilot

Continued from page 1



Angela Klementson discusses her success with Jean Marcey.

Health Education and Wellness Center employee Jean Marcey helped design a program to meet Luther’s specific needs, targeting areas that would strengthen muscles used while fishing on the Russian River. Currently, Luther has lost a 33 pounds and his cholesterol level has dropped 44 points.

Marcey attributes the Klementson’s success to a number of factors:

- setting realistic goals
- committing to making small changes over time that create a healthy lifestyle
- exercising consistently and with focus
- eating healthy, nourishing foods
- supporting and encouraging each other – and having fun

Although not all of the final assessments for the Employee Wellness pilot program have been completed, so far, all participants who have been assessed have achieved their goals. Perhaps the most important aspect of their efforts is the dramatic reduction of health risks. Participants have reported reducing cholesterol to healthy levels, reducing blood glucose levels and reducing joint pain. From January to March, the Wellness Center has had 1,351 visits from employees alone.

“I feel great about the weight that I have lost and look forward to the workout everyday. I

know that I have made a commitment to living a healthy lifestyle and am excited to continue to progress towards my goal,” Luther said. “I appreciate the opportunity SCF has provided to employees and encourage others to do the same.”



Luther Klementson makes an exercise plan with Jean Marcey.

Viral outbreak hits Alaska harder than usual

by Alaska Native Tribal Health Consortium staff

A germ for the common cold, called respiratory syncytial virus (RSV), has hit Alaskans harder than usual this year. RSV is seasonal, from fall to spring. It affects all ages, but infants have more complications. This year, RSV infected a sizable proportion of babies up to the age of two years in Alaska.

Among infants, RSV is the most common cause of pneumonia and bronchiolitis (infection of tiny airways that lead to the lungs). It usually starts with a fever and runny nose, and then leads to a cough, and sometimes wheezing. Babies and kids may have to be hospitalized, and RSV can lead to repeated wheezing throughout early childhood.

Crowded homes, exposure to household smoke, daycare attendance and lack of running water can all increase the risk of RSV.

Alaska’s higher rates of RSV are linked to crowded households and the need for improved sanitation systems. Thirty-four percent of Native rural villages are underserved or still without piped running water.

When people have to pack water from a central water point, they keep small amounts of water at home and wash their hands less often. They may also chop and melt ice, or draw water from rivers and lakes, which can compound the problem with the use of unsafe drinking water.

RSV infection spreads through everyday contact, most often by sharing food or drink with an infected person or by getting droplets containing the virus on your hands and then touching your eyes, nose or mouth.

To reduce the spread of RSV infections:

- Wash or use waterless hand cleaners often
- Don’t share cups or utensils with other people
- Stay home when you are sick
- Don’t smoke around infants
- Breastfeed
- Don’t take young infants to large gatherings

For more information, visit the Alaska State Department of Public Health Epidemiology website at www.epi.hss.state.ak.us/default.jsp

Health Education and Wellness Center

Some of the Health Education staff have **moved!** Program support staff, health educators and exercise specialists are now located in the Wellness Center on the Alaska Native Medical Center Campus at 4201 Tudor Centre Drive. Registered Dietitians are still located in the Anchorage Native Primary Care Center. For more information, contact Health Education at (907) 729-2689.

Customer/owners: To use the Wellness Center, you must be enrolled in Health Education’s Exercise Program.

Employees: Open 7:00 a.m. – 7:00 p.m. Equipment orientation is required before using the Wellness Center. Sign up on the Development Center website at:

www.scfonline.net/devcenter/

Primary care system changes results in reduction of hospital rates

by David Fenn, Project Manager and Steve Tierney, M.D., Medical Director of Quality Improvement

It was the spring of 1996, and Joe was beginning to get concerned with his rising blood sugars. He decided to call the Alaska Native Medical Center, where he received his medical care, and scheduled an appointment with a doctor.

After many rings and being put on hold for what seemed too long, he found the next opening to see a doctor was in five weeks! Even though he did not know how long he would have to wait or what provider he would see, he went to the emergency room where he knew he would see a provider sooner than five weeks. His diabetes was so out of control he was admitted to the hospital.

Take the same situation and fast forward to the spring of 2006. Joe used what his primary care team had taught him and made some adjustments. When that didn't work, he called Family Medicine the phone was answered promptly, he got advice from his case manager on changes to make. Joe was able to be seen the afternoon of the following day by the doctor who know him well when things did not immediately improve.

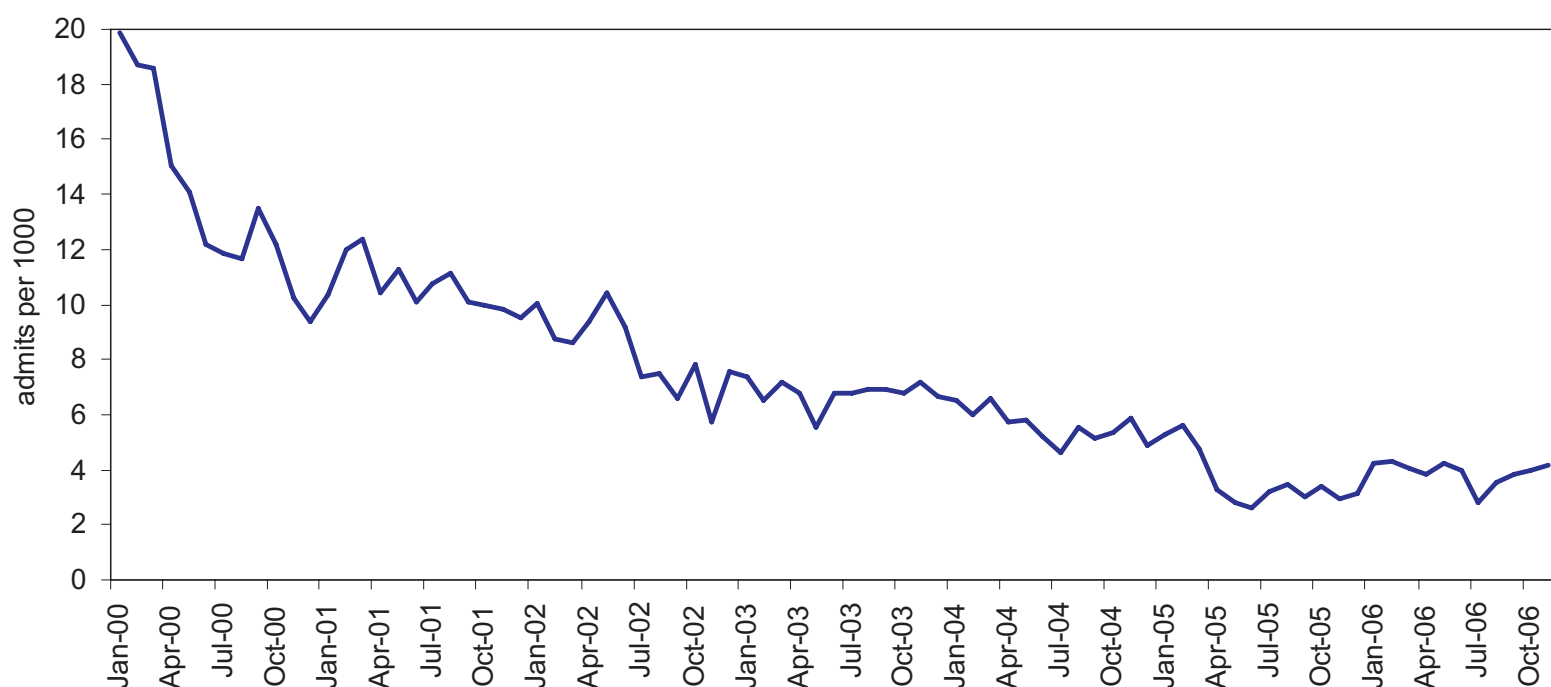
What happened between 1996 and 2006? The primary care system was redesigned to place the customer/owner and family at the center of care. Through the mission and vision of Southcentral Foundation (SCF), and the hard work of its staff, the customer/owners themselves can connect the same day to their primary care team who knows them.

This was different from common medical practice. This "patient-centered" shift focused on relationships and made the care better. It resulted in an increase in preventative care and improved illness management, avoiding the emergency room when not needed, and decreasing the number of people going to the hospital.

The chart below shows the decline in the number of primary care customer/owners who were admitted to the hospital from January 2000 through October 2006.

If you have not selected a primary care provider for you or your family, call Empanelment at (907) 729-3376. To make an appointment with the SCF Family Medicine Clinic, call (907) 729-3300.

Admits per 1,000 Primary Care Customer/Owners



Excludes newborns and delivery moms. Denominator Primary Care Provider customer/owners includes non-village customer/owners with visit during past two years.

Statistics show suicide rates are high for Alaska Native people

by Doris C. Bergeron, M.S.W., Clinician SCF Denaa Yeets' (Athabascan for "Our Breath of Life") Program

The Southcentral Foundation Denaa Yeets' Program's vision is for Native people to live out their life span with an increased sense of self-worth, cultural identity and a desire for life. Denaa Yeets' opened its doors to Alaska Native and American Indian adults on May 10, 2007.

In Alaska, between 1990 and 2002, 1,618 people ended their lives by suicide. Of those who died, 1,314 of them were males and 304 were females. Although more men have died from suicide, more women attempt suicide.

Five hundred and fifty eight or 34 percent were Alaska Native or American Indian people. The national suicide rate is 11.1 percent, while Alaska's suicide rate is 23.6 percent, more than

double the national average. Native males have the highest rate at between 30 and 35 percent — more than three times the National rate! Their non-Native male counterparts have a rate between 8 and 10 percent.

It is important to note that suicide can be prevented. Most people want to live but are unable to see other ways to handle their problems when they are experiencing pain or hopelessness. Denaa Yeets' staff can provide an individualized plan and work hand in hand to help relieve pain and suffering. Denaa Yeets' offers culturally sensitive activities and has supportive staff.

If someone you know is at risk, express your concern and ask them directly. It is a myth that asking someone about suicide will cause that person to want to carry out the act. Talking about suicide may actually decrease a person's

risk for completing the act as it validates that they are understood and heard. If you or someone you know are having thoughts of self-harm, get connected right away with a counselor or trusted adult. Do not promise to keep this a secret, and do not leave them alone.

Help is available and ready for you. Any of the following resources are available 24 hours per day, 7 days per week:

- Alaska Suicide Hotline at 1(877) 266-HELP (4357)
- Emergency Services, Suicide Crisis Line at 561-3200
- Your nearest hospital emergency room.

All statistics are from the Bureau of Vital Statistics and Alaska Suicide Prevention Council.

The virtual doctor is in: telepsychiatry in a rural setting



Allen Crandell, M.D. uses telepsychiatry to treat customer/owners in the Eastern Aleutian region.

by Allan Crandell, M.D., Medical Director of Behavioral Services Division

Telepsychiatry, a branch of telemedicine, has arrived at Southcentral Foundation and the Alaska Native Medical Center. The long-awaited psychiatric care was initiated, via videoconferencing equipment, for the Eastern

Aleutian region. Allan Crandell, MD, is now available for two hours a week to “see” customer/owners from the Eastern Aleutian Tribes (EAT). This technology will allow customer/owners who need psychiatric services to connect with a psychiatrist on a regular basis, minimizing the need for costly and time-consuming trips to Anchorage for care.

What can telepsychiatry provide? The easy answer is virtually everything that a face-to-face visit in Behavioral Health Services can provide, with some limitations. A complete psychiatric assessment can be completed via telepsychiatry, as well as follow-up visits for medication. Conditions such as attention deficit disorder and attention deficit hyperactivity disorder for children and adolescents, and depression and anxiety disorders in adults can be evaluated and treated through the telepsychiatry link.

When indicated, prescription medications can then be prescribed either by a nurse practitioner, a physician’s assistant in the Eastern Aleutian

coverage area or from Anchorage through the Telehealth Village Pharmacy.

Telemedicine, sometimes known as “E-health” is a growing sector of medicine, especially valuable in rural or isolated areas where there are shortages of physicians or other medical personnel. The scope of telepsychiatry has broadened in recent years to include such initiatives as treatment of hospice patients, teleconsultation to active duty troops at the front, remote consultation to address cultural and language barriers to treatment, and telepsychiatric care of deaf mentally ill via sign language. Substance abuse and depression screening can also be accomplished by way of telepsychiatry.

The EAT telepsychiatry appointments with the psychiatrist can be made through one of the mental health therapists in either King Cove or Sand Point. All the clinics within the Eastern Aleutian region are covered by this service. Services can be arranged by calling (907) 497-2311.

Fetal Alcohol Syndrome Program hosts Canadian colleagues



Canda Northwest FASD Research Network CEO and Scientific Director Sterling Clarren, M.D. (also Clinical Professor of Pediatrics and University of British Columbia and University of Washington), meets with Navajo Nation FAS Prevention Specialist Louise Ashkie, and IHS Division of Behavioral Health Co-Chair and Public Health Advisor Tamara Clay as part of the FAS work group that toured the Anchorage Native Primary Care Center in February.

by Michael Baldwin, M.S., B.S.D. Project Manger

On Feb. 13-15, 2007, Southcentral Foundation’s (SCF) Fetal Alcohol Syndrome Program hosted a meeting of the U.S. - Canada Indian Health Service (IHS) and First Nations Fetal Alcohol Syndrome (FAS) Work Group. The group collaborated to improve the health and well-being of Native American and First Nations communities by focusing on the identification and development of FAS prevention and intervention services.

The purpose of the meeting was to share and discuss best and promising prevention and intervention practices for Fetal Alcohol Spectrum Disorders (FASD), and highlight the continuum of FASD-related healthcare services at SCF.

The U.S. participants were from the U.S. IHS, the Navajo Nation, Anchorage, Bethel and Juneau communities. Canadian guests were from the First Nations and Inuit Health Branch of Health Canada, Canadian Assembly of First Nations, Maritime First Nation Community and the Canadian Northwest FASD Research Network.

The group was welcomed by SCF President and Chief Executive Officer Katherine Gottlieb, M.B.A. The Deputy Director of the Alaska Area IHS office Ken Glifort, M.D., M.P.H., also welcomed the guests and gave a brief overview of IHS in Alaska.

The continuum of SCF services addressing FASD were highlighted for the group by presentations from the SCF Maternal and Child Health Coordinator, the Nutaqsiivik—Home Based Services Program, the FASD Diagnostic Clinic and Training Program, The Pathway Home, and Dena A Coy Programs. The group also visited the Early Head Start Program and was honored with a blessing song by the Traditional Healing Program staff and a performance by The Fireweed Dancers.

The work group was impressed by SCF’s continuum of services and its comprehensive efforts to prevent FASD and improve the quality of life for those affected by prenatal alcohol exposure.

For more information about FASD, contact the SCF FAS Diagnostic Clinic and Training Program at (907) 729-4251 or (907) 729-5253.

After school program offers improvement skills for teens

**by KJ Worbey, M.S., L.P.A., CDCI
BH Fireweed Clinical Supervisor**

As all of us know, being a teenager isn’t easy. There can be pressures from all around – from school, friends and family and it’s even harder if the teen struggles with behavioral, emotional, psychological or legal problems. Teenagers like this may be defiant, often breaking the rules or pushing the limits at school or at home, running with the “wrong crowd” or struggling with other problems.

There is a program in Southcentral Foundation’s (SCF) Behavioral Health Services to help these teens and their families, and it’s called TRAILS. The program helps 13-17-year-old teenagers learn and practice real-life skills, so they can function better in all areas of their life.

The TRAILS program targets four main areas for improvement: social skills, communication skills, self-direction skills and self-care skills. TRAILS

participants are taught individually or in a group setting, with discussion about the skill, as well as practice. The teenagers, separated into boys’ groups and girls’ groups, then practice their skills in the “real world” in a community setting like a gym, bowling alley or recreation center, under the supervision of TRAILS staff.

One key advantage of the TRAILS skill-building program is that transportation is provided. Participants are picked up after school, brought to SCF for a snack and skills training and then transported to a community site to practice the skill-building activity. Afterward, the teenagers are dropped off at their homes.

The TRAILS program is staffed by clinical associates who work closely with master’s level therapists and psychiatrists at the Behavioral Health Fireweed Clinic.

A second important part of the TRAILS program is mental health treatment. Master’s level therapists

and psychiatrists at the Fireweed clinic provide ongoing mental health treatment and psychiatric services, which can include prescribing medication. The staff work together to make sure all treatment is coordinated and meet the needs of the teenager.

All new TRAILS participants meet weekly with a mental health therapist for individual or family therapy to help resolve behavioral, emotional or psychological concerns, in addition to the TRAILS activities. When a teenager is fully emotionally stable, he or she may then participate in TRAILS activities only, with monthly check-ins with a mental health clinician.

If you think the TRAILS program may be right for your teen, please contact Behavioral Health Services at (907) 729-2500, option two, for more information and assistance with scheduling an appointment in the clinic.

Head Start bids farewell to long-time employee

The Southcentral Foundation (SCF) Head Start Program would like to wish Northway Mall (NWM) Head Start Support Service Supervisor Matt Walker success in his adventures as he moves on in his career.

Walker began his involvement with Head Start as an enrolled child. His bus driver/teacher aide was one of the Chugach Square Mall (CSM) Head Start teachers Mary Shanigan. Walker and his wife Kathleen have two sons and one daughter; all three have attended Head Start. Walker became a parent volunteer while his children were enrolled in Head Start.

In January 1997, Walker began working as a Head Start classroom teacher I, and moved on to a Head Start cook position, making nutritional

meals for all the children of Head Start. He then moved to Head Start administrative support working with billing, enrollment and recruitment. Walker has a knack for working with families and felt that he could benefit more in the family service area. He applied and was accepted as the Family Service support service supervisor for both the NWM and CSM Head Start sites. Walker has worked with the Policy Council and Center committee and has assisted with making arrangements when Head Start children were requested for cultural dancing for different organizations.

“I’ve watched this young man grow into learning about his Southeast Alaska culture when he and his family joined the traditional

Tsimshean dance group, Lepquinm Gumilgit Gagoadim,” NWM Head Start Program Manager Theo Bayou said. “He is a box drummer, skin drummer and dancer. He is from the Eagle Clan and continues to grow and absorb his traditional culture.”

Shanigan said, “Matt can do anything and everything. Matt can do no wrong. Where ever he goes, he’ll succeed.”

“Matt Walker, you’ll still be in Anchorage, and we here at Head Start are going to truly miss your presence, your smile, your humor and your strong involvement with Head Start,” Bayou said. “We wish you well in your new profession. Doyck-Shin (thank you) Sha aam dza waan (wishing you well).”

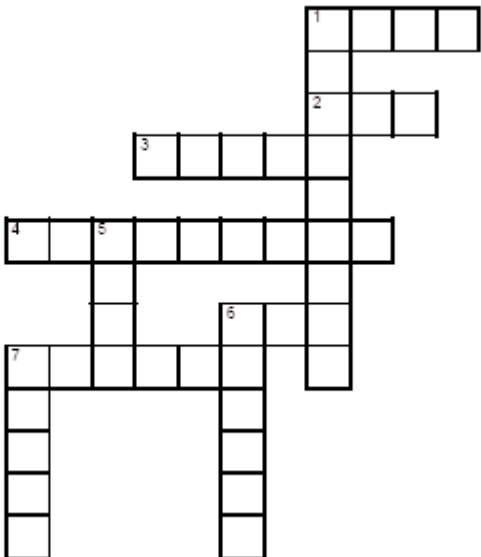
Kids’ Corner

When will it be spring?

by Catherine Walters

Word Bank

birds
butterfly
asleep
Alfie
icy
spring
whistling
warm
sun
tell



Across

- 1. It would be spring when the air was ____.
- 2. Something ____ touched Alfie’s nose.
- 3. Alfie’s mother said it would be spring when there were ____ in every tree.
- 4. Alfie thought that a bat was a ____.
- 6. Alfie’s mother told him that it would be spring when the ____ was bright.
- 7. Alfie was ____ when spring came.

Down

- 1. Alfie thought that the ____ wind was the birds singing in the trees.
- 5. Alfie’s mother said that she would ____ him when spring came.
- 6. Alfie and his mother would sleep until ____.
- 7. ____ snuggled down to sleep in the cave.

Word unscramble

Unscramble the words. Use the words in the text box for help.

spring	crept	dreaming	peered
outside	bright	warm	asleep
quiet	burrowed	overslept	hunters
singing	squealed	mumbled	soft



- | | | | |
|-------------|-------|---------------|-------|
| 1. nngsgii | _____ | 9. irnsgp | _____ |
| 2. esquadle | _____ | 10. awmr | _____ |
| 3. tofs | _____ | 11. dmmuleb | _____ |
| 4. lespea | _____ | 12. dpeere | _____ |
| 5. ieutq | _____ | 13. rpetc | _____ |
| 6. hsnture | _____ | 14. dtsuioe | _____ |
| 7. ngarmeid | _____ | 15. sepreovtl | _____ |
| 8. ghbirt | _____ | 16. ebwoudrr | _____ |

Give your child a

Head Start



Southcentral
Foundation’s



Head Start Program
is now accepting
applications for the
2007 - 2008 school year

Head Start is a national program that provides comprehensive child development services to eligible families. To help your child get a Head Start, call (907) 729-6100 or (907) 729-6170.



- Children must be between the ages of six weeks and three years old for Northway Mall (NWM) Early Head Start, or three and five years old for the Chugach Square Mall (CSM) Head Start on or before Sept. 1.
- Families receiving Supplemental Security Income, Alaska Temporary Assistance Program/Temporary Assistance for Needy Families, and foster children are income eligible.
- Bus transportation to and from home for the CSM site/child care is available at the NWM site.
- On-site dental clinic for enrolled children is available.
- Nutritious breakfast, lunch and snacks are served.
- Three different class times available.
- Alaska Native and American Indian culture curriculum.



Apply online at
www.scf.cc/headstart/index.cfm

Caregiver Corner

Taking care of yourself: Managing stress

Recognize that everyone has limits in what he or she can manage. Difficult behaviors can be stressful, but you can control how caregiving stress affects you and keep it from harming you and the person in your care by following some simple tips:

- Pay attention to your thoughts and reactions. Write down what causes your feelings of anxiety, frustration and upset.
- When these negative feelings occur, say to yourself: STOP.
- Take deep breaths and repeat a soothing word or prayer until you start to relax.

At first, you may not feel a change. Eventually, however you will be more aware of what bothers you, and you will be able to better control your emotional responses and cope.

The Comfort of Home, Caregiver Assistance Newsletter © 2004 CareTrust Publications LLC.



Elder Program volunteer Betty Leonard serves Allan Chase.

Volunteers are making a difference

Please join Southcentral Foundation (SCF) in expressing our appreciation to the Elder Program volunteers for generously donating 768 hours of service benefiting the Elders. Special thanks to Eleanor Batchelder, Nicolette Bennett, Matt Calhoun, Merle Carlson, Caroline Dementieff, Mary Edmonds-Guffey, Michelle Huen, Anna Hollenbeck, Jean Hull, Dorothy Komakhuk, Betty Leonard, Jaunita Myers, Tonie Quantance, Tammy Red Owl, Sid Smith, Sarah Smith, Daniel Tieva, Lucia Tieva, Heather Villafranca, Jennifer Clarke, Dana Salman, Lorna Smith and Tina Ketah.

The Elder Program is seeking volunteers. If you are 18 years of age or perhaps an Elder yourself, we encourage you to apply. Volunteer requirements include federal and criminal background checks. and orientation to the Elder Program and population we serve. For more information, contact Pauline Demas at (907) 729-6515 or pdemas@scf.cc.

Volunteers assist Elder Program employees in providing customer service while helping SCF achieve its mission and vision of working together with the Native Community to achieve physical, mental, emotional and spiritual wellness. Serving lunch, socializing with Elders at the program, providing support at group activities or delivering food boxes are essential duties volunteers perform. A warm smile, friendly hug or handshake, and the ability to spend a moment listening are appreciated by our Elders.



Elders enjoy a mini-potluck at the Elder Program.

The success of mini-potlucks

The Elder Program would like to remind Elders that the monthly potlucks have not gone away; they have become smaller and more personable mini-potlucks.

Like following the natural cycle of seasons, the Elder Program works to ensure that Elders have an equal opportunity to attend a mini-potluck. Your Elder provider will be contacting you soon to invite you to a mini potluck.

Here are a few comments highlighting the success of the new mini-potlucks from Elders:

- It is the only place we can share problems and have fun with everybody. I am able to meet new people and have fun.
- Even though it was small, I enjoyed it, and we still got to mingle.
- I prefer the smaller potlucks over the larger because they are more personable.
- Thank you for inviting me to the potluck. Thank you for all of the good food.

Quyana to all the Elders for bringing Native foods to share with others! Thank you for embracing the changes. For more information, call an Elder provider at (907) 729-6500. The next large potluck will be in September after the harvest season and at Christmas.

Transportation schedule

In May 2007, the Elder Program will be testing a transportation schedule to provide Elders the opportunity to shop at CARRS, Fred Meyers, Value Village, Wal*Mart and the Sears Mall.

The bus route will be split by zip code. Elders living in zip codes: 99501, 99504

and 99508 are on the North Route which will be driven on Mondays. Elders living in zip codes: 99503, 99517, 99502, 99518, 99515, 99507 and 99516 are the South Route, which will be driven on Fridays.

Cook Inlet Housing residents may use this route for shopping at the Sears Mall, Wal*Mart and Value Village. Cook Inlet Housing residents are encouraged to use the regularly scheduled routes to CARRS and Fred Meyer. This will help the Elder Program reach more of our customers as the space is limited. A transportation calendar will be sent out with the May lunch menu.

If you are interested in shopping at any of the above locations, please call (907) 729-6500 at least 48 hours in advance, as space is limited.

Information regarding Medicaid services

The Elder Program will begin billing Medicaid Waiver for chore services, medical transportation and the lunch program in the near future. This will not change the current services we provide, but it does mean your Elder provider may ask you for your prior authorization numbers.

Also note that you may hear from your care coordinator about adding these services to your care plan. If you have any questions, contact the Elder Program at (907) 729-6500.

Elder Program offers group visits

The Elder Program is moving toward group visit settings for those independent Elders who are relatively healthy and have good support. One-on-one services will be prioritized for semi-independent Elders with limited support and /or poorer health.

Group visits are conducted on the Elder providers regularly scheduled van days. A group visit will have six Elders and may include activities such as lunch, banking, pharmacy visit, shopping for essential services, picnics, farmer's market and berry picking.

The idea and goal of the group visit is to continue to keep the Elders connected to others in the community, provide a social activity with other Elders and still assist with some of the needs of the Elder. We recognize that the social interaction in group settings is vital to health and a sense of belonging. Thank you for helping to make this part of our program a success. Your Elder provider will be calling you to find out if you are interested in participating in a group visit and to tell you what kind of group visits are scheduled for the month.

Southcentral Foundation

Anchorage Native News
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People from all over the Anchorage community joined the free SCF Gathering event.



25 Years of Family Wellness was celebrated with the many booths at the SCF Gathering, such as Dena A Coy.



Elders Eva Merrifield and Carolyn Demientieff enjoy the food at the SCF Gathering.



Valley Native Primary Care Center employee Lilly Dag welcomed guests at one of the 129 booths at the SCF Gathering.



Families enjoyed rides by the Horse Drawn Carriage Company during the SCF Gathering.



The SCF Complementary Medicine Clinic employees Vivian Vanderpool and Natalee Taylor speak with a guest about what the clinic has to offer customer/owners.



Face painting was provided by About Face Painting during the SCF Gathering.



Families came to the SCF Gathering to enjoy SCF and community booths, children's activities, dancing and food.



The Boys and Girls Clubs of Southcentral Alaska was one of the community booths displayed during the SCF Gathering.



Pauline Stubberud with Quality Assurance shares sample hand sanitizer and facial tissues to encourage cleanliness.

Photo Reflections



Artists from all over Alaska came to share their talents with the community during the SCF Gathering.



Health Education provided a Dance Dance Revolution game as part of a healthy activity for children.



The Knik Yukon Fiddlers played music during the SCF Gathering.



A Germ Jeopardy class shared information on what germs cause.



Tommy Marie Tuttle wins an iPod shuffle from a children's drawing at the SCF Gathering.



Twenty Native artists display crafts during the SCF Gathering.



The Fireweed dancers perform for guests at the SCF Gathering.



Laura Olsen wins the iPod from the adult drawing at the SCF Gathering.



Head Start hosted a Dad's Night March 7, 2007, at Chugach Square Mall that included food, guest speakers, activities for dads to do with their children.



Head Start dancers perform during the Head Start federal review.



Kimberly Kailukiak from the Chinook Classroom in the Chugach Square Mall Head Start, is teaching the children to count from 1 to 5 in English and in Yupik.

Lisa Dolchok: Healing through traditional storytelling



Lisa Dolchok is one of four Tribal Doctors for the SCF Traditional Healing Clinic.

I was born in a log cabin on the Nushagak River in Bristol Bay. My dad, Ricardo Lopez, (known as Dick) came to the United States in the 1930s and came to the Bristol Bay area to work in the then existing canneries. His meeting and marrying my mom, Anecia Ayap'ertulria, (I-yah- p'-tul-ra) was arranged, as was the custom with her people then and also of his. He came from the Island of Cebu in the Phillipines. My mom was born in Black Point, also on the Nushagak River of Yako and Annie Ayap'ertulria. Mom was 19-20 years younger than Dad. I am the oldest daughter of 10 children. One died as an infant when I was young. I have no memories or picture of my sister Mary. She was born next in line to me.

We lived in a one-room log cabin about 18x20, built by hand by my dad, and the other four Filipino men who married Yupik women. Our cabins stretched along the Keefer Cutoff Creek off the Nushagak River within a 10-20 mile radius to each other. We spent winters living there – heating our cabin with wood stove and homemade heater out of 55 gallon oil drum. My uncle, Uppaq (grandfather), and dad, chopped and sawed wood for heat. They also packed water from the river with 5-gallon cans using a shoulder yoke.

In the spring, we went downriver in Dad's sailboat motored by 8-10 horsepower motors called "kickers" (outboard motors) toward the mouth of the Nushagak River in the spring when the frozen river thawed, and the ice flowed out to the Bay. Dad commercially fished for salmon

starting in early May for Libby McLibby at the village of Ekuk in the company's sailboat with another man as a partner. Mom also fished her set net site on the beach, as did all the other women with us children helping work the sites.

We also used her set net site for subsistence in harvesting, cutting, smoking, drying and salting salmon – king, reds, silvers, pink salmon, for human use and dog food. We picked greens and berries in season – salmon berries, blueberries, blackberries and cranberries, filling wooden barrels of each for the long winter seasons. This was to supplement the canned fruits of peaches, pears, and pineapple; canned vegetables of corn, tomatoes, green beans, mixed vegetables with the fishes we preserved and added moose, beaver, porcupine, rabbits, squirrels, muskrats, geese, ducks, ptarmigan and spruce hens that Dad, Uppaq and my uncle Eviyuk hunted. Being part Filipino - rice, macaroni and dried beans were our staple foods. We always had Sailor Boy crackers, sourdough and home-baked bread. Dad cooked and showed Mom how to cook Filipino dishes - adobo, chop suey with the wild game, fish and birds with spices she had to get used to using and tasting – garlic, onions, pickling spices. Mom liked her food boiled plain that we ate dipping the meats or fish in seal oil.

The medicines we had were aspirin, Vicks, cod liver oil, some vitamins, camphor oils, Holy Water and what Grandma and mom made from plants we gathered upriver and in Ekuk. With this were lots of prayers – both the Russian Orthodox way and Roman Catholic prayers. My Uppaq, grandma and mom were of the Russian Orthodox Church and dad was Roman Catholic. We five older children were all baptized in the Russian Orthodox faith. By the time the other five were born, the Roman Catholic faith had arrived in Bristol Bay, so they were baptized in that faith. When the Moravian Church came to our village, we were sent to Sunday School. These three churches in my early life impacted and molded me to who I am today.

I am fortunate and proud that Dad allowed Mom to raise me the Yup'ik way. I learned all the things I needed to know to become a woman, wife and mom when I would eventually marry and start my own family. The foundation and family values of both my Yup'ik and Filipino heritage are similar. It is respect for all living things—self, family, people, animals, birds, fishes and mostly, to have love for all living

things and God, our Creator. This meant we took care of food that was caught by our men, berries and greens picked by us as women and children, the clothing we had, and our home. Mostly, to care for our lands and keep them clean. We did not waste anything. I believe all aboriginal peoples are the original recyclers! We saved jam jars with good lids, coffee cans, flour and sugar cloth sacks for storage and clothing. We used all parts of the animals, birds and fish we caught for food. We thanked God and had special ceremonies for food we caught. We do not have to throw away these old ways we have been taught and lived throughout our lives just because we now live in a "modern, technical and gussuk (Western)" ways.

Quyana, God, our Creator, for my breath of Life, Blessings, and even hard times that came in my path, for loving and looking after me. Quyana, Mom and Dad, for bringing me into this world, teaching me and caring for me until I was able to care for myself.

I lived this way until I was almost 9 years old. A (federal) marshall came to our home and told my mom that I'd have to begin a new way of living. I must begin school. That's many stories for later.

Read the Anchorage Native News for more traditional storytelling.

Traditional Healing Clinic

Storytelling is a traditional-healing practice that Alaska Native and American Indian people have used since time immemorial.

Southcentral Foundation's Traditional Healing Clinic brings ancient healing practices like these side-by-side with conventional medicine that integrates Alaska Native values, beliefs and practices for the ultimate benefit of Native customer/owners, families and communities.

Tribal doctors provide outpatient services such as healing hands; prayer; cleansing; song and dance; culturally sensitive, supportive counseling; talking circles and an Alaska Native Traditional Healing Garden.

The Traditional Healing Clinic is located in the Anchorage Native Primary Care Center, and eligible patients can ask their provider for a referral.

Stories written in the Anchorage Native News may not be reprinted without the express permission of the authors. For more information, contact Southcentral Foundation.

Southcentral Foundation's Traditional Healing Clinic *Providing you with:*



- Healing hands
- Prayer
- Cleansing
- Song and dance

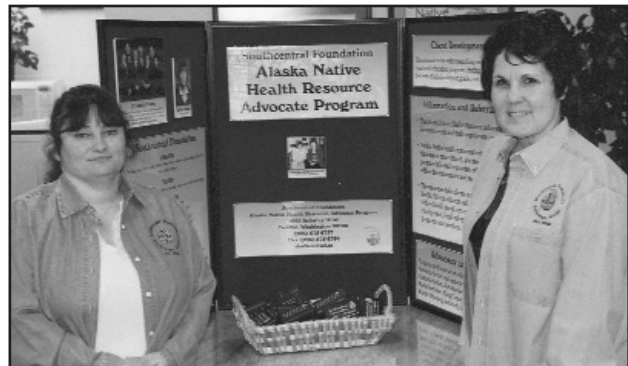
- Culturally sensitive, supportive counseling
- Talking circles
- Alaska Native Traditional Healing Garden
- Women's talking circle

For an appointment, ask your primary care provider for a referral.

4320 Diplomacy Drive, Suite 1010, Anchorage, Alaska 99508
(907) 729-4958 / fax: (907) 729-5238, www.scf.cc

Lower 48 resource advocate program sees increased demand for services

Majority of clients are CIRI shareholders



Alaska Native Health Resource Advocate Program Supervisor Roberta Hallam and Resource Advocate Ruth James provide referral information to clients.

Demand for services at the Alaska Native Health Resource Advocate Program (ANHRAP) has increased over the past years. The Seattle-based program, a joint effort by Cook Inlet Region, Inc., (CIRI) and Southcentral Foundation, assisted 513 Alaska Native clients from October 2005 to January 2007.

"Our customer requests have increased substantially," CIRI shareholder and ANHRAP supervisor Roberta Hallam said. "Most of our referrals are family members and friends referring others."

Finding Indian or tribal healthcare and other resources can be difficult for Alaska Native people in the Lower 48. ANHRAP helps point them in the right direction, providing

information and referral services, researching available resources, and connecting customers with healthcare, social and educational service options in their area.

ANHRAP has served clients affiliated with every regional Native corporation since October 2005, with CIRI shareholders and descendants comprising 54 percent. The program provided 57 percent of its services by telephone, 22 percent by mail and served Alaska Native people residing in 27 states. Clients normally request more than one category of resources, and these can vary widely. Examples include child care assistance, dental resources, housing and employment assistance, cultural resources, educational assistance, legal resources, senior services, health care assistance and more.

"Our goal is to provide the best possible resources to support customers by giving them information and connecting them to the appropriate agency to receive services," Hallam said.

Contact ANHRAP at:
1000 Industry Drive, Bldg. 30
Seattle, WA 98188
(206) 575-6757
Toll free: (866) 575-6757
Email: anhra@scf.cc

Teamwork produces results throughout SCF

A Key Point of Southcentral Foundation's (SCF) Mission Statement is its Commitment to Quality: "We strive to provide the best services for the Native Community." One of the ways SCF lives up to this commitment is through the effective use of cross-disciplinary teams throughout the organization to identify areas that can be improved and to find better ways to serve its customer/owners.

By bringing together employees from different backgrounds and different departments to work on committees, SCF can evaluate processes from many perspectives. This teamwork approach fosters discussions that help achieve solutions beneficial to both the organization and the customer/owner, and is practiced in more than two dozen committees.

SCF's committees are organized into four major groups: the Operations Committee, Process Improvement, Quality Assurance and Quality Improvement. These four committees provide oversight and integration of these major functional areas. Each of these committees has subcommittees that are focused on a particular process or system.

For instance, the Operations Committee is focused on the processes and systems involved in the day-to-day management of SCF's programs. Subcommittees of this committee include Human Resources, Finance, Customer Service and

Information Technology to name a few. All of these committees meet regularly to practice group problem solving, using a team-based approach.

As most SCF customer/owners know, SCF uses a variety of methods to listen to the concerns and comments from its customer/owners who are located not only in Anchorage, but also in all locations in the SCF 107,413-square-mile range, including remote villages. How can all this feedback lead to improvements? What kind of improvements can help address the issues customer/owners raise? These are the types of questions that are evaluated by the SCF Customer Service Committee, a subcommittee of the Operations Committee, specifically designed to develop creative solutions.

Like other committees, the Customer Service Committee uses a teamwork approach, bringing together employees from various disciplines and departments who review the information and work together to make recommendations.

Meeting every month, their most recent project has been to help implement exceptional internal and external customer/owner standards across the organization.

The Customer Service Committee is a good example of the SCF team approach for actualizing a Native Community that enjoys physical, mental, emotional and spiritual wellness.

SCF dental history continues...

Continued from page 2

The SCF Dental Clinic includes three comprehensive training programs to develop dentists and dental assistants who will help ensure excellent dental care services for SCF customer/owners well into the future.



Rolanda Ward participates in the SCF dental training program.

*Dental Clinic's Commitment to Quality:
A Success Story*

As part of its commitment to quality, SCF strongly emphasizes training to develop highly qualified employees in positions throughout the organization. Rolanda Ward is one such employee, and is on her way to becoming a dentist.

Ward joined SCF in 2001, when she began working with the SCF Alaska Native Medical Center dental assistant training class. During the following year, she made a big decision:

"In 2002, I decided dentistry was a career for me and enrolled at UAA [University of Alaska Anchorage]," said Ward.

Ward declared her major in biology and began taking courses toward a Bachelor of Science to fulfill dental school prerequisites. Showing exceptional promise as a student, she was granted an Indian Health Service scholarship as a preprofessional and, with annual re-applications, won a four-year scholarship with full tuition and stipend. While continuing her studies, Ward has also continued to work part time with SCF at ANMC as a dental assistant.

In 2004, Ward attended the Summer Medical Dental Education Program at the University of Washington (UW) in Seattle, a free, expenses-paid, six-week summer medical and dental school preparatory program. Last year, after successfully taking the Dental Admissions Test, she was accepted by the UW School of Dentistry. Ward will enter the class of 2011 this August upon completion of her Bachelor of Science in biology at UAA.

Congratulations, Rolanda—we are all very proud of you!

National Native News celebrates 20 years of services to the public



Antonia Gonzales is the on-air anchor for the "National Native News" radio program, KNBA.

by Rachael Tuia, Resource Development Specialist, Koahnic Broadcast Corporation

KNBA congratulates "National Native News" on reaching its 20th year on the air. Launched in January 1987 to provide public radio listeners with a regular, timely and balanced source of news on Native issues, the five-minute weekday newscasts are produced for the Anchorage-based Koahnic Broadcast Corporation by Antonia Gonzales (Navajo), who also serves as the on-air anchor. Carried on KNBA since October 1996, "National Native News" is aired on close to 100 Public Radio International (PRI) stations across the U.S. It is also streamed online and is heard in Canada.

"National Native News" covers the social, economic and cultural issues that affect every community, and helps radio and online listeners understand the interconnectedness between Native

people and non-Natives. It appeals to listeners who are engaged in the world and who seek a broader range of viewpoints. It features regular reports from its Capitol Hill News Bureau, working closely with "Capitol News Connection," a customized congressional news service available through PRI.

"National Native News" has over 50 stringers based in the U.S. and Canada.

In 2006 alone, its coverage ranged from bird flu preparation to the fight for federal recognition of tribal status, from celebrity visits to the Navajo Nation to an exclusive tour of the BIA Indian Law Enforcement Training Center in New Mexico.

KNBA is Anchorage's local Public Radio International affiliate and a National Public Radio member station. The mission of Koahnic Broadcast Corporation is to be a leader in bringing Native voices to Alaska and the nation.

Purchase First Home, Start a Business, Pay for Education with CITC IDA Program

by Benjamin Johnson
IDA Vista Volunteer

There is a program offered by Cook Inlet Tribal Council's (CITC) that helps individuals and families get a financial head start. Called the Individual Development Account (IDA), it offers people help with purchasing a new home, starting a small business, or paying for education and training.

Participants in IDA are able to save a maximum of \$800 and receive a 5:1 matching contribution of \$4000. All program participants receive a free credit report from Consumer Credit Counseling, plus budgeting assistance. Money management classes include budgeting, credit repair, how to apply for credit successfully, and investments and retirement. Participants are provided with education that is related to their asset choice. Those interested in home ownership will attend the Alaska Housing Finance Corporation HomeChoice class, and potential small business owners will work with experts on developing a business plan. Students can receive assistance with career exploration, locating a school and financial aid plans.

To be eligible for the IDA program, participants must be an Alaska Native or American Indian person or the legal guardian of Alaska Native or American Indian child, reside in the Municipality of Anchorage, have earned income (work full time, part time or be self-employed), be eligible for Temporary Assistance for Needy Families (TANF), be able to claim Earned Income Tax Credit or have income that is less than 200 percent of the Health and Human Services income guidelines. Applicants must have less than \$10,000 of net worth.

This program has been made possible through key partners including Alaska Mental Health Trust, Wells Fargo, Cook Inlet Housing Authority, Consumer Credit Counseling and United Way. For all questions about the program or eligibility, please contact Kimberly Henry at (907) 793-3303 or by email at kleeper@citci.com.



Chanlyut focuses on Alaska Native values



by Gloria O'Neill, President/CEO
Cook Inlet Tribal Council

Chanlyut, ("chawn-loot") Dena'ina Athabascan for new beginnings, is a new and unique structured-living initiative in Anchorage for men who are struggling with the serious challenges of re-entering society after incarceration, recovery from substance abuse and/or chronic homelessness.

At Chanlyut, each resident teaches and learns from one another, providing a community in which residents learn to address their own challenges by creating their own constructive solutions. Chanlyut does not rely on outside professionals telling residents what to do; instead, residents work to support themselves and the program. As a subsidiary nonprofit of Cook Inlet Tribal Council, Chanlyut is grounded in Alaska Native values and committed to supporting people as they learn to rebuild their lives, serve their

communities and fulfill their endless potential.

The focus of Chanlyut is on developing personal responsibility and self-sufficiency through education—both formal education and active learning. Chanlyut's educational experiences include: GED classes, post-secondary academic classes, life skills classes, vocational training, hands-on work experience in training schools, teaching others, community engagement and day-to-day interactions.

During the time in Chanlyut, residents will achieve an equivalency of a high-school diploma (and have the opportunity to further their post-secondary education), and develop at least three different marketable job skills for Alaska's workforce. Chanlyut residents, not "hired staff," will ultimately operate and oversee all aspects of this initiative and its associated project activities.

We are currently developing our first group of Chanlyut residents. Applicants ready to change their lives should write a letter stating why they want to live at Chanlyut, which will be followed by a selective interview process. If you or somebody you know might be interested in learning more about Chanlyut, contact Chanlyut President John Pavao at (907) 793-3222 or jpavao@citci.com.

Native America Calling — join the conversation!



Native America Calling welcomes returning host Harlan McKosato to discuss Native issues on air as listeners call in (1-800-99NATIVE) and share their thoughts.

1p.m. Eastern Time. Tune in to public radio or visit online:
nativeamericacalling.com



NAC Host Harlan McKosato

Support by the Corporation for Public Broadcasting and the Ford Foundation. Distributed by Native Voice One. Visit online at www.NAC.org.

the leader in bringing Native voices to Alaska and the nation



Rasmuson Foundation internship opportunity

The Rasmuson Foundation seeks a dynamic and proactive individual to join our team as a Communications Intern. The Communications Intern position is one year in duration and is an invaluable opportunity for undergraduate students receiving their degree in spring of 2007. Experience (academic or employment) in communications, marketing and/or public relations is a plus but not required. The position will be available in early July 2007.

The intern assists the Chief Administrative Officer with implementing, monitoring and evaluating the Foundation's communications plan, undertakes special projects as assigned, and performs a variety of support activities for Foundation operations. She/he has regular contact with the public and must work with these individuals with consideration, respect, and caring. The successful candidate is a supreme communicator, both oral and written, and possesses excellent interpersonal, collaborative, communications, research, analytical and computer/database skills. Sensitivity to the diverse nature of the State is necessary, and strong knowledge

of one or more of its critical social issues a plus. Flexibility and orientation to detail required.

Application deadline: May 1, 2007

Qualified candidates are encouraged to submit a cover letter, including a statement detailing personal philanthropic involvement, a writing sample, resume and three references to:



Rasmuson Foundation
Attn: Chief
Administrative Officer
301 W Northern Lights
Blvd, Ste 400
Anchorage, AK 99503

E-mail: hr@rasmuson.org or Fax: 907-297-2770

About the Foundation

The Rasmuson Foundation was created in May 1955 by Jenny Rasmuson to honor her late husband "E.A." Rasmuson. The Foundation is a catalyst to promote a better life for all Alaskans.

Celebrates the safety and wellness of women

by Denise Morris, President/CEO
Alaska Native Justice Center

April is national Sexual Assault Awareness Month and the Alaska Native Justice Center (ANJC) in conjunction with the Alaska Native Women's Sexual Assault Committee (ANWSAC) will be hosting an event on April 27 to mark this occasion. For the eighth straight year, "Celebrating the Safety and Wellness of Alaska Native Women" will take place at the Nat'Uh Non-Profit Services Center from 3:00 p.m. to 5:00 p.m.

A collaboration of Anchorage community agencies, ANWSAC was formed in 1999 to address the high number of Alaska Native women who fall victim to sexual violence. ANJC is an agency dedicated to assisting sexual assault victims throughout the year.

ANJC provides assistance to survivors of sexual assault in Anchorage and Mat-Su in a number of ways, including advocacy.

"The advocacy provided is to help empower individuals in their process of regaining their

respect, dignity and ownership of themselves," ANJC Advocate Cheryl Facine said.

Among their other services include the identification of the victim's immediate needs, providing referrals to community resources, explaining and tracking the judicial process, and help with victim impact statements and registration Victim Information and Notification Everyday (VINE) and Alaska Department of Corrections Victim Service Unit. ANJC advocates may also accompany victims to court proceedings, such as grand jury hearings and criminal trials.

"The accompaniments provide support to individuals to help them feel safe and, most of all, to let them know someone cares and they are not alone," Facine said.

ANJC also tracks unsolved homicides of Alaska Native women in Anchorage and offers a reward for information leading to the arrest and conviction of those responsible. Currently, ANJC is tracking 17 unsolved homicides dating back to 1991. To make a report, call Crimes Stoppers at (907) 561-STOP.

CIRI Affiliates services directory

Alaska Native Heritage Center
8800 Heritage Center Drive
Anchorage, AK 99506
(907) 330-8000
(800) 315-6608
Email: info@alaskanative.net
Website: www.alaskanative.net

Alaska Native Justice Center
3600 San Jeronimo Drive, Suite 264
Anchorage, AK 99508
(907) 793-3550
Email: jmeier@citci.com
www.anjc.org

Alaska's People
(a division of Cook Inlet Tribal Council)
3600 San Jeronimo Drive, 3rd Floor
Anchorage, AK 99508
(907) 793-3676
(888) 553-1213
Email: apeople@citci.com
Website: www.alaskaspeople.com

The CIRI Foundation
3600 San Jeronimo Drive, Suite 256
Anchorage, AK 99508
(907) 793-3575
(800) 764-3382
Email: tcf@thecirifoundation.org
Website: www.thecirifoundation.org

Cook Inlet Housing Authority
3510 Spenard Road, Suite 100
Anchorage, AK 99503
(907) 793-3000
(888) 667-2442
Email: info@cookinlethousing.org
Website: www.cookinlethousing.org

Cook Inlet Region, Inc.
2525 C Street, Suite 500
Anchorage, AK 99509
(907) 274-8638
(800) 764-2474 (shareholder relations)
Website: www.ciri.com

Cook Inlet Tribal Council
3600 San Jeronimo Drive
Anchorage, AK 99508
(907) 793-3600
(877) 985-5900
Email: citci@citci.com
Website: www.citci.com

Koahnic Broadcast Corp.
KNBA 90.3 FM
3600 San Jeronimo Drive, Suite 480
Anchorage, AK 99508
(907) 793-3500
(888) 278-5622
Email: feedback@knba.org
Website: www.knba.org

A full non-profit directory of services is available through The CIRI Foundation.

Jessop named Alaska Native Medical Center Administrator



Daniel Jessop serves as the new hospital administrator.

by Gary Chythlook, Public Relations Manager
Alaska Native Medical Center

Daniel Jessop has been selected to serve as the new administrator of the Alaska Native Medical Center (ANMC), effective Feb. 1, 2007. Jessop is a career senior health care executive with experience as executive vice president, chief operations officer, chief financial officer, and vice president at several large tertiary teaching hospitals, both nonprofit and profit-based.

Most recently, Jessop served as the executive vice president and chief operating officer of Queen's Medical Center (QMC) in Honolulu, Hawaii. Today, Queen's is licensed to operate with 526 acute care beds and 30 sub-acute beds, and employs 3,000 people, including more than 1,200 physicians.

Jessop formerly served for 13 years as the chief operating officer at Columbia-HealthONE, a 1,296-bed hospital and level I trauma center in Denver. Between 1972 and 1984, he was employed at St. Joseph's Hospital in Minot, N.D.; at Harper and Grace Hospitals in Detroit and at Pontiac General Hospital in Pontiac, Mich.

Jessop has a bachelor's degree in business administration from Western Michigan University, and a master's in business administration from the University of Colorado. He has visited Alaska many times and owns a home in the Homer area.

The Alaska Native Medical Center serves all Alaska Natives and American Indians living in Alaska and is jointly owned and managed by the Alaska Native Tribal Health Consortium and Southcentral Foundation.

Bone marrow recipient, donor meet for the first time

by Evonne Bennett, American Indian/Alaska Native National Minority Marketing Consultant

On March 16, 2007, Alex Cesar and his family waited at the Juneau International Airport to meet the man that saved Alex's life.

At 6-years-old, Alex was diagnosed with Acute Myelogenous Leukemia. At seven, he found a rare and perfect match; he found a bone marrow donor.

Two months ago, Leonard Begaii, a Navajo man from New Mexico, got a call going to work. "My name is Rachel. I'm the mother of Alex Cesar, the patient you donated marrow to."

A year-and-a-half after donating bone marrow, Leonard finally found out the patient's name. At the same time, Alex's family finally got a chance to thank the man who saved his life.

"I just wanted to help somebody out," Begaii said. "I kept wondering."

When the families met at the airport, all the anticipation and nervousness disappeared. It was a very emotional reunion for everyone.

Alex's battle inspired his aunt, Andrea Quinto, to hold drives across Alaska. Over 1,000 Alaskans joined the National Marrow Donor Program Registry. Quinto still volunteers to continue to help Alaska Natives join the registry to help more families like hers. Less than 80,000 Natives are on the registry out of 6 million listed. Hundreds search for a match each year. We need more Natives to join to save Native lives.

"We have a good success story," Quinto said. "We just happen to be the lucky ones."

Both families enjoyed getting to know each other. After 10 days of visiting, the families decided that they were a perfect match, as well.

"I'm glad somebody is alive today because of what I did," Begaii said.



Artist Rick Beasley demonstrations are part of the Heritage Center's culture sharing.

The Alaska Native Heritage Center is a premier cultural center sharing the rich heritage of Alaska's 11 major cultural groups. Visitors experience Alaska Native culture first-hand through engaging storytelling, authentic Native song and dance, artist demonstrations, Native games demonstrations and more. Unique opportunities to interact and participate create an enlightening educational experience for young and old alike.

The Heritage Center, located ten miles from downtown Anchorage, is situated on 26 wooded acres. Inside – the Hall of Cultures, Theatre and Gathering place are home to many of our activities and demonstrations. Outside – guests stroll through six authentic life-sized Native dwellings surrounding beautiful Lake Tiulana and are introduced to the traditional life ways of the Athabascan, Inupiaq/St Lawrence Island Yupik, Yup'ik/Cup'ik, Aleut, Alutiiq, and the Eyak, Tlingit, Haida and Tsimshian peoples.



These Aleut and Alutiiq structures are part of the six Native dwellings surrounding Lake Tiulana at the Hertiage Center.

PROFESSIONAL CAREER POLICE OPPORTUNITIES

NOW RECRUITING

The Anchorage Police Department is adding 90 new Patrol Officers to it's 360 officer police force. We offer excellent benefits and compensation packages.

To learn more about a rewarding career with APD please visit our website at www.joinapd.org.

Contact: Officer Steve Hill
907-786-2436
Sgt. Mike Couturier
907-786-2444
www.joinapd.org

Police Career Opportunity Hotlines:
Toll-free (866) 786-2432 (within 50 states) or 786-2436

Anchorage Police Department career opportunities

The Anchorage Police Department wants to recruit more minorities, and they strongly encourage Alaska Native/American Indians to apply. First-year patrol officers earn a base salary of \$66,500. Applicants must be at least 21 years old, have a high school diploma or G.E.D. equivalent, and be physically sound.

Applicants must go through criminal background checks and drug testing. Contact Alaska Native Officer Doug Fifer at (907) 786-2454 or go to www.joinapd.org for more information.

Opportunities for research

Are you interested in learning more about health research? Have you ever wondered how Southcentral Foundation oversees research as a tribal organization? Southcentral Foundation recently created a research webpage that covers research topics of interest to Alaska Native people.

The research webpage is unique because it was developed by and for Alaska Native people. Key sections include: basics about health research and the research process, study participant protections and tribal ownership of research.

To help make sure that study results are shared with the Native Community, there are links to publications about research done by or involving Southcentral Foundation. Please visit www.scf.cc/research to review the research webpage.

Southcentral Foundation is seeking applicants for the following jobs

Application Programmer I, II

This candidate will be responsible for the development, programming, testing, and maintenance of new software applications and related database infrastructure. Bachelor's degree in computer science, information systems or related specialty, and/or equivalent training and experience with programming languages is preferred.

Bus Drivers

The Head Start and Elder program are seeking qualified candidates. Must have commercial driver's license with a passenger endorsement. Head Start bus drivers must have a class "S" permit, or be willing to train, and obtain one within three months of hire. Must be at least 21 years old and have a clean driving record with at least three years of driving experience. Current First Aid and CPR certification, or must obtain certifications within six months of hire.

Clinical Associate I, II, III

Behavioral Services is seeking experienced clinical associates. Bachelor's degree in psychology or related social science field required. Equivalent combination of education and experience accepted.

Cook I, II

This person will be responsible for kitchen operations at The Pathway Home, including preparation and delivery of meals, menu planning, inventory management and purchasing, plus staff training, while enforcing high performance standards. High school diploma or GED required, plus current food service worker's permit as issued by appropriate authority. Associate degree in culinary arts or equivalent, or three years of experience in a commercial/institutional setting, or completion of vocational training course in food preparation. One year experience in large-scale food preparation environment. First Aid/CPR certification, or must acquire within six months of date of hire.

Program Manager/Systems Administrator

This position will manage and administer personnel policies and procedures. Requires strong written and verbal communication skills. Must demonstrate strong leadership ability. Healthcare/clinical background experience, plus bachelor's degree or equivalent academic training required.

Procurement & Materials Manager

For Finance Services. This person will be responsible for directing and coordinating a wide range of procurement activities associated with contract administration and materials management, office administration, and staff management. Requires a high degree of technical, interpersonal and management skills, plus the ability to exercise independent judgment. Develops and manages financial policies and procedures related to purchasing, inventory/materials management and contract administration, and is responsible for implementation and maintenance of the company purchasing system. Assists in the management of SCF's equipment replacement sinking fund. Requires bachelor's degree in accounting, business administration or a related discipline, or equivalent training and experience. Three years accounting/procurement experience with exposure to purchasing and inventory management. One year supervisory or project management experience.

Special Needs Coordinator

For Head Start. This person is responsible for the coordination of delivery of services to children with special needs and their families in accordance with federal performance standards. Requires ability to communicate effectively both verbally and in writing, ability to work effectively in a team environment, knowledge of Alaska Native and American Indian culture. Demonstrates sensitivity to the needs of children and families, good team-player qualities, plus ability to maintain quality, safety and infection control standards. High School diploma or GED, Associate degree in early childhood education, human service, sociology or related field, or equivalent training and experience. Current First Aid/CPR certification, or ability to obtain within six months of hire. Valid Alaska driver's license. Must be at least 21 years of age and have a clean driving record with at least three years of driving experience. One year experience working with people with special needs.

Teachers

For Head Start and Health Education. **Teacher I:** High School Diploma or GED, plus one year of experience working with groups of children preferred. First Aid/CPR certification, or must acquire within six months of date of hire. Must be able to obtain Child Development Associate (CDA) credential within one year of date of hire. **Teacher II:** High School Diploma or GED. A current CDA credential appropriate to program and age of children served. One year of experience working with groups of children. First Aid/CPR certification, or must acquire within six months of date of hire. **Teacher III:** Two years of experience in teaching preschool children. Associate or advanced degree in early childhood education.

Human Resources contact information

All salaries are DOE with excellent benefits including seven percent pension contribution, 3.5 weeks paid leave, employee medical, dental, vision, hearing and more. See full job descriptions and apply online at www.scf.cc or contact Tess Johnson at (907) 729-5011 or email tjohnson@scf.cc. For additional information, contact program staff at (907) 729-4977.

Research education experience: Native Researchers' Cancer Control Training Program



Research Associate Lisa Dirks attends a training program in Portland, Ore.

by Lisa Dirks, Research Associate

Last year, I was fortunate enough to attend the Native Researchers' Cancer Control Training Program (NRCCTP) held in Portland, Ore. The program is an intensive, three-week-long training program designed to teach methods that are helpful

in conducting cancer control research in the Alaska Native and American Indian Community.

Topics students learn about include epidemiology methods, statistical analysis, survey design, qualitative research methods and grant writing. These courses are instructed by people who have been involved in cancer control research in the Alaska Native and American Indian Community and are enthusiastic about improving the health of Alaska Native and American Indian people.

Training opportunities like this one are meant to increase the workforce of qualified Alaska Native and American Indian people involved in health research. The NRCCTP program coordinators emphasize the importance of students bringing back the learned information to their respective communities.

I have the advantage of working for Southcentral Foundation, an organization that supports training staff to excel in their chosen careers. The NRCCTP supplemented this support and was a rewarding

opportunity. It helped me realize that health research is an appropriate career for me.

The biggest factor influencing me to continue had a lot to do with the positive experience the training program provided me. It was empowering for me to learn with and from other Alaska Native and American Indian people who were all interested in helping their communities through research. The environment was very supportive and conducive to learning, which was different from experiences I had with other training programs.

To find out more information about the program, go to www.ohsu.edu/nrcctp/about.html. The program coordinators support the Summer Research Training Institute for American Indian and Alaska Native Health Professionals. To find out more about this training program, go to www.ohsu.edu/summer-institute/. The registration deadline for this opportunity is May 15, 2007.

SCF Contact Information

Sudoku Challenge your mind

5	4		9				3	
						7		
					4		6	
	8	9	6			5		2
		2				3		
4		5				6	8	
	1		4					
		3						
	9				6		2	8

Fill in the grid with digits in such a manner that every row has the numbers 1 -9, every column has the numbers 1-9 and every 3 x 3 box has the numbers 1 - 9, without repeating any numbers in any row, column or 3x3 box.

24th Annual Gathering of Nations Pow wow April 26 to 28, 2007 in Albuquerque, NM North America's "BIGGEST" Pow wow!

Among many contributions to the Native American community, the Gathering of Nations founded and funds the Academic Scholarship Foundation for Native American students, in addition to hosting the annual Gathering of Nations Pow wow, Miss Indian World Traditional Talent Presentations and Indian Trader's Market the last full weekend of every April.

The Miss Indian World Traditional Talent Presentations will be held Thursday, April 26 at the Albuquerque Convention Center in the Kiva Auditorium, and the Gathering of Nations Pow wow and Indian Traders Market will be Friday and Saturday, April 27 and 28 at the University of New Mexico Arena, also known as "The Pit." The pow wow and traders market includes over 3,000 dancers and singers from all over the country, dance competitions, music, vendors and great food.

All are welcome at the Gathering of Nations! For more information on this event, visit the website at www.gatheringofnations.com

The Gathering of Nations is a Native American Indian 501(c)3 non-profit organization founded in 1983 to promote Native American, American Indian (indigenous) culture & tradition, and dispel stereotypes created about Native American Indian and indigenous people.

Southcentral Foundation contact information

4501 Diplomacy Drive, Anchorage, Alaska 99508
Phone (907) 729-4955 • Toll-free (800) 478-3343
www.scf.cc



Alaska Native Health Resource Advocate	(206) 575-6757
Anchorage Native Primary Care Center	729-3250
Audiology	729-1400
Behavioral Health Program	729-2500
Breast and Cervical Health	729-2194
Chickaloon Village Health	(907) 745-0704
Children's Clinic	729-1000
Complementary Medicine	729-4320
Customer Service Representatives	729-3299
Dena A Coy Residential Treatment	729-5070
Dena A Coy Outpatient Treatment	729-6300
Prenatal Support Services	729-3141
Alaska Women's Recovery Project	729-5090
Infant and Child Advocacy Project	729-5070
Dental	729-2000
Elder Program	729-6500
Family Health Center – Palmer	(907) 745-1777
Family Health Center – Wasilla	(907) 357-7771
Family Medicine Clinic	729-3300
Head Start – Chugach Square Mall	729-6100
Head Start – Northway Mall	729-6170
Health Education Department	729-2689
Home-Based Services	729-2490
Human Resources	729-4977

Knik Tribal Council	(907) 373-7991
Maternal Child Health Program	343-4800
McGrath Health Center	(907) 524-3299
Nikolai Clinic	(907) 293-2328
Nilavena Subregional Clinic – Iliamna	729-5400 or (907) 571-1818
Nutaqsiivik	729-3260
Office of the President	729-4955
Optometry Clinic	729-8500
The Pathway Home	729-5020
ANPCC Pharmacy	729-2150
Public Relations and Communications	729-4953
Quyana Clubhouse	729-6550
RAISE Program	729-5015
Sunshine Community Health Center – Talkeetna	(907) 733-2273
Takotna Clinic	(907) 298-2214
Traditional Healing	729-4958
Traditions of the Heart	729-3298
Transitional Living Program	729-6390
Tribal Relations and Village Initiatives	729-4975
Urgent Care Center	729-1729
Valley Hospital Emergency Room – Palmer	(907) 861-6620
Valley Native Primary Care Center	(907) 352-6000
Village Service Management Team	729-4975
Women's Health Clinic	729-3100