Women supporting women

SCF midwives participate in historic birthing and midwifery gathering

By Marilyn Pierce-Bulger, CNM
SCF Women's Health Clinic

Four members of the Southcentral Foundation (SCF) Women's Health Clinic Midwifery Service (Margaret Baldwin, Joan Koval, Marilyn Pierce-Bulger and Lisa Weston) and Tribal Doctor Rita Pitka Blumenstein traveled to Indian Health Services (IHS) Headquarters in Rockville, Md., May 5 - 8 for an historic event that brought together midwives, Elders, midwifery icons, educators and policy-makers representing the United States, Canada and Mexico. The purpose of the meeting was to share information and promising practices, understand the underpinnings of indigenous midwifery, and to discuss potential areas for collaboration. Additional Alaskan midwife participants included Joan Junge from Bristol Bay Area Health Corporation, Linda Curda who works with the Community Health Aide Programs, and Roberta Ward who is currently practicing in Utah.

While each country has unique concerns related to indigenous midwifery, there are similar experiences that have led to the loss of midwifery wisdom in many tribal communities. Inuit women in several northern Canadian communities found the government policy of having pregnant women move to larger ‘regional hub’ communities for the last month of their pregnancies to be highly stressful and detrimental to the health and well-being of many women.

Continued on page 5, “Women supporting women”
Jim LaBelle
James “Jim” W. LaBelle Sr., of Inupiat heritage, is an adjunct faculty member and instructor in the Alaska Native Studies department at the University of Alaska Anchorage (UAA). He is also a past member and chairman of the Alaska Federation of Natives’ Wellness (Sobriety) Movement, and a frequent workshop presenter on topics related to wellness, healing and cultural grief.

Most recently, LaBelle served as a keynote speaker at the Rural Alaska Community Action Program’s June providers conference. His wife of nearly 40 years, Susan LaBelle, was also a keynote. The theme was “Healthy Families, Healthy Communities.”

When LaBelle was a child, he was sent to Wrangell Institute and then Mt. Edgecumbe High School. Almost 40 years later, while pursuing his master’s degree, he drew from his personal experiences to prepare a paper titled “Boarding School: Historical Trauma among Alaska’s Native People.” The paper was written in collaboration with the National Resource Center for American Indian, Alaska Native and Native Hawaiian Elders. As a research associate for the Center, LaBelle was also an active participant in a boarding school healing conference, where he raised awareness and helped others begin the healing process.

Though he is in favor of voluntary boarding schools in Alaska, LaBelle has recommended that prospective students be screened for vulnerability to depression or suicide if they leave their home communities.

A favorite of many Native students at UAA, LaBelle has inspired them through his stories and his leadership. He has over 25 years of experience working in village and regional corporations formed under the Alaska Native Claims Settlement Act, including three years as president and CEO of Port Graham Corporation. In the early 1970s, LaBelle took the lead in developing a service-oriented nonprofit organization to provide for the socioeconomic, health and housing needs of the Native people in the Prince William Sound and Lower Cook Inlet communities. The organization he helped establish is now called Chugachmiut.

Gloria O’Neill
Gloria O’Neill, MBA, of Yup’ik and Irish descent, has been the president and CEO of Cook Inlet Tribal Council (CITC) for ten years. O’Neill worked for the social service organization for six years prior to her appointment as president. Under her leadership, the mission of the organization was changed to: “working in partnership with our people to develop opportunities that fulfill our endless potential.” CITC’s budget also quadrupled in size to serve a greater number of people within a broader range of services.

Currently, O’Neill oversees the work of CITC’s five main divisions: Child and Family Services, Community Shared Services, Education Services System, Employment and Training Services, and Recovery Services, which includes a drug and alcohol treatment program.

O’Neill is especially active in addressing the needs of families because of the profound importance of family in Alaska Native cultures. “Our main goal is to try to keep the family intact,” she has said. In 2003, she received a Light of Hope Award for her activism in this area. That same year, she received a BP and YWCA of Anchorage Women of Achievement Award.

Among her many commitments, O’Neill also serves on the board of the Alaska Federation of Natives, Cook Inlet Housing Authority, Alaska Mental Health Board and the U.S. Census Bureau Advisory Committee on Race and Ethnicity for American Indian and Alaska Native Populations. She has also served as a steering committee member of the United Way of Anchorage’s Anchorage Community Assessment Project.

In both her civic and professional life, O’Neill has worked to assure families are connected to housing, counseling and job opportunities, and resources continue to be developed for the benefit of the Native Community and the greater Anchorage area.

Celebrating today’s Native leaders

UAA Instructor Jim LaBelle and CITC President/CEO Gloria O’Neill

By SCF Public Relations Staff

Southcentral Foundation
Mission and Vision

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

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

Katherine Gottlieb
Southcentral Foundation President/CEO

Southcentral Foundation
Board of Directors

James Segura
Chairman

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Vice-Chairman

B. Agnes Brown
Secretary/Treasurer

Karen Caindec
Director

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Director

Dr. Terry Simpson
Director

Please join us for the
5th Annual Healthcare Listening Conference

Southcentral Foundation
Gathering Room
4501 Diplomacy Drive

Thursday, Nov. 13
3:30 to 7:00 p.m.

All of Southcentral Foundation and Alaska Native Medical Center customer/owners are invited to provide feedback and share their ideas to help improve our services.

Light refreshments will be provided

For additional information, call the Public Relations Department at (907) 729-4953

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DNKA, Continued from page 1

Why? Because each time someone misses an appointment, it takes the opportunity away from another member of the Native Community to obtain health care services. DNKAs also tax your health care system by taking valuable staff time and hospital space for people who don’t show up while others are waiting.

For some specialty clinics, as many as one in five people arrives late or misses an appointment. As a result, the Alaska Native Community loses more than $4 million in wasted health care staff time and facilities at ANMC alone.

What can you do to help? If you have family members or friends, help them to get to their appointments on time. If an emergency does arise that prevents you, your friend or family member from making an appointment on time, please call as soon as possible to reschedule.

Working together we can achieve our vision for Alaska Native people to become the healthiest people in the world.
Commitment to Quality

Your voice matters at Southcentral Foundation

By Fran Arseneau
SCF Corporate Compliance

Let your voice be heard to improve health care services. Southcentral Foundation (SCF) is a great place to work and go for health care needs, and you are invited to help us keep it that way. One of the biggest advantages SCF has over other health care organizations is its customers are its owners. That means everyone who enjoys SCF’s health care services has a voice in improving those services.

The SCF Corporate Compliance Department serves as SCF’s “ear” to make sure your voice is not only heard, but also makes a difference. Compliance encourages all employees and customer/owners to report any activities or working conditions they believe may violate the law, regulations or company policy. When calling the hotline, callers are not required to disclose their identities, and anonymity is always assured. On the other hand, if a caller chooses to disclose his or her identity for the report, this information will be held in confidence as allowed by law.

Compliance investigates every complaint it receives. If the investigation reveals a problem best resolved by another SCF department, Compliance may refer to the other department, or partner with it, to ensure the compliance concern is addressed.

Compliance is committed to ensuring all concerns are resolved to the fullest extent practical. Employees and customers can help Compliance’s investigation by providing as many details as possible with their reports. Helpful details include the date, the problem and the name of the person(s) involved. Callers should report problems as soon as they occur. It is difficult to investigate problems that may have occurred in the distant past.

By reporting a compliance concern, our employees and customers provide SCF the feedback needed to identify problems and provide opportunities for improvements. Remember: as customers and employees, we have the right and the responsibility to have a say in SCF’s services, so let’s work together to make our health care system the best it can be!

To voice your concerns or report problems, call the SCF Corporate Compliance Department at (907) 729-5458 or use our toll-free compliance hotline at (877) 772-6743.

Here’s how SCF’s compliance hotline works:

1. An individual contacts the SCF Corporate Compliance Department to report a compliance concern.

2. The staff member documents the concern and contact information - unless the person reporting the concern chooses to remain anonymous.

3. Compliance categorizes the complaint as either a “compliance,” or “quality of care” or “customer service” complaint. Compliance-related cases generate an inquiry that may include document reviews, interviews and record audits to evaluate the validity and scope of the concern.

4. Compliance ensures a fair and impartial review of all relevant information and facts.

5. All compliance reports are evaluated to identify opportunities to improve services.

6. When the identity of the person reporting the concern is known, he or she may be notified of the outcome.

Toll-free Compliance Hotline
(877) 772-6743

SCF President/CEO Katherine Gottlieb

For years, SCF has sent out customer satisfaction surveys as one of many methods for customers to give feedback, and SCF has used this information to make significant changes to the health care system. For the past year, customers were asked for feedback on the customer satisfaction survey itself. The responses indicated customers wanted to see the surveying process happen less often, a shorter survey and how their information was being used to make improvements.

Based on these findings, SCF has contracted with a new customer satisfaction vendor, and changes are underway to better meet customer expectations and to effectively capture the customer voice. The new survey process will be implemented in September.

“At Southcentral Foundation, we set our priorities based on the expectations and needs of our customer/owners. The new satisfaction survey system will make it easier for customers to communicate their expectations and provide valuable insights on service quality and other aspects of their experience,” said Gottlieb.

Improvements to the feedback process include changes in the survey questions, shortening the survey length, surveying less frequently and making the outcomes from customer input more visible. The information obtained through the surveys is used to design and continuously enhance services and systems. Every survey a customer completes helps to improve the care and experience at SCF.

Southcentral Foundation contracts with new customer satisfaction vendor

By SCF Organizational Development

Southcentral Foundation (SCF) relies on customer/owner feedback to drive its mission – working together with the Native Community to achieve wellness through health and related services. Because of customer responses, SCF is adopting a new system to improve how customers can provide feedback.

“Thoughtful listening is not just good business practice, it is a necessary component of a good relationship with customers and thus an SCF operational principle,” said SCF Corporate Compliance Department to report a compliance concern.

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Local Anchorage Number
or (907) 729-5458

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Our Wellness Path:

Alcoholism remedies depend on individual responsibility

By Dr. Ted Mala
SCF Traditional Healing Clinic

Alcoholism has been with Alaska Native people since the introduction of alcohol by the Russians and various traders to Alaska. Its scourge has followed us to this day with varying degrees of success for recovery. Today, often more than one substance is abused and we find a rather complicated set of symptoms from a number of different sources.

There have been many studies on why alcohol has had such a grip on Alaska Native people. Some say there is an enzyme for its metabolism we lack (as do those of Mongolian origin) and others relate it to not being taught to drink in moderation. Whatever the reason, many villages have banned its importation and have seen firsthand a significant decrease in all levels of problems.

In 1982, the first significant statewide alcohol study was done by the University of Alaska Anchorage. Its findings revealed experimentation began in the lower 48 and East High School were among the organizations that participated.

International FASD Awareness Day recognizes 1,000 FASD children

By SCF Behavioral Services Division

Sept. 9 was recognized as International Fetal Alcohol Spectrum Disorder (FASD) Awareness Day. FASD Awareness Day is held on the ninth day of the ninth month to raise awareness about the effects of drinking alcohol during pregnancy.

In observance of this day, Southcentral Foundation (SCF) programs set up tables in the Alaska Native Medical Center, the Anchorage Native Primary Care Center and other locations in Anchorage, Southcentral, and East High School. They distributed free information, including books, brochures and schedules for classes about FASD. It is vital to raise awareness because Alaska has some of the highest known rates of FASD in the United States.

As in past years, SCF programs are also working with individuals, groups and programs in the community to raise awareness about the consequences of drinking during pregnancy. The idea is to work together to support and encourage women of child bearing age to make healthy choices when they are pregnant or thinking about becoming pregnant.

SCF has demonstrated a long-term commitment to addressing the issue of FASD through prevention programs, prenatal screening, substance abuse treatment for pregnant women and a multidisciplinary diagnostic clinic for children ages three to 18 years.

Recent examples of this commitment include providing quarterly FASD training to employees at the SCF Development Center to increase FASD awareness and knowledge. SCF also brought internationally known speaker Dan Dubovsky to SCF to provide employee training at Head Start, Therapeutic Family Group Homes, The Pathway Home, Dena A Coy and elsewhere on the Alaska Native Health Campus. Currently, the SCF Behavioral Services Division is also developing a therapeutic group home focused on helping youth with FASD.

If you have concerns or questions about FASD, please contact your primary care provider.

For more information about FASD Awareness Day, contact Trish Smith in SCF Behavioral Services Division at (907) 729-2500, or speak with your provider.

One thousand “stick people” were placed outside local businesses and organizations, representing the estimated one thousand children in Alaska that are diagnosed with a Fetal Alcohol Spectrum Disorder (FASD). Southcentral Foundation, Providence Alaska Medical Center and East High School were among the organizations that participated.

The figures were on display on Sept. 9, International FASD Awareness Day.

Other Anchorage activities highlighting International FASD Awareness Day included a “None for Nine” non-alcoholic mixology contest for pregnant women, local restaurants offering a free non-alcoholic drink to pregnant women and a library display with bookmarks at the Loussac Library.
Women helping women, continued from page 1

Strengthening community wellness

AWRP fits well within SCF’s mission and vision: the focus is not only on abstinence of drugs and alcohol, but also on overall well-being, and on healthy relationships within the family and community. For many people, recovery also encompasses spiritual health.

Women who have access to recovery support services can reclaim healthy and productive outlooks on life, bring healing to their friends and family, and help Anchorage prosper.

“Recovering people radiate wellness out into their families and out into their community,” said AWRP Associate Lisa Pierce. “By doing well in our lives, we are also setting an example for others.”

Participants, of all ages and cultural backgrounds, are so invested in the program’s growth and success, they share an important desire with Southcentral Foundation—to work together with the community to achieve wellness.

Peer power

One of AWRP’s greatest strengths is its ability to help participants, known as peers, realize their leadership potential. Peers play a central role in the design and provision of AWRP services. They also offer hope, facilitate motivation and serve as positive role models.

Years ago, when the idea for AWRP was first initiated, women in recovery took ownership over the project and formed a steering committee. Together, the women brainstormed and developed AWRP’s core values and other elements of the program. They also served as the first peer facilitators for recovery support gatherings.

This core of volunteers remains with AWRP today, only now they are called the “Peer Leadership Team.” This team leads the effort, with the support of AWRP staff, to plan and implement recovery support activities.

“The center belongs to the women in the community,” said AWRP Director Vera Paschke. “They were, and will continue to be, the heart, soul and energy behind all of this.”

While the space for the center underwent renovations, the women were involved with every detail, down to the shade of the paint on the walls and the carpet on the floors. They spent free time on the weekends to be a part of the decision making and made it a family activity by involving even their youngest children.

Because AWRP has been so effective developing new peer leaders from within the program the staff have been asked to support other SCF programs in their efforts to expand peer-led services.

Responsiveness is key

AWRP, going on its seventh year, was a successful program long before the recovery community center became a reality. “Through our outreach efforts, women were always able to find us even when we didn’t have our own physical space,” said Paschke.

On average, 350 women have made life better for themselves and their families every year with the support they have received from AWRP.

While the program is not defined by the opening of the center, the new space will help expand the activity schedule and allow for a resource library and information center. Also, with a home base, the program is no longer limited by a host organization’s schedule. “We will schedule our hours so we are accessible to women for visits after work, and if we need to schedule an activity to respond to a sudden need, we now have the flexibility to do that.”

Recovery as a life journey

Over the years, AWRP’s impact in the community has changed perspectives about the effectiveness of recovery support models beyond the traditional 12-step programs. “Women who have not felt comfortable in other settings feel comfortable here,” said Pierce. “AWRP is a resource before, during and after treatment.”

“Recovery is not a destination, it is really a journey,” said AWRP Peer Coordinator Susan Sacaloff. The new center can be a first stop in recovery or a stop further along.

Peer-facilitated gatherings

Free recovery support gatherings will be offered twice each week at the center to provide women with opportunities to learn from and share with other women. Gatherings are scheduled to accommodate a working woman’s schedule; one is at lunchtime, and the other is in the evening. Light refreshments are served at both. A supervised activity room, complete with age-appropriate toys and books, will be available for children of participants during the evening gatherings.

The gatherings have traditionally been AWRP members’ favorite aspect of recovery support. Each month, the peer leadership team selects topics relevant to wellness. Materials and handouts are then prepared to combine the presentation of information with an opportunity for sharing. Recent topics have included “Love of Self;” “Hopes, Dreams and Goals;” and “Being Okay Being Alone.” “There isn’t a person who wouldn’t benefit from exploring these topics,” said Sacaloff. “They’re inclusive of all of our life experiences.”

Family activities

Recreational activities sponsored by AWRP offer an avenue for families to come together and celebrate recovery in a healthy and enjoyable way. From annual events like the summer picnic and the holiday celebration, to more impromptu activities like wellness walks and museum tours, dozens of families take part in whichever activities interest them. Activities like yoga and meditation for women in recovery will also be available right at the center. These opportunities for companionship help individuals and families feel positively connected to the community and are strongly endorsed by past participants.

Workshops

Women in the Anchorage community can use the center not only as a safe place to network with others, but also as a clearinghouse for community resources and information. Whether women aim to regain success in the workplace or rekindle a connection with their loved ones, recovery can help them achieve their goals. Workshops for personal development will be held on Saturdays, and will run the gamut from arts and crafts to employment readiness.

Working to expand peer-led services

AWRP fits well within SCF’s strategic plan, “Strengthening to expand peer-led services.” Peer-facilitated groups are integral to the prevention and treatment service model that SCF uses to achieve its mission. The SCF staff have been asked to support AWRP.

AWRP has a home, and the community is located at 505 W. Northern Lights Blvd, Suite 102. The space is both colorful and comfortable. Renovations were completed this summer to reflect the program’s core values.

“Women who have not felt comfortable here, will become comfortable in other settings feel comfortable here,” said Pierce. “AWRP is a resource before, during and after treatment.”

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Southcentral Foundation (SCF) is a recipient of a three-year Access to Recovery grant. The program at SCF, called Circle of Recovery, is in its first year and aims to help hundreds of customer/owners conquer their addictions. SCF is using the funds to promote multiple pathways to recovery and to expand customers’ access to individual counseling, group counseling, transportation, housing, childcare and other services needed to sustain sobriety.

For more information about SAMHSA's Access to Recovery grant program, please visit http://atr.samhsa.gov. To speak with an SCF Circle of Recovery Intake Coordinator, please call (907) 729-8633 or 729-4257.

Midwives, continued from page 1

For low-risk women, Inuit Elders believe “pregnancy is not an illness,” to be treated as if something was wrong with a woman. She and others in Canada have worked hard to prove Inuit Elders’ birthing knowledge through the Pauktukutuq Project, and they have created a training model that combines modern midwifery practices with ancient wisdom and land-connected traditions.

This four-year baccalaureate program in Manitoba, Kanaci Otnawawasowin, prepares Inuit women to become midwives who will be capable of working in all birth settings: hospitals, birth centers and homes. Instruction is given in their Inuit language. Health Canada’s First Nations and Inuit Health Branch has secured national support, sponsored ongoing research and analysis about birth outcomes; and is closely collaborating with local community efforts to bring birth closer to home.

The Mexican delegation discussed the evolution of indigenous midwifery from a well-established local network of midwives who were considered by the general obstetrical community to be “fringe” providers. National attempts to regulate these highly successful birth attendants were unsuccessful and eventually led to the current collaborative system in which the traditional midwives are now considered to be the colleagues of their medically-trained physician counterparts.

Of great interest to the Gathering participants was a presentation about vertical birth and its powerful, physiologically beneficial differences from the more common birth positions of women in labor beds or lying on their backs.

The American (and SCF) participants shared several models of midwifery, educational preparation and various regulatory requirements, and discussed their concerns that not enough Native nurses are choosing to become midwives.

More midwives being trained regionally could mean more babies being born closer to home.

Photo by SCF Public Relations Staff.

There are numerous challenges, including the current IHS requirement that only nurse-midwives work in their facilities.

While traditional midwives in Alaska are recognized as excellent women’s health care providers in the U.S., they are not the only route to midwifery.

There are apprenticeship models and midwifery schools that do not require a nursing background to become a midwife. The American College of Nurse Midwives has also recognized there are viable alternatives to becoming a midwife. They created an avenue for non-nurses to attend two of their training programs and graduate as Certified Midwives.

A current challenge for this last model is only three states recognize the Certified Midwife, so graduates from these programs face limited locations where they may practice. More work is being done in other states, in addition, considerable research is being done to look at the birth outcomes for the various types of American midwives and birth locations including hospital, birth center and home births.

Alaska is unique in the U.S., as we have a primary care model that incorporates local community members who become community health aides/practitioners. These hard working individuals already provide, prevention, and primary care.

Participants explored the idea of regional birth centers that could be staffed with Native women who have received additional training in midwifery and, as a result, bring birth a little closer to home for our rural neighbors.

While this may seem like a dream to many, the SCF participants who attended this historic Gathering see this as a real possibility if the “community will” is there, and they stand ready to mentor and assist a future generation of Native birth attendants in Alaska.

For comments or questions, please contact Lisa Weston at (907) 729-3159.
The Anchorage Native News asks employees

**What is your favorite part about working for Southcentral Foundation?**

“I like working with the Native Community and seeing people from all over the state.”

**Administrative Support Michael Jones**
Optometry

“The people I work with - and the view!”

**Administrative Support Daphne Rondeau**
Behavioral Health

“The people I work with and career opportunities.”

**Dental Assistant Monique Coutu**
Dental Assistant Training Program

“Everyday I leave with a more valuable experience that I can use for the rest of my life.”

**Administrative Support Nathan Starbard**
Human Resources

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Jane Awalin’s personal philosophy can be described as “when a door opens, walk through it.” “Because otherwise, you might miss out on something you would really enjoy,” said Awalin, of Inupiat and Yup’ik heritage, and a CIRI descendant. Five years ago, Awalin’s stepmother discovered Southcentral Foundation (SCF) had a youth internship program, and shared the news with her twin stepdaughters. Awalin saw the door to opportunity and submitted an application. Awalin’s twin sister, Mary, also applied.

Imagine Awalin’s disappointment when the phone rings at 9 a.m. a few months later, and it is SCF calling for her sister. Mary was notified her application was accepted. Awalin was naturally upset she did not receive a similar call. Two hours later, and the phone rings again. She’s in! So began Awalin’s journey with SCF.

Awalin belongs to a long list of RAISE alumni who, no matter how they started, kept coming back year after year to participate in the program. Over the years, Awalin took advantage of the full range of experiences RAISE offers its interns: the summer, the winter and the graduate programs. She worked in the offices of the chief of staff, in the Anchorage Native Primary Care Center administration, in the compliance department, and at the Executive and Tribal Services Division’s front desk.

Looking back, Awalin ranks RAISE’s team building workshops as the most fun of the RAISE activities, the PowerPoint trainings as the most useful professionally and the first aid training as the most useful personally. “While at my Grandpa’s house, a dinner guest was choking on a piece of meat. I was able to help him by doing the Heimlich maneuver. I knew how to react in this situation because of what I learned during one of RAISE’s skill building days.”

The skill building days bring all of the RAISE interns together from every internship focus area across the Alaska Native Health Campus—whether it be administrative support, facilities and maintenance, health careers or the literacy program. During her internship years, Awalin focused exclusively on administrative support but appreciated the variety of RAISE opportunities available to suit different kinds of people.

Anything Awalin did not learn about administrative support as an intern, such as taking meeting minutes, she learned in SCF’s Administrative Support Training Program (ASTP). The 8.5 week-long program prepared her for her current job as administrative support for the SCF Human Resources Department. She transitioned from the training program to the full-time position on June 9. Other former interns who now work for SCF in an administrative support role include Jodie Pike, Lucille Griest and David Christiansen.

Awalin foresees long-term employment with SCF. She is thankful for all of the benefits of being a SCF employee, including access to the Employee Family Center where her 1-year-old daughter Nancy goes to day care. “Who knows?” Awalin said. “Maybe one day my daughter will be in the RAISE program.” One can only hope if she and a sister both apply, they will get the “good news” call at the same time.
Celebrating Our Employees
A medicine man without limits

By Tamar Ben-Yosef
The Arctic Sounder
Alaska Newspapers, Inc.

Walking through the garden with Dr. Ted Mala at Southcentral Foundation’s (SCF) Traditional Healing Clinic, it is easy to forget that many of the flourishing plants surrounding us are essentially what some people consider weeds.

Not according to Mala. In his eyes, there is no such thing as a weed, and all plants were put on earth for a reason.

Mala, director of the clinic and director of tribal relations at SCF, is at ease in the garden, strolling calmly from bush to flower, naming each one with apparent delight, as if he were walking through a beautiful botanical garden. He encourages me to take a closer sniff at the heavily scented and hands me a sprig of peppermint, which I deeply inhale and then place gently in my notebook, telling myself I will use it later for a cup of tea.

An hour earlier, I met Mala at his office to talk about his recent selection as Native Physician of the Year by the Association of American Indian Physicians (AAIP) in their summer convention that took place in July.

A modest, soft-spoken man with a resume to flaunt, Mala was comfortable talking about everyone and everything but himself.

The honorable title, he admitted, was a very pleasant and welcomed surprise, but, more than anything, it was a validation from his peers.

“When western medicine recognizes the value of traditional healing, it is an affirmation and recognition of what we do,” Mala said — even his exposure to sickness and death had a lot to do with his choice to study medicine. But rather than fixing people one at a time, Mala committed himself to the path of attacking ailments from the root and following medical school, Mala committed himself to the path of attacking ailments from the root and following medical school attended Harvard’s School of Public Health for his master’s degree.

“Once proficient in western medicine, Mala could then reach in to his traditional healing knowledge and combine the two for a more individual and cultural approach to curing.

Mala’s office, complete with a Blackberry, cell phone, computer and several other electronic gadgets alongside artifacts given to him as gifts or collected in his many travels, is a mixture of modern technology and Native culture. It’s just like his life and career.

“People exist in two worlds — spiritual and material,” Mala said as we walked toward the garden. “I was born to be the bridge of understanding between the two.”

“There are many roads to health. I bring them together, and it is a wonderful choice.”

From day one as a physician, mentor and teacher, Mala has been on a learning path. His dedication to healing fellow Native people took him farther north to study the Native cultures of the circumpolar countries.

There are a lot of similarities between the environments, problems and concerns in these countries, Mala said.

Every couple of years, Mala meets with members of the International Union of Circumpolar Health to discuss shared issues. He also established several research programs, including the institute for Circumpolar Health Studies and the Alaska – Siberia Medical Research Program.

Through this research and cooperation, Mala blurs the manmade borders that separate these people, who share so much in common. The borders create a big mess because the knowledge goes across them.

It was this dedication to helping others that earned him the AAIP title of Physician of the Year, according to the association.

There is plenty of room in Mala’s world for allopathic medicine, but it is not complete without digging deeper into a person’s personal history and background.

His biggest challenge, perhaps, has been reprogramming young doctors he mentors to set aside some of what they learned in medical school and let some new approaches in.

“Everything was put on earth for a purpose,” Mala said — even dandelions, devil’s club and digitalis plants. And also pain.
With 65 departments and over 1,350 employees, Southcentral Foundation is one big family. Our services are as diverse as our employees, and the high quality care we give is directly due to the high quality people we work with every day. We honor these employees in each issue, but, for this issue, we took a few extra pages to introduce you to some of our remarkable and hard-working family.

### Special Assistant Program

![Special Assistants David Singyke and James Sears catching salmon for distribution to Elders in the community.]

### Alaska Women’s Recovery Project

![Alaska Women’s Recovery Project (AWRP) employees Vera Paschke and Lisa Pierce stand in front of the AWRP fifth anniversary quilt hanging in the new AWRP building.]

### Human Resources

![Employment and Recruitment Administrator April Kyle celebrates a Malcolm Baldrige National Quality Award site visit.]

### Willa’s Way

![Clinical Associates Michelle Love and Dawn Furnish of Willa’s Way honor domestic violence survivors.]

### Southcentral Foundation’s CPR training saves a life

By SCF Research Department

In February, Southcentral Foundation (SCF) Research Associate Anna Lockhart attended the Heartsavers CPR Training at the SCF Development Center. Just a few short months later, Lockhart would find herself in a position to use her training to save a life.

In April, Lockhart was attending scuba dive training in the Matanuska Valley, when a woman also attending the class panicked under water and pulled out her ventilator because she felt like she couldn’t breathe. She took in water to her lungs coming to the surface and stopped breathing.

Lockhart and the scuba instructor pulled her out of the water, and began CPR on the woman. After 30 minutes, the woman coughed up the water and began breathing again. The paramedics arrived to take her to the hospital.

Says Lockhart, “It was pretty cool! She lived because of our training.”
Elder Program holds first fire drill

By Aaron M. Osterback
SCF Elder Program

On April 29, the SCF Elder Program held its first fire drill. Elders were asked ahead of time if they would be available and willing to participate in the simulation of a real emergency scenario involving a fire. The Elder Program Beading and Sewing group agreed to help. At about 1:45 p.m., the alarms sounded, and Elders and SCF employees immediately stopped their activities to exit the building. The drill set an example for how a real-life situation should be approached. The participants exited the building in just over a minute—a success for the program’s first drill!

The Elder Program would like to once again thank the Elders for their participation in this activity. The drill not only helped the Elder Program determine additional safety training needs but was also educational for those who walked through the emergency process. The Elder Program will be conducting another fire drill in the near future and again looks forward to the participation of its Elders.

Elders view practice run air show

By Aaron M. Osterback
SCF Elder Program

Eight Elders, accompanied by Elder Providers Roderick Napouk, Angela Foss and Delfy Waggle, attended the Blue Angels’ practice air show on June 27. The Elders watched the Blue Angels practice for their public air show and also met some of the pilots. Other highlights included a race car and a Blue Angels jet racing against one another, and a look at a six-wheeled all-terrain vehicle.

The SCF Elder Program would like to extend its appreciation to Marc Sheldon who offered Elders the opportunity to attend this special event.

ELDER PROGRAM WEEKLY ACTIVITIES

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shopping 12:30 - 2 p.m.</td>
<td>Beading and Sewing Group 9:30 a.m. - 3:30 p.m.</td>
<td>Bingo 12:30 - 1 p.m.</td>
<td>Health Education on Nutrition and Exercise 1:30 - 2:30 p.m.</td>
<td>Game Day 10 a.m. - 3 p.m. (Every first, second and third Friday of each month) OR Movie Day 1:30 p.m. (Fourth Friday of each month)</td>
</tr>
<tr>
<td>Value Village Northway Mall Fred Meyer Sears Mall Wal-Mart</td>
<td>Located in the Elder Program activity room</td>
<td>Begins directly after lunch in the Elder Program activity room</td>
<td>Located at the Wellness Center 4201 Tudor Centre Dr. Suite 315</td>
<td>Game Day is Elder directed, and games include Uno, Cribbage, Dominoes, Chess, Checkers, Yahtzee, Skipbo and playing cards.</td>
</tr>
<tr>
<td>Please call (907) 729-6500 for transportation. Space is limited!</td>
<td></td>
<td></td>
<td>Please call the Southcentral Foundation Health Education department at (907) 729-2689 for more information.</td>
<td>For movie day, popcorn and juice are provided.</td>
</tr>
</tbody>
</table>

Important Phone Numbers

- 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
- American Association of Retired Persons (AARP): (907) 272-1444
- Division of Public Assistance: (907) 269-6599
- Salvation Army Meals on Wheels: (907) 349-0613
- Anchorage Police Department (non-emergency): (907) 786-8500

The Elder Program needs your help! Would you like to ensure the Elder Program provides quality materials and activities? You can now donate online! Go to www.southcentralfoundation.com and click on the “Donate” button to find out how!
Native Student Services

Program serves as a stepping-stone for college-bound students

By UAA Native Student Services

University of Alaska Anchorage’s (UAA) Native Student Services (NSS) provides outreach and college transition programs to encourage and support Native and rural students coming to UAA. This past year, NSS launched its “Off-campus Outreach and Orientation” (Tri-O) project.

In partnership with the Bering Straits School District and the Northwestern Alaska Career and Technical Center, NSS hosted monthly interactive video-teleconferences from September 2007 through March 2008 with the juniors and seniors in the 15 village high schools in the Bering Straits Region.

During these monthly sessions, NSS Director Willy Templeton enlightened these high school students on various postsecondary education options and opportunities available to them.

In addition, students signed up for NSS’s email listserv to maintain an “electronic” connection with UAA and to create an information pipeline regarding scholarships and other college-related information.

In February, UAA advisors flew to Nome to assist high school seniors in getting ready for college. UAA advisors from NSS and Recruitment and Retention of Alaska Natives into Nursing (RRANN) first met with 12 BSSD students from outlying villages who came into Nome to participate in a Career Exploration session at Northwest Career and Technical Center. UAA advisors assisted these students with applying for admissions, financial aid and housing at UAA.

The UAA advisors also met with the 22 high school seniors from the Nome public schools at Nome/Beltz High School. They also set up individual sessions to help students complete applications for federal financial aid, UAA admissions and on-campus housing.

UAA went back to Nome in May 2008 for part two of the UAA Tri-O project. The UAA team consisted of the Director of Student Financial Assistance and Information Ted Malone, Director of the Advising and Testing Center, NSS staff Linda Morgan, and recent UAA alumna Cheryl Johnson who was a valedictorian from Nome/Beltz High School.

The UAA team provided 19 UAA freshmen from the Bering Straits Region with a skill assessment in English and Math (Accuplacer), course placement advising and registration for fall 2008 UAA courses.

In February, NSS advisors attended the World of Work job and career fair in Sitka. NSS made contact with Mt. Edgecumbe High School about offering a UAA Tri-O project in Sitka. UAA staff and UAA student Barbara Franks—who is from Southeast Alaska—returned to Sitka in April 2008 to provide 14 Mt. Edgecumbe high school seniors with the same assessment, advising and registration support that was provided earlier in the year in Nome.

The NSS Native Early Transition (NET) program has been designed to complement the UAA Tri-O project. The NET program is open to various post-secondary students and all other incoming Native and rural UAA students. UAA NET was a four-day program held Aug. 19 - 22, just prior to the beginning of UAA’s fall 2008 semester.

NET offers activities designed especially for students coming from rural Alaska to familiarize them with life in a large urban setting. In addition to being exposed to a wide variety of student support services offered at UAA, students will learn how to access services in Anchorage—from setting up bank accounts to riding the People Mover bus system.

NET students were also able to attend the UAA New Student Orientation for out-of-area students on Friday, Aug. 22, and UAA’s Freshman Convocation and Campus Kick-Off on Aug. 23. NSS strives to serve as a stepping stone into UAA for Native and rural students.

For more information, please call UAA NSS staff at (907) 786-4000 in Anchorage or toll-free at (866) 786-4804.
Sealaska Heritage Institute builds collections research center

By Sealaska Heritage Institute

Sealaska Heritage Institute (SHI) has built a facility in Juneau to accommodate its growing collections and to better serve the general public and researchers studying Southeast Alaska Native cultures.

The expanded Special Collections Research Center, located on the third floor of Sealaska Plaza, includes a library that houses books on Tlingit, Haida and Tsimshian cultures, a reading room with computer access, and a storage room for the institute's historical documents, recordings and cultural objects. The new facility is part of an effort to encourage research of Southeast Alaska Native cultures, said SHI President Rosita Worl.

"Very often Native peoples' voices are absent from history, and if they're absent from history then they're absent from educational material and curriculum," Worl said. "We're hopeful we're going to see some Ph.D. dissertations, and we're going to have educational material that's developed from the studies that might be done as a result of our collections."

The facility houses more than 3,000 publications, approximately 20,000 photographic images, roughly 300 cultural objects, nearly 2,500 media items (such as video and audio recordings) and more than 750 linear feet of manuscript material (such as personal diaries, correspondence and meeting minutes) documenting the history, culture, heritage and language of Southeast Alaska Native people.

The collections are cataloged in binders, which are available to patrons. SHI is also developing an online searchable database to make it easier to research the holdings. The facility is a closed-stacks research center, meaning the materials cannot be checked out because of their rarity and special nature, a common practice for archival operations. Patrons may request materials and review them onsite. The center is open 8 a.m. - 4:30 p.m. weekdays (closed from noon-1 p.m.) and managed by Professional Archivist Zachary Jones. The project was funded by a grant from the Institute of Museum and Library Services, Sealaska Corporation and SHI.

Are you ready for a Career with SouthcentralFoundation?

Join our Award Winning

Administrative Support Training Program

This paid, innovative training program has the opportunity for regular, full-time employment with Southcentral Foundation.

Learn About
- Customer Service
- Forestry Desk Operations
- Technology
- Life Planning and Goal Setting
- Professional Relationships
- Business Etiquette
- Conflict Resolution Techniques
- Medical Terminology
- And More!

"We employ fully qualified staff in all positions and we commit ourselves to recruiting and training Native staff to meet this need."

-Southcentral Foundation's Commitment to Quality

To learn more about this program, call 729-5250 or visit us online at www.scf.cc

Southcentral Foundation

Start your family on a healthier road now with wise eating decisions

By NIH News in Health

Research is teaching us more about what a healthy diet is, and studies show that healthier eating habits may help lower your risk for type 2 diabetes, heart disease, stroke, cancer and many other health problems. The sooner you improve your eating, the better off you’ll be. So start reaping the rewards of this research and learn how to eat healthier now.

Dr. Susan Z. Yanovski, director of NIH’s Obesity and Eating Disorders Program, advises eating more fruits and vegetables. They naturally contain vitamins, minerals and Fiber that help protect you from disease. Compared with people who eat only small amounts of fruits and vegetables, those who eat more have a reduced risk of cancers, stroke and other cardiovascular diseases.

Next, get into the habit of eating more whole grains. Foods with whole grains have fiber, which aids in digestion, and are rich in important nutrients. You can easily add whole grains to your diet by choosing breads and cereals made with whole grains. But be careful of products with claims like, “now with whole grain.” Some cereals marketed for children, for example, may contain whole grain, but not much—and they might have way too much sugar.

One thing to look for on food labels is calcium. Studies show that fewer than 1 in 10 girls and only 1 in 4 boys ages 9 to 13 are getting enough calcium.

To get more calcium into your diet, choose low-fat or nonfat dairy products like milk, cheese and yogurt. Other good sources of calcium are calcium-fortified juices, soy- or rice-based beverages with added calcium (milk substitutes) and calcium-fortified cereals and breads. Nutrition labels can also help you avoid the things we eat too much of.

Too much saturated fat, trans fat and cholesterol can raise your blood cholesterol, a risk factor for heart disease. Too much salt (which appears on the label as “sodium”) can contribute to high blood pressure, another risk factor for heart disease and stroke. Too much sugar adds empty calories and helps contribute to obesity.

At home, make healthy eating convenient, and your family will be more likely to choose healthier foods. Start with small changes, like giving your kids whole wheat bread, which has more whole grain than traditional white bread. Have more fruit sitting out on the table—and nuts, if weight control isn’t a problem for your family. Make healthier foods easier to get to than less healthful foods.

For meals, add more vegetables and more beans to your dishes. Don’t wait any longer. Start your family eating healthier now. If you have children, set a good example. Help them learn healthy eating habits early to prevent health problems later in life. Talk to your doctor about fine-tuning your diets to your bodies’ needs. Finally, don’t forget that physical activity is the other key to healthier living. Eating a healthy diet and getting enough physical activity helps you feel well as you get older.

According to the National Institute of Health, when compared with people who eat a small amount of fruit and vegetables daily, people who include a large amount of fruits and vegetables in their daily diet have a reduced risk of cancers, stroke and other cardiovascular diseases.

Photo by SCF Public Relations.
Administrative Support Training Program

Are you interested in becoming an administrative support? Are you already in administrative support, but seeking additional training, growth or career opportunities? Join SCF's award winning and internationally recognized Administrative Support Training Program!

Selected applicants are hired as temporary, full-time employees and receive eight and a half weeks of hands-on, interactive training: three weeks in the classroom, plus another five weeks of on-site training in one of SCF's 65 departments or clinics. Upon successful completion of this training program, trainees will transition into a full-time position with benefits.

Learn about customer service, conflict resolution, Microsoft Word and Outlook, medical terminology, strategic planning, creating personal vision and mission statements, effective communication and holistic wellness, among many other skills.

Health care experience not required for managers. Must be able to work as a team with division leadership and advance upward in position.

SCF offers great career paths, scholarships and college assistance programs, educational leave and management training through our Development Center. BA/BS degree or equivalent academic training and work experience required.

Maintenance Technician

Come join our fast growing Operations team at Southcentral Foundation. SCF is seeking an experienced Maintenance Technician. This position requires basic knowledge of painting, carpentry, plumbing, electrical, mechanical and building HVAC systems. Must be at least 21 years of age and have a clean driving record with at least three years of driving experience. Experience with AutoCAD is preferred. Four years of hands-on building maintenance or construction experience is required.

Managers

Health care experience not required for managers. Must be able to work as a team with division leadership and advance upward in position.

SCF offers great career paths, scholarships and college assistance programs, educational leave and management training through our Development Center. BA/BS degree or equivalent academic training and work experience required.

Certified Medical Assistants

SCF and the Alaska Native Medical Center are nationally recognized by the prestigious Magnet Status Award for Nursing Excellence team. The Family Medicine, Pediatric and Women's Health Clinics are seeking experienced Certified Medical Assistants to come join our award winning team.

SCF is a great place to advance and grow your career. Requires a High School Diploma or GED, a current Alaska Certification as a Medical Assistant (NCCT) and Basic Life Support (BLS) certification.

Ophthalmic Dispenser

This position requires knowledge of clinically applicable ophthalmic optics, the conventions of optical prescription writing, and optical transposition, proficiency using a lens meter, frame warmer and ophthalmic hand tools, knowledge of spectacle fabrication procedures and spectacle lens powers. Requires some travel to outer locations in Alaska. Enrollment in the State of Alaska Optometry Program and two years experience as a dispensing optician preferred.

Scholarships for Alaska Native and American Indian students

Gates Millennium Scholars Program

www.gmsp.org
Application deadline January 12, 2009.
For African American, American Indian and Alaska Native, Asian Pacific Islander or Hispanic American students.

American Indian Nurse Scholarship Award

www.nscda.org
Between $500 and $2,250 awarded.
For Alaska Native and American Indian nursing students.

Phillips Fund of the American Philosophical Society

www.amphilsoc.org
Application deadline March 2, 2009
Graduate and post-graduate student grants for research in Native American linguistics, ethnohistory and history of studies of Native Americans.

High School Student Opportunity: Youth Essay Contest for National Native American Indian Heritage Month

Deadline: TBD
Reconnecting The Circle™ (RTC) announces its third National High School Essay Contest in coordination with the National Native American Heritage month. RTC, in partnership with the National Congress of American Indians (NCAI), the Boys and Girls Clubs of America, and the Boys and Girls Clubs in Indian Country, have launched a national campaign to promote the contest. All high-school aged students (grades 9-12) from tribal, public, private and parochial schools from all 50 states are invited to participate. Up to 10 winners will each receive a $2,500 cash prize.

For more information, please visit reconnectingthecircle.com.
Supporting 26 years of educational dreams

The CIRI Foundation awards $900,000 to over 330 recipients of individual scholarships and grants for Fall 2008 term

By The CIRI Foundation

The CIRI Foundation (TCF) is proud to announce it is distributing more than 330 scholarship and grant awards totaling $900,000 for the Fall 2008 term. The awards include scholarships, career upgrade grants and vocational awards.

TCF is in its 26th year of supporting educational dreams, and since 1983, more than 9,600 awards totaling $13.8 million have been distributed to CIRI original enrollees and descendants seeking post-secondary education and training all over the world.

“It is truly amazing to think that The CIRI Foundation is able to assist our people in this magnitude as they pursue better lives for themselves and their families through educational opportunities,” TCF President and CEO Susan Anderson said.

Chairman of the Board, and one of the original founding board members, Dr. Jeff Gonnason echoed Anderson’s thoughts, adding, “Alaska Natives are succeeding and excelling and are taking on the world right there with everyone else. It’s really exciting to see that the vision has become a reality for our people.”

The mission of TCF is to promote individual self-development and economic self-sufficiency through education and to maintain pride in culture and heritage among Alaska Native people who are original enrollees of Cook Inlet Region, Inc. and their descendants.

Contact The CIRI Foundation via phone, (800) 764-3382, (907) 793-3575 or e-mail tcf@thecirifoundation.org.

Application information, selection criteria and guidelines for these merit-based awards can be reviewed online at www.thecirifoundation.org.

Doyon Foundation awards more than $750,000 in scholarships

By Doyon Foundation

Doyon Foundation will award more than $750,000 in scholarships to more than 400 students during the 2008 – 2009 academic year. The Doyon Foundation, established in 1989 by Doyon Limited, the Fairbanks-based regional Native corporation for descendents of the original founding board members, currently supports 26 years of educational opportunities.

Doyon holds scholarships totaling over $3 billion in scholarships, career upgrade grants and vocational awards.

“We saw a 42 percent increase in competitive scholarship applications this year. With the support of our generous donors, we were able to increase scholarship funding to better meet the needs of our students,” said Sharon McConnell, Doyon Foundation’s executive director. “By supporting the educational efforts of Alaska Native students, we are pleased to play a key role in ensuring a strong economy and good quality of life for our communities far into the future.”

Doyon Foundation’s scholarships, which are funded through corporate and individual donations, as well as fundraisers including the Morris Thompson Memorial Golf Classic, are awarded to Alaska Native students pursuing higher educations.

“I don’t think I would have completed college without the support from the Doyon Foundation. With the support of the Doyon Foundation, I graduated with a bachelor’s degree in business administration this past May,” said Andrea Clemens, a 2007 – 2008 Morris Thompson scholarship recipient, whose mother was the first in her family to attend college.

Doyon Foundation was established in 1989 by Doyon Limited, the Fairbanks-based regional Native corporation for Interior Alaska. Since inception, the Foundation has awarded more than $4 million in scholarships to more than 2,000 students.

For more information, please contact Sharon McConnell at (907) 459-2051, mcconnell@doyon.com, or visit www.doyonfoundation.com.
Kid's Korner

**Berry Word Scramble**

NCBRHA  
SHUB  
BCKUTE  
LUBEYRRBE  
RRRPAEYSB  
MMUYY  
VEALES

---

**Southcentral Foundation wins family award**

Southcentral Foundation (SCF) earned distinction as one of the United Way Success By 6's Work Family Award winners for 2008. Local employers are nominated for the award based on their family-friendly policies.

A committee of young child advocates and service providers then evaluate each nominee to determine the extent to which the policies support children and their families. SCF won the award in the category of “Large Non-Profit,” along with the Rural Alaska Community Action Program Inc. SCF was recognized for helping employees balance work and family responsibilities through generous personal leave policies, educational opportunities and other practices.

**Eklutna Inc.’s board of directors announces new general manager**

Eklutna Incorporated is pleased to announce the appointment of Peter Mulcahy as general manager of Eklutna Services, LLC. Mulcahy started his new position on June 16, 2008. As a new 8(a) subsidiary, Eklutna Services primarily focuses on construction, site development, aggregates, facility design/build and facility leasing. Other governmental contracting opportunities will be explored as well. Additionally, Eklutna Services will support other non-8(a) projects of the parent corporation.

As the former Fort Richardson post commander, with assignments to the Pentagon and NATO headquarters, Mulcahy brings over 30 years of experience in government and public affairs at the local, state, national and international levels. Mulcahy comes to Eklutna after being the executive director of the Armed Services YMCA of Alaska, where he continued to work with all branches of the military and strengthened his relationships with local government and business communities.

Mulcahy’s leadership and management skills will serve the corporation well, and Eklutna, Inc. is “confident his vision and passion will establish Eklutna Services as a prominent feature in the Anchorage economic landscape.”

Contact: Curtis J. McQueen, Eklutna Inc., Chief Executive Officer, (907) 696-2828.

**Southcentral Foundation hosts meeting to address serious mental illness and homelessness**

Southcentral Foundation (SCF) hosted a community-wide meeting on July 24 to discuss services for Alaska Native people with Serious Mental Illness (SMI) and Alaska Native homelessness. The participation of many different kinds of organizations from the Anchorage area enriched the discussion on gaps in services and helped to mobilize the community on behalf of these issues. Collaborative efforts between secular, faith-based and tribal organizations, as well as community members, will continue to address wellness concerns for Alaska Native people with SMI and/or living without permanent shelter.

**Tiktahtnu Commons picks up speed**

Progress at Tiktahtnu Commons, Alaska’s largest retail and entertainment center, can be seen in this July 1 aerial photo, with three major stores under construction and many of the parking lots already paved. Two more large stores and the first set of smaller shops and restaurants are scheduled to begin opening after Target’s launch.

**Southcentral Foundation in brief for Anchorage Native Community**

Southcentral Foundation (SCF) earned a United Way Success by 6 Work Family Award based on the organization’s family-friendly policies.

**Parent Resource Sharing Group**

From the Alaska Autism Resource Center

For parents all over the state of Alaska whose kids have Autism Spectrum Disorder or Asperger’s Syndrome:

- Meet other parents who went through what you are going through.
- Share resources
- Ask other parents for suggestions or resources

To call in to the group: Call (800) 315-6338, follow voice prompts, then enter code 2272.

First Tuesday of every month  
12 to 1 p.m.

For updates on this group visit:  
www.alaskaaac.org  
or call Corrina Batten at (907) 334-1318.

**Southcentral Foundation Clinical Associate Gains Recognition**

Clinical Associate Carolee Kuka-Hindin was awarded the Substance Abuse Directors Association of Alaska 2008 Ernie Turner Award for her dedicated work in SCF’s Dena A College program. The Ernie Turner Award is presented to a counselor actively working in the field who has made an outstanding contribution to the profession of addiction counseling by demonstrating ethical standards, ongoing professional development, cultural competency, and interagency collaboration. Kuka-Hindin is noted as an inspiration to those she serves.

The Substance Abuse Directors Association of Alaska is a not-for-profit professional organization whose mission is to provide a unified voice to advocates on behalf of the substance abuse treatment and prevention field through educating the state legislature on issues relevant to prevention, treatment and sustained recovery; through working with state regulatory agencies in assuring reasonable and accountable standards of care; and through providing the field with regular updates on national, state and local issues of concern. The organization has been in existence for more than 20 years, and is comprised of 50 agencies and individuals from across the state representing both rural and urban alcohol and other drug treatment and prevention programs.
Win an SCF prize bag!
Southcentral Foundation (SCF) is giving away two goodie bags, filled with prizes, every issue. Just answer the questions and send them in to SCF Public Relations to be entered to win.

You may also e-mail your answers to vstarbard@scf.cc. Be sure to include your name and phone number.

Southcentral Foundation Public Relations
ATTN: Vera Starbard
4501 Diplomacy Drive
Anchorage, Alaska 99508

Recipe Contest!
Do you have a great baked salmon recipe? Do your friends keep asking how you make that wonderful berry dish?
Southcentral Foundation Health Education is looking for recipes to publish!
Send us your best healthy recipes featuring a traditional Alaska Native food item, and your recipe may be published in an upcoming cookbook and the Anchorage Native News!
Win great prizes, and help the Alaska Native Community become healthier than ever!

Send as many recipes as you can think of!
E-mail recipes to: vstarbard@scf.cc
OR mail recipes to this address:
Southcentral Foundation Public Relations
ATTN: Vera Starbard
4501 Diplomacy Dr.
Anchorage, AK 99508

Are you pregnant?
You may be eligible to participate in two Southcentral Foundation research studies

Southcentral Foundation is looking for pregnant women to join the following studies:
A Tradition of Healthy Families and Healthy Children, Healthy Communities
Incentives will be given to all eligible participants

For more information contact:
Southcentral Foundation Research Department
(907) 729-8623
www.scf.cc/research

1. How aware of substance abuse recovery resources do you feel?
   (Not aware) 1 2 3 4 5 (Very aware)

2. What is the best part about autumn?

3. What is the overall quality of this issue of the Anchorage Native News?
   (Worst) 1 2 3 4 5 (Best)

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

Southcentral Foundation
Health Education
Toddler Time

Come join us! It's new and it's fun! See you there!

What? Toddler Time Workshop
When? Every Monday and Friday beginning Sept. 5 11 a.m. to 12 p.m.
Where? Health Education Wellness Center
Exercise Studio, 2nd Floor
4201 Tudor Centre Drive

Parents will have the opportunity to ask health educators for health, parenting or nutrition questions while their toddler gets physical activity time through games, dance and exploratory movement.

Parents are encouraged to actively participate in the fun, and must attend each Toddler Time workshop with their children.

For more information, please contact
Health Education at (907) 729-2689.

Win an SCF prize bag!
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You may also e-mail your answers to vstarbard@scf.cc. Be sure to include your name and phone number.

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ATTN: Vera Starbard
4501 Diplomacy Drive
Anchorage, Alaska 99508