Elder Program Remodel and Expansion
Scheduled January through July

Kally Greene-Gudmundson

In the 2018 SCF Needs Assessment, respondents were provided with lists of health needs and asked to rank health priorities. Within the general wellness category Elders specifically identified the priorities of supporting healthy lifestyles, building behavioral and emotional health, and fostering healthy relationships with families and communities as their top needs — SCF listened. To meet these needs, the Elder Program is remodeling its current location to support future service expansions and allow for more program participants.

Renovations to the Elder Program space include interior architectural restructuring; upgrades to plumbing, electrical, heating, ventilation, and air conditioning systems; new interior wall framing; and fresh paint. The program will have a new kitchen and dining area once the project is completed.

Construction for the Elder Program remodel is scheduled to occur from January through July 2019. In January, lunch services will be suspended for two weeks while the Elder Program services and activities are relocated to the Mt. Ahklun building.

Southcentral Foundation established the Elder Program in 1995 to provide a comprehensive approach in delivering services and addressing the needs of Alaska Native and American Indian Elders who live in the Anchorage area. Services are designed to enhance the quality of life and promote independent living by fostering an environment of quality, dignity, and pride.

The program provides a space where Elders can receive a variety of services including monthly home visits, chore services, light meal preparation, transportation, group activities, subsistence outings, health education, exercise programs, on-site dental, shopping activities, daily congregate meals, and more.

Recognizing a need to further expand the health care services offered onsite, SCF opened the Nurse Consult Clinic in April. Every Tuesday from 10 a.m. to 2 p.m., Elders can have their symptoms triaged, get referrals to other clinics, or check their temperature, blood pressure, and weight.

Arguably one of the biggest benefits of the program is fostering a place for Elders to meet with friends and make new ones. The program hosts monthly potlucks, where traditional Native foods and seasonal themes are complemented with bingo, live music, and dancing. Each December, the Elder Program hosts the annual Elder Christmas Party, where Elders gather to celebrate the holidays and enjoy prizes, live entertainment, and a catered meal.

In many Alaska Native cultures, Elders are culture bearers and advisors, and are honored and respected for their contributions to the health and wellness of their communities. To ensure that the services SCF provides are culturally respectful and aligned with traditional values, SCF created the Elder Advisory Council.

The council established a way for Elders to come together, gather feedback on services, and provide recommendations for activities supported by the Elder Program. The council is one of many ways SCF continues the tradition of recognizing Elders as a source of wisdom and guidance and incorporate their input into the Nuka System of Care. SCF listens to the voice of the customer using many different listening posts, which includes the Elder Advisory Council and the needs assessment. Utilizing multiple listening posts helps ensure the improvements made to the Nuka System of Care are culturally appropriate and reflective of the values and needs of customer-owners. The expansion of the Elder Program and resources to help support the growing population of Alaska Native and American Indian Elders is one of many recent examples of improvements made by SCF in partnership with 65,000 customer-owners.

For more information see page 12, for questions or concerns, contact Elder Program at (907) 729-6500.
Inaugural Regalia Fashion Show to Celebrate Culture

SCF Public Relations

A regalia fashion show will be a highlight at the 22nd Annual Gathering. The show will feature regalia to celebrate tradition and honor the connection to our ancestors, aligning with this year’s Gathering theme – Commitment to Quality for our Children’s Children.

Registration for the regalia fashion show was open to everyone, and the participants in the show will share their heritage and story behind the regalia.

Don’t miss the SCF Regalia Fashion Show, beginning at 1 p.m. on the center stage at the 22nd Annual Gathering.

Veterans and First Responders Learning Circle

The Southcentral Foundation Veterans and First Responders learning circle provides support and utilizes a veteran-designed curriculum to address matters individuals may face after service. A meal will be provided to participants.

Anchorage Learning Circles

Wednesdays
6 – 7:30 p.m. | River Room
3130 Lark Street | Anchorage, Alaska

Valley Learning Circles:

Tuesdays
9:30 a.m. – 1 p.m. | Mat-Su Senior Services
1132 S. Chugach Street | Palmer, Alaska

Fridays
11:30 a.m. – 1 p.m. | Fireweed Room
Benteh Nuutah Valley Native Primary Care Center
1001 South Knik Goose-Bay Road | Wasilla, Alaska
Thomas Huhndorf Appointed to SCF Board of Directors

Sharon Leighow
Southcentral Foundation’s Board of Directors has announced Thomas Huhndorf as the newest appointed member to its board.

Huhndorf is a maintenance supervisor for Alyeska Pipeline Service Company and a member of Alyeska Pipeline Service Company’s Section 29 Advisory Board. He is a former director of CIRI Alaska Tourism Corporation, Cook Inlet Tribal Council, Salamatof Native Association, Teya Development Company and Teya Technologies, and a former owner/member of Huhndorf Electric. Huhndorf has served on the CIRI Board since 2004 and is a former CIRI Shareholder Participation Committee member.

Born in Anchorage, Huhndorf was raised on his family’s homestead in Nikiski. He grew up commercial fishing in Cook Inlet. Today, he splits his time between his residences in Valdez and Ninilchik. He and his wife, Grace, have three children.

“Mr. Huhndorf’s expertise will be a great asset to Southcentral Foundation as we continue to provide the highest quality health services for the Alaska Native Community,” said SCF Board of Directors Chairman James Segura.

“It is a pleasure to welcome Tom to the SCF Board of Directors,” said SCF President/CEO Katherine Gottlieb. “We are blessed to have someone with his background to serve in this important role. I look forward to working with him.”

Huhndorf was appointed to SCF’s Board of Directors on January 17. SCF is governed by a seven-member Alaska Native board of directors. They are responsible for establishing the policies that guide the health care organization that serves 65,000 Alaska Native and American Indian people living in Anchorage, the Mat-Su Borough, and 55 rural villages in the Anchorage Service Unit.

The current board members are Chairman James Segura, Vice Chairman Charles Anderson, Secretary/Treasurer Karen Caindec and Directors Charles Akers, Roy M. Huhndorf, Dr. Terry Simpson and Thomas Huhndorf.

SCF Offers Drug-free Alternatives to Pain Management

Kally Greene-Gudmundson and Shamika Andrew

Recently, SCF received funding from the Substance Abuse and Mental Health Services Administration to help combat the opioid crisis in the region, including several villages in the Rural Anchorage Service Unit. The $2.9 million, two-year grant will support rural behavioral health services and work with various clinics operated by SCF. The goal is to reassess current programs and further expand prevention, treatment, and community-based recovery support services. The intention is to do so while coordinating training for rural clinics, behavioral health aides, and other Tribal clinic employees. The increased funding and resulting efforts will strengthen the entire community by further integrating cultural perspectives into the services provided.

Currently, SCF offers multiple, drug-free alternatives to pain management. Some of the clinics offering drug-free solutions to customer-owners include Complementary Medicine, Traditional Healing, and Physical Therapy and Exercise. These clinics and their services are made available to customer-owners on a referral basis.

Complementary medicine includes chiropractic care, acupuncture, and massage therapy. It is offered as a treatment option for acute injuries or illness as a complement to primary care. SCF chiropractic services provide focus on the ties between the spine and the nervous system. Through spinal adjustment, treatments can ease problems caused by restricted vertebrae and other joints. Acupuncturists treat customer-owners using various methods to re-balance the energy system in the body, promote healing, and reduce inflammation systematically, as well as manage addictive behavior. Finally, clinical massage therapists provide treatments to customer-owners that can help relieve pain, muscle tension, reduce stress, and work problem specific areas.

Physical Therapy and Exercise provides comprehensive care for a variety of conditions. A team of providers partners with customer-owners to encourage a healthier lifestyle to optimize overall functional movement. Primary services include prevention and treatment of chronic health conditions like diabetes and arthritis. Pain management services serve populations of all ages, ultimately providing a driving force for long-term, opioid-free treatment.

SCF’s Traditional Healing Clinic provides traditional Alaska Native approaches to health in an outpatient setting. Tribal doctors assist customer-owners of all ages with practices such as traditional physical healing and traditional counseling. In a recent evaluation of the clinic, the study found that the majority of the customer-owners receiving services in the clinic are living with some sort of chronic pain.

SCF is committed to creating opportunities and resources to support customer-owners. The CDC improved the way opioids are prescribed by study found that the majority of the customer-owners receiving services in the clinic are living with some sort of chronic pain.

We work together with the Native Community to achieve wellness through health and related services.
In the News by Harvard Medical School

Thank you to the Harvard Medical School Office of Communications and External Relations for permission to reprint these scholarly articles from their digital publication, In the News.

How Long Is Medical School and What Is it Like?
By Ilana Kowarski

This article offers advice for aspiring doctors and outlines some of the critical considerations that applicants should make before embarking on a career in medicine. Paul Crowley (HMS/Boston Children’s) is quoted.

Full article: http://bit.ly/MedSchoolANN

What the New Exercise Guidelines Mean for People Managing Diabetes
By Don Rauf

New exercise standards released by the U.S. Department of Health and Human Services encourage everyone to include physical activity in their daily routine. This article discusses the additional health benefits of regular exercise for people with diabetes. Osama Hamdy (HMS/Beth Israel Deaconess/Joslin) is quoted.

Full article: http://bit.ly/NewExerciseANN

Customer-owner Shares Appreciation for SCF

Dear Katherine Gottlieb,

I want you to know how much I appreciate the hospital and Southcentral Foundation. In July, I had surgery and the best care one could possibly have.

Kudos to the anesthesiologist team, they were the best ever. Before surgery I told them that I get sick from anesthetic and they took note. Someone put something behind my ear and whoever else was involved made sure that when I woke up I was without nausea or headache and that I woke up in an appropriate amount of time.

The recovery room nurse was right by my side and attentive. To my great surprise, after I was in my hospital room, an anesthesiologist doctor came and asked about my experience with the anesthetic. I told him I had none of the problems I had in the past and that I really appreciated his team.

My surgeon, an OB-GYN at Southcentral Foundation, is a doctor that gives you confidence and is very compassionate. She reassures you and looks you in the eye and ‘really’ listens to your concerns. She is the best of the best when it comes to surgeons and my outcome could not have been better. Thank you for having her on your staff.

My time in the hospital was easy and uneventful. I was blessed to have the night nurse by my side. He was very nice, professional and went out of his way to make sure I was comfortable and even snuck me a nighttime snack, ice cream I believe it was, and I do not even have that at home. What a treat for me and what a great nurse... you heal faster with people like him.

My night nurse's assistant helped me get to the bathroom/get out of bed/walk the hall/get me water and always with a smile making sure I had everything I needed. I did not interact with my daytime nurse and their assistant much as I was able to walk and I was being discharged but even though my time with them was short, (they were extremely busy) they made time to make sure my stay was pleasant.

You have a great team at ANMC and I sincerely thank each of you for your kindness and push toward my healing!

Very respectfully yours,
Carole L. Johns-Okamoto

CITC Internship Partner Program

CITC is recruiting for highly motivated Alaska Native/American Indian full or part-time college students currently enrolled or recently graduated from an undergraduate or graduate degree program or technical training school.

Important Dates

Application submission period: Dec. 15, 2018 – March 15, 2019
Application packet deadline: March 15, 2019
Preliminary interviews: March 18 — March 22, 2019
Final selection/ notification to final candidates: March 29, 2019
Orientation (Anchorage): May 20, 2019
Internship period: May 20–Aug. 9, 2019
End of Internship presentations and exit interviews: Aug. 5 — 9, 2019

For more information or to apply please visit our website at www.citci.org. Please call 907-793-3183 with any questions regarding internships.
Traditional Names Used in the Iliamna Lake Region

Yoko Kugo

More than 20 Elders from five Iliamna Lake communities participated in the Iliamna Lake Place Names Workshop at the Newhalen Teen Center in May 2018. Local Tribal Councils of Iliamna, Newhalen, Kokhanok, Igigug, and Levelock established the Iliamna Lake Place Names Committee with Yoko Kugo, Ph. D. student, to review all the varied place names of the Iliamna Lake region, and to ensure all the shared knowledge is retained.

This project originated with Kugo’s 2016 fieldwork where she conducted a community-based Iliamna Lake place names study, which consisted of recording local Yup’ik and English place names and oral narratives about these places with locals (funded by University of Alaska Fairbanks Center for Global Change and National Science Foundation (No. 1640801)). It was learned that some Elders refer to a place using different names based on their personal experiences and from those who taught them about those places. With the committee’s support, Igigug and Kokhanok Village Councils received two Bristol Bay Native Corporation Education Foundation Place Names Grants to organize the workshop and to publish a map of Iliamna Lake Place Names.

During the workshop, Elders shared their life histories with others and reported how they learned about place names. Elders often acknowledged how some places were known by multiple names. The workshop also awarded some high school students scholarships and gave them opportunities to learn local histories from the Elders. The Iliamna Lake Place Names Committee would like to honor the late elders Charlie Andrew (Levelock) and Mary Wasiyile who participated in the various place names workshops. They would also thank Yup’ik translators Evelyn Yaney and Walkie Charles for their transcribing expertise during the workshop.

In October, Kokhanok artist Marlene Nielsen designed a map of Iliamna Lake. She painted some landmarks that are important for locals who travel around the lake. Presenting local Yup’ik and Dena’ina place names on the locally designed map will assist locals in sharing an important part of their cultural heritage.

At SCF, culture is incorporated into the foundation of all services provided. Honoring traditional place names is just one example of how culture can be preserved and support a community’s journey toward wellness. SCF looks forward to continuing to celebrate, partner, and support efforts that help preserve culture and achieve wellness.

The High Price of Heart Disease

Jake Johnson

This February SCF will help spread awareness on the high price of heart disease while celebrating American Heart Month. Heart disease is currently the leading cause of death for both men and women in the United States. For people of American Indian, Alaska Native, Asian, and Pacific Islander descent, heart disease is second only to cancer. Fortunately, heart disease can be prevented by making healthy choices like exercising regularly, eating healthy, and managing health conditions appropriately. Prevention through education is critical in the fight against heart disease. High-risk factors like smoking, high cholesterol, high blood pressure, and alcohol abuse are preventable and controllable. However, with an increase in sedentary lifestyle across the U.S. and an increase in the consumption of processed foods, obesity has contributed to an increase in heart disease diagnosis and related deaths.

The CDC states that maintaining routine check-ups with your provider while sustaining a consistent healthy weight can help reduce your risk of heart disease. A major lifestyle change is not always needed; minor lifestyle changes like taking the stairs when possible, reducing salt intake at meal times, and eliminating fast food from your diet are beneficial ways to begin the fight against heart disease.

Early detection is key and can help to save your life or the life of loved ones. A heart attack happens when the blood supply to the heart is cut off. Cells in the heart muscle that do not receive enough oxygen-carrying blood begin to die. The more time that passes without treatment to restore blood flow, the greater the damage to the heart. About 47 percent of sudden cardiac deaths occur outside a hospital, suggesting that many people are not aware or did not act on early warning signs. Know the warning signs and symptoms of a heart attack so you can act fast.

Some of the major warning signs include, chest pain or discomfort in the areas of the upper body, shortness of breath, nausea, feeling lightheaded, or cold sweats. It is important to recognize the signs of a heart attack and to act immediately by calling 911. A person’s chance of surviving a heart attack increases the sooner emergency treatment is administered.

Annually, about one of every six U.S. health care dollars is spent on cardiovascular disease, it is the costliest health condition in America when you factor in lost productivity. Research can help find new ways to prevent and treat heart disease and reduce its economic toll on our nation. As a result of research funded by the National Institutes of Health, the death rate for heart disease in the U.S. has decreased by more than 60 percent since 1940, and 70 percent for strokes in the same time period.

Being informed and taking preventive steps is the best way to be proactive in the fight against heart disease. Keep up and get involved this February with SCF Heart Health Events by following SCF’s Facebook page.

To find out other ways to raise awareness against heart health or donate to heart health research this holiday season visit, https://www.heart.org.

Group photo at the Iliamna Lake Place Names Workshop, May 15, 2018.
Join Southcentral Foundation for the Annual Gathering at the Egan Civic and Convention Center on Saturday, February 2nd.

Bring the family and enjoy a day filled with healthy activities, face painting, carriage rides, and live entertainment. Be sure to check out the regalia fashion show, Alaska Native art for sale, and learn more about services available at Southcentral Foundation and in the community.
SCF Introduces Inaugural Partnership Award

Tikaan Galbreath and Sharon Leighow

A journey is seldom walked alone, and some of the most challenging accomplishments are achieved in collaboration. Southcentral Foundation will honor these accomplishments at the 22nd Annual Gathering with the new SCF Partnership Award. Each year, two partners will be recognized for their contributions toward creating a healthy community in partnership with SCF. Community can be friends with common interests, family, coworkers, or neighbors — community is wherever connections and partnership are found.

At SCF, community is created by working toward a shared vision — a Native Community that enjoys physical, mental, emotional, and spiritual wellness. At the heart of the community are relationships. No matter the relationship; whether it is between a provider and a customer-owner, two coworkers, or two organizations; SCF believes healthy relationships build healthy communities.

Collaborating to meet community challenges requires courage, consistency, and time. SCF’s Partnership Awards honors businesses, nonprofits, state and federal agencies, and community projects that have demonstrated a clear commitment to supporting those in need and creating healthy communities. Award recipients have risen above the boundaries of their organizations to collaborate and create a shared vision for how to collectively create change around one or more issues faced by our communities. Their commitment to achieving the desired change has been validated through consistent, constructive communication; adherence to the agreed upon processes; and measuring the impact through shared measurements — all of which support progress toward achieving the shared vision.

SCF honors two partners annually with an SCF drum. The drum brings people together and connects the heartbeat of those within its range. SCF continues the tradition by gifting the drum to community partners in recognition of their contribution to the health of the Alaska Native community.

Healthy communities cultivate healthy families, and at SCF, families are the hub of the system. This year’s Annual Gathering theme is a Commitment to Quality for our Children’s Children. By celebrating those who help address the biggest health priorities of the Alaska Native community, SCF hopes to highlight the best practices that will ensure quality services and a healthy community for years to come.

Southcentral Foundation is honored and privileged to announce Rasmuson Foundation as a recipient of the inaugural SCF Partnership Award. The long-term partnership with Rasmuson Foundation has helped build and improve Southcentral Foundation’s capacity to pursue the vision of a Native Community that enjoys physical, mental, emotional and spiritual wellness. Rasmuson Foundation’s depth of impact and influence across Alaska would not be possible without their sustainable grantmaking philosophy; the Foundation acts as a catalyst for change; helps Alaskans help themselves; and embraces the diversity within Alaska.

Rasmuson Foundation has awarded Southcentral Foundation millions of dollars in funding through grants which has contributed to countless Southcentral Foundation projects that support innovative health care and related services. Several important community-based initiatives have benefited from Rasmuson Foundation’s support, including a transformational program to help pregnant women break the cycle of addiction, a residential treatment center for young men with emotional and mental health disorders, and programs to assist low-income Elders, infants, and those with persistent mental illness. Through participation in Rasmuson Foundation’s famed Grantmakers Tour of Alaska, Southcentral Foundation has had the opportunity to expand its network of outside funders.

Southcentral Foundation is honored and privileged to announce former Alaska Lt. Governor Valerie Ner’braa luuk Davidson has been selected as a recipient of the inaugural SCF Partnership Award.

Davidson has devoted her work to helping improve health care for Alaska Native people. From her work at the Alaska Native Medical Center, to Health and Human Services commissioner, and subsequently lieutenant governor, she has promoted and protected the health and well-being of Alaskans. Davidson’s work and contributions have inspired many.

Davidson has previously served as senior director of Legal and Intergovernmental Affairs for the Alaska Native Tribal Health Consortium, and as chair of the Tribal Technical Advisory Group to the Centers for Medicare and Medicaid Services. She helped veterans in rural areas gain access to health care through Tribal clinics and creating rural dental clinic programs that employ mid-level dental professionals. During her tenure as commissioner of the Alaska Department of Health and Social Services, Davidson worked diligently to expand Medicaid in Alaska. She became Alaska’s first female Alaska Native lieutenant governor in 2018.

SCF thanks Valerie Davidson for all of her work and advocacy at the local, state, and national levels on behalf of all Alaska Native people.
**COMMITMENT TO QUALITY**

**It’s Official, Alaska Cleft Lip and Palate Program Certified**

**Amanda Cantrell**

On Jan. 1, the Alaska Cleft Lip and Palate Program became a designated cleft palate team by the American Cleft Palate-Craniofacial Association; the ANMC program is the only one in the state to receive this designation. ACPCA created standards for cleft palate teams across the country to ensure coordinated and consistent care for people with cleft palates and cleft lips. The ACPCA oversees the Commission on Approval of Teams that is responsible for reviewing applications across North America. Applications take about six months to process; the review includes examining the six different standards, including: team composition, management and responsibilities, patient and family communication, cultural competence, psychological and social services, and outcomes assessment. Receiving the designation allows people to be referred for services from the national association.

Through the 2018 needs assessment, customer-owners expressed a need for improvement and expansion of dental services. With the new designation as a cleft palate team, customer-owners can be confident that they are receiving the best care. The CLP Program is one of the many programs now located in the new Dr. Katherine and Dr. Kevin Gottlieb building, and has the latest in dental technology.

Along with the updated CLP Program space, the Dr. Katherine and Dr. Kevin Gottlieb Building expansion created more access to dental services. The new Children's Dental Clinic does not replace the previous ANMC Dental Clinic, instead it expands the number of available dental chairs. The Children's Dental Clinic added 32 chairs, including 12 dedicated to orthodontics, to meet the customer’s expressed desire to have access to appointments when needed. The expansions and new clinic allows the ANMC Dental Clinic to increase the number of non-pediatric appointments creating a major dental expansion for customer-owners.

**Tillie the Tooth Fairy Returns!**

**Amanda Cantrell**

Tillie the Tooth Fairy returns in February to help celebrate Children’s Dental Health Month. This year she’ll be visiting the Anchorage Native Primary Care Center lobby, the Alaska Native Medical Center lobby, the Children’s Dental Clinic, and the Valley Native Primary Care Center. Visit Tillie and the SCF Dental Team to learn how to properly brush teeth, grab a dental kit, and of course, take a photo with Tillie.

“Attitudes and habits established at an early age are critical in maintaining good oral health throughout life. By participating in the annual celebration of National Children's Dental Health Month, members of the dental team, parents, teachers, and others can help keep children’s smiles beautiful now and for years to come,” says the American Dental Association.

Parents can be positive role models by caring for their own teeth and showing children that brushing and flossing are important for a healthy lifestyle. Aunts, uncles, and grandparents can help by giving children healthy snacks. Be sure to encourage brushing before bedtime and in the morning after breakfast to reduce the risk of cavities.

Remember; parents should schedule their child’s first visit when their first teeth start to become visible in the mouth or even before their teeth are visible. Parents should also remember to schedule annual visits for their children. To help support good oral hygiene, providers can ask about habits such as brushing and snacking, to incorporate a risk assessment into their well-baby exams. Another option for parents is to request pediatricians apply fluoride varnish at visits.
Elders Celebrate the Holidays at Annual Christmas Party!

Tara Carey

Elders visited friends, enjoyed food, danced to live music, and browsed a mini-health and art fair at ChangePoint Church during the 2018 Elder Christmas Party. The festive environment and holiday celebration was a welcome distraction to the tapering aftershocks Anchorage and southcentral Alaska experienced following the quake. The twinkling snowflakes that hung from the ceiling matched the twinkle in everyone's eye as they entered the sanctuary for the seated luncheon.

With support and thanks to ChangePoint Church, the Elder Christmas Party, hosted by SCF's Elder Program, is a way to honor Elders and show appreciation each year. In addition to celebrating the holidays, the event fosters an environment to meet new friends or visit and catch-up with old ones.

One set of friends, Avis Dunkin and Ann Dementieff, have a unique bond. They originally met in their hometown of McGrath. Avis and Ann, both 100 years old, have been friends since their childhood.

Friends Avis and Ann stated, “we have the best time seeing each other.” Their joy bubbled over when they both won door prizes!

For more information about SCF’s Elder Program and available services, call (907) 729-6500.

Join the Southcentral Foundation Nursing Team

RN Case Managers

- Signing Bonus
- Relocation Assistance
- Alaska Nursing License
- Openings in Primary Care, Pediatrics, and OB-GYN
- Work in teams with consistent caseload
- Opportunity to progress to senior or specialist

Interested? Apply online at southcentralfoundation.com
A Brief History of Russian Christmas in Alaska

Tiana Taylor

Jan. 7 is Orthodox Christmas, and it is celebrated in many communities across Alaska. It is a practice connecting back to the fur trade era and Russia’s historical presence in Alaska. According to estimates by a church official in Kodiak more than half of the Russian Orthodox community in Alaska are Alaska Native people. Orthodox Christmas is more commonly referred to as Russian Christmas in Alaska, and has taken on a few unique qualities, including:

• In some Aleut regions, the traditional song Many Years is often greeted with a rifle salute.

• In some Yup’ik regions, everyone is treated to a lavish three-course meal, with the Elders and church functionaries dining first. In some households, adults are presented with small gifts.

• In other Yup’ik areas, each household presents their major annual contribution to the parish.

During the days of the Soviet Union, Christmas was not widely celebrated in Russia. In fact, Christmas was banned as a religious holiday until 1929, and Christmas trees were banned until 1935. According to history.com, for over 50 years Russian people who wanted to celebrate Christmas had to do so in secret within their family homes. After the collapse of the Soviet Union in 1991, Russians were free to celebrate Christmas again. Here are a few facts about Russian Christmas:

• Christmas in Russia is normally celebrated on Jan. 7.

• The Russian Santa Claus is named Ded Moroz, or Father Frost. He is accompanied by Snegurochka, the snow maiden. He brings presents to children to place under the New Year's tree. He carries a staff, wears valenki (felt boots), and is carried across Russia in a troika (a vehicle led by three horses).

• The common decorations of Orthodox Christmas are a decorated fir tree, a star (such as the first star in the sky or the star on top of the Christmas tree) and a nativity scene is usually the centerpiece of the star.

Another uniquely Alaskan tradition of Russian Christmas, and one we celebrate at SCF is starring, where a large star ornament is twirled as the choir sings. The star is said to be one of the three wise men followed to Bethlehem. Carolers follow the star as they travel home-to-home and sometimes village-to-village. The practice of starring is believed to have come from the Carpathian Mountains in the Ukraine.
Positive Relationships Reduce Teen Dating Violence

Riley Stewman

Did you know about 1.5 million high school students nationwide are victims of relationship abuse? According to loveisrespect.org, one in 10 high school students have been abused by their dating partner within the last year. Spreading awareness about this issue while promoting and modeling positive behaviors helps educate youth and demonstrates what to expect from a healthy relationship.

Teens often don’t report violence in their relationship because they are afraid to tell their friends and family. In a study completed by the Youth Risk Behavior Survey, results found that only 33 percent of teens who were in a violent relationship told someone about the abuse.

The CDC defines teen dating violence as the physical, sexual, psychological, or emotional aggression within a dating relationship — all of which can occur in person or electronically. This includes things like believing negative behaviors are okay, such as displays of aggression towards others, eating disorders, and instigating conflict. Abuse can also make someone more susceptible to behavioral health conditions.

SCF’s 2018 Health Needs Assessment identified behavioral health and general wellness as an important health priority including healthy lifestyles, emotional health, and healthy relationships. The way SCF supports these priorities is by offering programs for teens where they can interact, build relationships, and share story together, while providing education on healthy relationships.

The TRAILS program, offered for students ages 12 – 17, is a supplemental service provided to customer-owners who are enrolled in a behavioral health treatment plan. Students learn skills to help improve their relationships and communication by providing coping and daily living skills. Additionally, students are given the opportunity to participate in activities together including volunteering in the community, physical wellness, team building, and more. They also participate in discussions that include resiliency and safe intimacy.

The RAISE program is a paid internship offered to teens ages 14 – 19. Students are placed in different worksites and participate in a variety of workshops that help with team building, communication, and writing skills. Students also participate in skills Friday, where they are able to build relationships together through various team building activities as well as work together to achieve a specific task that helps to build trust amongst each other.

How can you help prevent teen dating violence? First, you can help spread awareness and educate others on the cause. Secondly, if you’re a parent or close friend, engage in more activities with your teen and try to build a trusting and honest relationship with them — let them know if they ever need to talk about anything with you that they can. Lastly, promote healthy communication skills and conflict resolution and demonstrate how important these are in a healthy relationship by modeling the behavior.

If you have any concerns or need to schedule an appointment, please call your provider.

Suggested Schedule for Well-Child Checks and Vaccinations

- Developmental screening and growth measurements each visit newborn – 18 years.
- Influenza vaccine annually 6 months – 18 years.
- Dental and vision exams annually beginning at 12 months.
- Physical exams and school physicals annually age 3 – 18 years.
- The most common side effects from immunizations are fever, soreness and swelling at the site. MMR or varicella vaccines occasionally cause rash 1 – 3 weeks after immunization.

### BIRTH
- Hepatitis B
- Newborn metabolic screener

### NEWBORN
- Jaundice screening
- Weight check

### 2 WEEKS
- Pediatrician visit
- Weight check
- Mother postpartum screening

### 2 MONTHS
- DTaP
- Polio Vaccines
- Hepatitis B
- PCV13
- PedVax Hib
- Rotavirus
- Mother postpartum screening

### 4 MONTHS
- DTaP
- Polio Vaccines
- Hepatitis B
- PCV13
- PedVax Hib
- Rotavirus
- Mother postpartum screening

### 6 MONTHS
- DTaP
- Polio Vaccines
- Hepatitis B
- PCV13
- PedVax Hib
- Rotavirus
- Mother postpartum screening

### 9 MONTHS
- No routine vaccinations due, well child check only.

### 12 MONTHS
- DTaP
- Polio Vaccines
- Hepatitis A
- MMR
- PCV13
- PedVax Hib
- Varicella
- Iron and lead screening

### 15 MONTHS
- No routine vaccinations due, well child check only.

### 18 MONTHS
- Hepatitis A
- Autism screening

### 2 YEARS
- No routine vaccinations due, well child check only.

### 30 MONTHS
- No routine vaccinations due, well child check only.

### 3 YEARS
- Annual physical exams begin

### 4 – 6 YEARS
- DTaP
- Polio Vaccines
- MMR
- Varicella
- Diagnostic hearing test before starting school

### 11 – 12 YEARS
- HPV
- Meningococcal
- Tdap
- HPV
- Meningococcal
**Elder Program Remodel to Occur**

January through July

Southcentral Foundation is expanding the Elder Program to better serve customer-owners; the scheduled remodel will support continuous growth and expansion of services.

**New Temporary Location**

The Gathering Room in the Mt. Ahklun building, 4501 Diplomacy Dr. Anchorage, AK

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**Parking**

Use the lot directly facing the front entrance of the Mt. Ahklun building (west of the building)

Elder entrance will be at front of the Mt. Ahklun building through the main entrance

We appreciate your patience and consideration during this time. For questions or concerns, please contact Elder Program at (907) 729-6500.

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**MONDAY**

**Shopping | 12:30 – 2 p.m.**
Value Village, Northway Mall, Fred Meyer, Midtown Mall, Walmart

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

**Movie Day | 12:30 p.m.**
(4th Monday of each month)
Popcorn and juice are provided.

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**TUESDAY**

**Cultures and Traditions | 9:30 a.m. – 3:30 p.m.**

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**WEDNESDAY**

**Bingo | 12:15 – 2 p.m.**

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**THURSDAY**

**Health Education Nutrition and Wellness | 12:30 – 2 p.m.**

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

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**FRIDAY**

**Game Day | 10 a.m. – 3 p.m.**
(1st, 2nd, and 3rd Friday of each month)

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**Important Phone Numbers**

| Alaska Native Medical Center | (907) 563-2662 |
| American Association of Retired Persons (AARP) | (907) 272-1444 |
| Anchorage Police Department (non-emergency) | (907) 786-8500 |
| Anchor Rides | (907) 343-2550 |
| Cook Inlet Housing Authority | (907) 793-5000 |
| Division of Public Assistance | (907) 269-6599 |
| Food Bank of Alaska | (907) 272-3663 |
| People Mover | (907) 343-4556 |
| Salvation Army Meals on Wheels | (907) 349-061 |
| Senior Benefits | (907) 352-4150 |
| Southcentral Foundation | (907) 729-4955 |
| SCF Elder Program Event Hotline | (907) 729-6588 |

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**Temporary Relocation!**

The Elder Program will meet at the Mt. Ahklun building during the scheduled remodel.

**ALASKA NATIVE HEALTH CAMPUS**

ANMC Gottlieb Building Mt. Marathon Building Fireweed Mountain Building ANPCC Mt. Ahklun Building

**Diplomacy Dr.**

**Tudor Centre Dr.**

**Tudor Rd.**

**The Gathering Room**

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**Elder Program Remodel to Occur**

January through July

Southcentral Foundation is expanding the Elder Program to better serve customer-owners; the scheduled remodel will support continuous growth and expansion of services.

**New Temporary Location**

The Gathering Room in the Mt. Ahklun building, 4501 Diplomacy Dr. Anchorage, AK

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