

Reducing Suicide Risk Through Comprehensive Care

By Senior Public Relations Specialist Brandy Gallagher

Southcentral Foundation is here to support you through your wellness journey and wants you to know you are not alone.

“Connecting with your primary care team is the first step toward receiving support for your physical and emotional pain,” said Southcentral Foundation Clinical Supervisor Thor Wocasek.

September is National Suicide Prevention Month. Although the statistics on suicide can be disheartening, especially for those who suffer from chronic pain, also referred to as persistent pain, they heighten the need for intervention and outreach. When pain lasts longer than three months, it is considered persistent pain. Pain can source from illnesses, accidents, aging, and many unknown causes. If left untreated, pain can become the center of your life. However, having persistent pain does not mean you need to suffer through it.

Persistent pain can be difficult to bear and can often lead to insomnia, increased stress, feeling anxious or depressed, additional health problems, and not doing the things you once loved to do. Persistent pain can alter the brain’s processing systems and even adjust the brain’s chemical makeup. Individuals with persistent pain generally have reduced levels of serotonin and norepinephrine, which help regulate mood and pain sensations. Speak to your provider about any moods or behaviors that have changed or that aren’t normal for you.

Ask your provider to refer you to a team of specialists who can address the whole person. Seeing a specialist can help your care team create a comprehensive care plan for your mind and body. Addressing and managing pain is a process that you and your care providers will need to monitor to ensure it continues to help your pain.

Wocasek shared, “Addressing physical and emotional pain may take lifestyle changes in order to find relief from the pain you are experiencing.”

SCF offers a comprehensive approach to health care including physical, mental, emotional, and spiritual wellness. This approach starts with you talking with your provider. Among these approaches include multiple drug-free alternatives to pain management. Physical therapy, occupational therapy, exercise classes and consults, acupuncture,

massage therapy, chiropractic care, traditional healing, nutrition and dietary support, counseling, cognitive behavioral therapy, and much more are available for customer-owners. Some of these services do require a referral from your primary care provider, therefore it is important to communicate your concerns and needs.

These factors may increase the risk of suicidal behavior among people with persistent pain: desire to escape from pain, duration of pain, feeling helpless or hopeless, insomnia, passive coping strategies, and pain severity. To help improve quality of life, here are some home remedies that may help ease pain:

- Take nutritional supplements and maintain a balanced diet.
- Get a professional massage or use your hands, rollers, or electronic devices to relieve muscles.
- Use cold therapy on acute injuries to reduce swelling.
- Use heat therapy such as a heating pad to provide relief for sore or stiff muscles and joints.
- Use braces or products that relieve pressure on injured parts of the body, such as on the lower back or knees, to reduce pain and restore function.
- Use meditation to empty the mind of thoughts or to focus on one thought to relax, calm, and cope with pain.
- Exercise, as consulted by your provider, to help make you stronger, more flexible, and to help brighten your mood.

Be open with your provider, family, and friends. A support system can only assist if you voice your true thoughts and feelings. Please help raise awareness for suicide prevention by sharing this article or sharing your story with your provider or loved ones. Suicide is permanent and is not a solution to persistent pain or depressive thoughts. Seeking help is a solution.

For more information on how to start a pain management treatment plan or to get a referral to SCF services, please call your primary care provider at (907) 729-3300. For immediate assistance in crisis, text the Crisis Text Line at 741-741. #ListenShareConnect



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Sources:

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4. <https://store.samhsa.gov/sites/default/files/d7/priv/sma13-4783.pdf>

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

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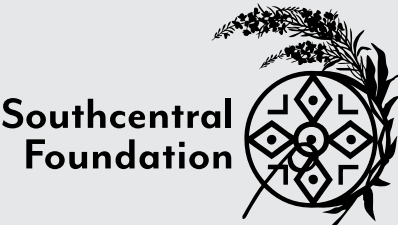
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Thank you to Rasmuson Foundation and all the nonprofits, Native corporations, and private organizations who help support the Grantmakers Tour.

For more than two decades, the Rasmuson Foundation Grantmakers Tour has brought influential foundation leaders to Alaska. Participants get a firsthand look at Alaska's unique needs and the challenges organizations face when providing services.

Thank you to all the funders who have walked beside SCF on the journey to whole-person wellness.



Qa̋aasakung Quyanaq 'AwA'ahdah Mahsi' Igamsiqanaghalek Hw'aa
Quyana T'oyaxsm Chin'an Tsin'aen Gunalchesh Quyanaa Thank You

Dr. Biden Visits Alaska Native Health Campus on First Solo International Trip

By SCF Public Relations

Southcentral Foundation and the Alaska Native Tribal Health Consortium welcomed First Lady Jill Biden to the Alaska Native Medical Center. En route to the Olympic Games in Tokyo, Dr. Biden spent several hours in Anchorage during refueling stop at Joint Base Elmendorf-Richardson. This was Biden's second visit to Alaska, having visited the state previously at the invitation of Senator Ted Stevens.

"I truly feel like this is a special place, and I feel that close relationship. I've seen the heart of this state in so many ways," she said.

With COVID-19 cases rising across the state, Dr. Biden met with Alaska Native Tribal Health Consortium President Valerie Davidson, Alaska's Chief Medical Officer Dr. Anne Zink, and others to learn about vaccine efforts and telehealth in the Alaska Tribal Health System.

Zink underscored the importance of the Tribal health system, "The Tribal Health System is the backbone in the state for health care. In many places, it's the only health care system in the area, both for Tribal members and non-Tribal members."

Biden praised the COVID-19 vaccination efforts of the health system, stating, "We are reunited, thanks to the work of organizations like this center, and Southcentral Foundation, and the Alaska Native Tribal Health Consortium, which have helped lead this state in vaccinating not only Natives, but non-Natives as well." She went on, "The president and I are so grateful for the hard work that has gone into vaccinating your communities against COVID-19, because let's face it, you're saving lives."

The First Lady encouraged all Alaskans to choose to get vaccinated, sharing that "COVID is more contagious than ever, and it continues to spread. Even one hospitalization, one life lost is too many." Adding, "I'm here today because your health matters to me, and to the president."



Alaska Health and Social Services Chief Medical Officer Dr. Anne Zink, left, and Alaska Native Tribal Health Consortium President Valerie Nurr'araaluk Davidson, right, listen as First Lady Dr. Jill Biden addresses the importance of the COVID-19 vaccine. Photo courtesy of ANTHC.

Honor, Celebrate, Envision: Blessing of Former Alaska Native Service Site

By Technical Writer Uinita Mauigoo

The transformation of the former Alaska Native Service hospital into the Alaska Native Medical Center exemplifies the resilient nature of Alaska Native people. Though the site where the ANS used to reside is now barren, the land holds floods of memories spanning back to 1953. For some a healing spirit is felt on the land, while for others a heavy presence.

A cleansing and blessing of the land was performed at the site of the former ANS. The ceremony was meant to honor and respect Alaska Native and American Indian people who were born, cared for, or passed away at ANS. The theme at the center of this gathering was, “Honoring the past, celebrate the present, and envision the future.”

Honoring the past

Many people shared their experiences at ANS and how the hospital served as a gathering place. It was a place where community members were able to see others and share stories, a place of healing and a place of loss as well.

Maria Coleman, vice president of the Native Village of Eklutna's Tribal Council, recalled fond memories of coming to the area with her ancestors to fish, hunt, and share story with other Alaska Native people, many times at the ANS. She painted a backdrop of an era when Indigenous life was at the forefront.



During the gathering, there was a ceremonial fire dish, which provided offerings of smoked fish, dried meat, coffee, tea, and other items for those who have passed. The ceremonial fire dish served as a reminder that though they are physically no longer with us, many of their spirits linger among us.

Celebrate the present

An integral aspect of the ceremony was that it created a safe space for community members to let go of the past. There was a bounty of blessings and cleansings performed to honor those who have passed, while preparing the land for present growth and opportunities.

The pulse of the Alaska Native drum by the Kingitmiut Singers and Dancers of Anchorage during their traditional performance instilled a lively and festive vibe, fitting to celebrate how Alaska Native people have transformed health care.

Envision the future

Tlingit Traditional Healer Meda DeWitt unveiled a cathartic art piece, providing an opportunity for attendees to experience healing. The structure resembled a wooden fish drying rack. It was also built above a plot of soil. Paper with little seeds attached were passed out to those who wished to write a blessing, memory, or well-wish and they were posted on the wooden structure. The intention was to have the cards disintegrate within rain as the seeds fall into the earth. The cathartic art piece was meant to symbolize that the Alaska Native Community is ready for a brighter future.



Moving forward, the land will be repurposed for the upcoming Anchorage Urban Farm Project, which will serve as a site for local sustainable food production and as a job training center for the homeless and transitioning populations.

Pfizer COVID-19 vaccines are available to customer-owners ages 12 and older.

Contact your provider to schedule an appointment for you or your children. Parental consent is required for children ages 12-17.



"I got my vaccine to do my part in keeping my friends and family safe."

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Southcentral Foundation



SCF Dental Moves to an Integrated Care Model

By Senior Public Relations Specialist Tara Carey

Southcentral Foundation Dental improved its service structure and changed how dental services will be offered. Customer-owners residing in Anchorage and Matanuska-Susitna Borough will soon have a designated integrated dental team. Integrated care teams will enhance consistency of care and improve appointment availability.

What is an integrated dental care team? The teams are modeled after the integrated care team approach provided at the Anchorage Native Primary Care Center and *Bentah Nuutah* Valley Native Primary Care Center. Every customer-owner is empaneled to a specific team of providers, which includes a dentist, dental hygienists, dental assistants, and case management support. Team-based dental care allows customer-owners direct contact and more personal connection with their care teams.

The shift to offering integrated dental care team services began this spring with the empanelment of dental customer-owners receiving pediatric care and was based on each customer-owner's integrated primary care team. Customer-owners have the opportunity to select a preferred dental care team depending on availability. Customer-owners who are empaneled to receive primary care services at VNPCC will be empaneled to a dental care team beginning Sept. 1. By mid-2022, customer-owners residing in Anchorage and Matanuska-Susitna Borough will be empaneled to a dental care team.



Customer-owners have a variety of options for their dental care.

Customer-owners can expect to hear from SCF Dental by letter or phone as the empanelment process progresses. If a customer-owner is not empaneled to a primary care team, a dental care team will not be assigned.

SCF Dental has made additional updates to how and where dental



Southcentral Foundation Learning and Development Dental Specialist Carol East collaborates with Learning and Development Instructional Design Specialist Pola Farve during a training session for SCF Dental employees.

services are provided. Pediatric customer-owners' full mouth dental rehabilitation services are provided at Alaska Native Medical Center Ambulatory Surgery Center, located near ANMC. The move allows for new surgery options and equipment at Alaska Native Medical Center. Walk-in services have resumed at ANMC Dental located in the hospital.

SCF envisions a better dental experience for customer-owners through life-long relationships, improved communication, strengthened trust, consistency in treatment, and continuity of care gained by empanelment to an integrated dental care team.

For more information about the integrated dental care team or to make an appointment for dental services, call (907) 729-2000 if you receive services in Anchorage or (907) 631-7690 for the Matanuska-Susitna Borough.

BECOME A CERTIFIED MEDICAL ASSISTANT



Are you interested in a health care career at Southcentral Foundation?

Southcentral Foundation is offering full scholarship opportunities for qualified Alaska Native and American Indian students for the Certified Medical Assistant Program.

To be eligible you must:

- Have a high school diploma or GED
 - Be 18 or older
- Provide a Certificate of Indian Blood

For more information, or to see if you qualify, contact (907) 729-6716, or email scfdclinicalpod@scf.cc



Domestic Violence

Awareness and Action Month

Domestic Violence Awareness and Action Month

Family Wellness Warriors will host webinars with free CEUs available. Stay tuned for upcoming details!

For a copy of the New Generations Project at-home family activity booklet, please email NewGenerations@southcentralfoundation.com.

To learn more about how you can be a part of ending abuse and addressing trauma, call FWW at (907) 729-5440.

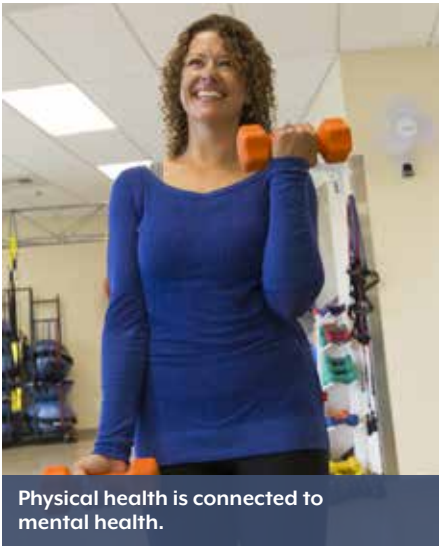
Your voice matters. Your story matters.
You can be a part of the solution.

Our Bodies Were Made to Move

By Public Relations Specialist Gabby St Clair and Senior Public Relations Specialist Brandy Gallagher

Physical activity is anything that gets your body moving. Including physical activity in your daily habits and behaviors can positively impact your overall health, well-being, and quality of life. Being active and exercising may be viewed as a method to lose weight, but being active has far more benefits than the physical changes you may see. Mental changes can occur as well, as your body releases chemicals that can improve your mood. As weather begins to cool down this fall, there are ways you and your family can remain active at home.

Our bodies were meant to move, and this movement can help to avoid chronic disease or ailments. Staying physically active reduces your risk for cardiovascular disease, Type 2 diabetes, weight gain, arthritis symptoms, and some cancers. Physical activity can also help protect your bones, joints, and muscles, improving your joint mobility and balance. Regular physical activity will make your heart stronger. A stronger heart allows more blood to pump throughout the body with less effort. As a result of more blood pumping, the force on your arteries decreases, which lowers your blood pressure.



Physical health is connected to mental health.

Physical health is connected to mental health. Exercise is a healthy, natural way to de-stress, rejuvenate, and regain peace. According to the Centers for Disease Control and Prevention, physical activity helps you feel better, function better, sleep better, and reduce anxiety. During exercise, your body releases chemicals in the brain called endorphins. Endorphins are a powerful chemical that energizes your mind, resulting in a more uplifting and positive mood.



Take your pet for a walk or a hike and enjoy the beautiful Alaskan scenery.

Don't let poor weather, crowded gyms, or expensive trainers stop you and your family from living a healthy and active lifestyle. Exercising should be fun, find an activity you enjoy and something you can stick with. A few ideas include going for a walk or bike ride, participating in an online exercise class hosted by Southcentral Foundation Physical Therapy, Occupational Therapy, and Exercise, marching or walking in place, strength exercises such as lunges, squats, push-ups, and sit-ups, or a fitness challenge between family members. If a long workout sounds daunting or unattainable, try breaking up exercises or activities throughout the day. You can start slowly, and continuously find ways to fit more physical activity in your life.

For more information on how Southcentral Foundation can support you in staying active, visit www.southcentralfoundation.com, or call SCF Physical Therapy, Occupational Therapy, and Exercise at (907) 729-6683.

Health Education Virtual Learning Circles Via Zoom

MONDAY

No Health Education learning circles are held on Monday.

TUESDAY

11:30 a.m. - 1 p.m.

Lose to Win

MEETING ID: 987-2163-4738

Description:

Focus on healthy lifestyle changes with this evidence-based weight management program.

WEDNESDAY

10 - 10:50 a.m.

Toddler Time

MEETING ID: 966-1195-2949

Description:

Participate in educational and fun activities for toddlers. Sing, craft, and play with other children in the community.

THURSDAY

Noon - 1 p.m.

(Second and last Thursday of each month)

Power of Hope

MEETING ID: 959-7817-7527

Description:

Learn about cancer prevention resources and receive support and tips for managing life with cancer.

THURSDAY

12:30 - 1:30 p.m.

Teatime with Elders

MEETING ID: 937-5949-4088

Description:

Participants, ages 55 and older, can build community through engaging activities and participate in conversations about disease and cancer prevention.

FRIDAY

11 a.m. - noon

Dinner Makes a Difference

MEETING ID: 926-3324-7356

Description:

Learn about meal preparation, grocery budgeting, healthy recipes, and how to involve kids in the kitchen.

For more information on all Southcentral Foundation learning circles, visit www.southcentralfoundation.com/learning-circles/

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Integrated Care Team Spotlight: Behavioral Health Consultants

By Behavioral Health Consultant Marisa Bashore

Behavioral health consultants are a part of your integrated care team in outpatient primary care and pediatrics, and they work directly with primary care providers. BHCs provide brief intervention consultations for a wide range of behavioral health needs in the primary care setting.

BHCs can support customer-owners with common struggles like stress, sleep, parenting, depression, anxiety, substance use, or communication in relationships. Integrated care teams support customer-owners through partnerships. It is important to talk with your primary care provider about any behavioral or mental struggles you may be facing. BHCs help bridge the gap of care between primary care and specialty services such as individual therapy, psychiatry, or crisis intervention, as needed.

BHCs are accessible for scheduled visits but are also available for immediate access when seeing your provider and deciding it would be helpful to talk.



Behavioral health consultants are ready to work with you, wherever you are in your health care journey.

The unique aspect of an integrated care team is that the disciplines are in the same location at the same time. The integrated care team model allows for collaboration of care between disciplines, (i.e., your primary care provider, registered dietitian, integrated psychiatry, tobacco cessation, midwifery, community resource specialists, physical therapy, pain team, and more). This health care model removes barriers in care coordination and referral process while improving care.



Speak with your provider about any physiological struggles you may be experiencing so they can connect you with a behavioral health consultant.

BHCs are ready to work with you, wherever you are in your health care journey: not ready for change yet, ambivalent thinking about the pros/cons, getting ready to make change, sustaining the gains you have already made, or preventing relapse. The model reflects the importance of holistic health care, which supports behavioral services. Southcentral Foundation has expanded access using this model throughout the organization. BHCs are also available in specialty settings such as OB-GYN, Detox, Covenant House, Alaska CARES, Dental, and Child and Family Developmental Services.

For more information about how a behavioral health consultant can help you or your family, contact your primary care provider or scheduler.

Southcentral Foundation Receives Above and Beyond Award

By SCF Public Relations

Southcentral Foundation was honored to receive the Employer Support of Guard and Reserves’ Above and Beyond Award. An advocate for all military servicemembers, SCF recognizes the important role Alaska National Guardsmen play not only in the safety and security of the country, but in the community as well.

“SCF shares a deep sense of responsibility toward those who keep us safe, and we proudly support our military employees and their families,” SCF interim President/CEO April Kyle said. “We are honored and humbled by this recognition.”

ESGR state committees present the Above and Beyond Award to recognize employers at the local level who have surpassed the legal requirements of the Uniformed Services Employment and Reemployment Rights Act by providing their Guard and Reserve employees additional, non-mandated benefits.

SCF was nominated by an employee who is also a member of the Guard.

“Not only has my employer supported my enlistment and training, but they have also celebrated my decision and service,” the SCF employee shared in his nomination. “They have stayed in contact with me whilst I have been away and have checked in on me. I don’t think that there could truly be a more supportive employer to those in service.”

SCF was also a finalist for ESGR’s Freedom Award - the U.S. government’s highest recognition of employers for extraordinary support to Guard and Reserve employees.

Thirteen SCF employees performed their military service in the past year.



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Alaskans Gather Virtually to Learn a Holistic Approach to Wellness with Plants

By Public Relations Specialist Esther Robertson

Southcentral Foundation Traditional Healing Clinic hosted the annual Tikahtnu Plant Symposium in a virtual setting due to the COVID-19 pandemic. Attendees enjoyed virtual sessions of sharing and receiving traditional plant knowledge used by generations of Alaska Native people across the state. Historically, local plants are used as food sources and medicine by Alaska Native people — the symposium shares plant knowledge and uses for plants that can be found in Alaska.

Each day started with a blessing before Alaskan plant experts discussed select plants, how to identify them, and what parts of plants are used for healing. Intertribal Agriculture Council Technical Assistant Specialist Tikaan Galbreath presented on how to harvest ethically and its importance.

"Through the act of wild harvesting we each have the opportunity to create and develop all the relations that we keep," said Galbreath. "Relations to our community, to the land, to the animals, and with ourselves. At the foundation of all these relationships, food is a catalyst for health."



Blueberries, cranberries, and salmonberries were featured at this year's Tikahtnu Plant Symposium.

In-depth information was presented by guest speakers over the three-day symposium where they shared knowledge of plants specific to different areas of Alaska.

"I'm thankful to the Tikahtnu Plant Symposium for the flexibility of their program this year," said SCF Traditional Healing Clinic Director Natalee Wigen. "Speakers were hosted, virtually or in person, from

all over the state for a fun, informative, and interactive experience."

The theme of the symposium focused on berries found in Alaska. Blueberries, cranberries, and salmonberries were featured at this year's event. Traditional Healing Clinic Tribal Doctor Mary Sears shared a demonstration of her family recipe for akutaq, an Alaska Native berry dessert. Margaret David, a certified nurse midwife, presented about the properties in raspberry leaf and how the use can assist in childbirth. While many plants have healing benefits, there are cautions to consider, especially when using them for consumption.



Tribal Doctor Mary Sears demonstrates how to make traditional Inupiaq akutaq with ground caribou fat and salmonberries.

"Now I'm ready to go ethically harvest my berries for the year and make some delicious recipes I never could have imagined," said Wigen.

SCF's efforts to preserve and share traditional plant knowledge is evident in the creation and maintenance of the Traditional Healing Clinic Garden located at the Anchorage Native Primary Care Center. The garden can be viewed from the walkway and has signage identifying each of the plants.

Are you looking for a new berry recipe to try? Salmonberries are of course delicious on their own, but below is a quick and easy recipe for salmonberry pie.

COVID-19 Delta Variant

COVID-19 Variants

Viruses are continually changing and becoming more diverse. The more a virus moves from person to person, the greater chance it has to change and create variant strains of the original virus. The four most prominent COVID-19 variants in the United States are B.1.17 (Alpha), B.1.351 (Beta), P.1 (Gamma), and B.1.617.2 (Delta).

What you need to know about the delta variant

- The delta variant is the most dominant strain in the United States and is responsible for 82.3% of COVID-19 cases from April-July.
- People may be more contagious if they contract the delta variant and can spread it to others more easily.

COVID-19 vaccines are effective against the COVID-19 delta and other current variants. Contact your primary care provider to schedule your vaccine appointment.

Sources: [cdc.gov](https://www.cdc.gov)

Honeybee's Salmonberry Pie

Yields: 1 pie

Ingredients:

- 1 cup sugar
- 6 tablespoons cornstarch
- 1 dash salt
- 1 cup water or juice from salmonberries
- 4 tablespoons powdered raspberry Jell-O
- 1 quart salmonberries
- 1 baked pie shell

Directions:

1. Prepare and bake pie shell. Set aside.
2. Cook sugar, cornstarch, salt, and water until clear.
3. Remove from burner.
4. Add Jell-O and stir until dissolved.
5. Allow mixture to cool and then add the salmonberries, folding them into the mixture gently.
6. Pour mixture into baked pie shell.
7. Chill pie until cold.
8. Serve with whipped cream (optional).

Source: Honeybee Nordenson

Nutaqsiivik Nurse Recognized for Commitment to Maternal Child Health

By SCF Public Relations

Southcentral Foundation extends its congratulations to Commander Jodi Sides as the recipient of the 2021 Lucille Woodville Award for outstanding contributions to improve maternal child health among Alaska Native and American Indian people in Alaska. Sides was recognized for her strong commitment to maternal child health in creative and exemplary ways.

Sides is a nurse supervisor and home visiting nurse with SCF's Nutaqsiivik Nurse Family Partnership program. She provides administrative and clinical leadership in day-to-day operations of a home visitation program for low income pregnant women and their families. Sides also provides home visits, mentors the public health nurses, consults on difficult lactation cases, and is an active participant on maternal child health community boards.

"Commander Sides is an exemplary nurse who cares deeply about the health and well-being of the Alaska Native Community," said Nutaqsiivik Manager Jeanne Holifield. "She is a dedicated and unwavering advocate for children and parents, and an inspiration to many in the nursing

profession. This is a well-deserved honor."

Sides began her career with the U.S. Public Health Service as a clinical nurse in the Labor and Delivery Unit at Alaska Native Medical Center. She became a nurse case manager in the SCF Outpatient Pediatrics Clinic in 2012 providing case management. Sides received her International Board Certification for Lactation Consultants and was selected as one of the first RN lactation and infant feeding specialists at ANMC, providing breastfeeding support to customer-owners and families in all units and clinics within the Alaska Native Health Campus.

The Lucille Woodville Award was established in the U.S. Public Health Service as a memorial to the professional career of Lucille Woodville, who began her career in the Indian Health Service in 1956. Woodville established the first nurse midwifery service in Bethel, Alaska. She retired in 1973.



Southcentral Foundation extends its congratulations to Commander Jodi Sides as the recipient of the 2021 Lucille Woodville Award.



Nutaqsiivik Nurse Family Partnership is a voluntary, home visiting program that works with families, mothers, and infants to provide education and support as a supplement to regular prenatal care and well-child checkups.

To receive services through the Nutaqsiivik program, customer-owners must be enrolled before the 28th week of pregnancy and be eligible for WIC and/or Denali KidCare or Medicaid. For more information, contact (907) 729-2490 or visit www.southcentralfoundation.com/services/home-based-services.

SCF Congratulates Recipient of Indian Health Service Pharmacy Award

By Technical Writer Uinita Mauigoo

One of the most powerful ways to build your community is through serving its people. Indian Health Service National Pharmacy Council recognized this quality in Catherine Arnatt, integrated clinical pharmacist at the Alaska Native Medical Center, as it named her 2020 IHS Junior Pharmacist of the Year. Arnatt's passion, leadership, and mentorship has transpired a positive change among the health care of Alaska Native and American Indian people in Alaska and beyond.

Arnatt has served an active role in Southcentral Foundation's response to the COVID-19 pandemic amassing over 300 hours of direct COVID-19 customer-owner care. She wrote and acquired the Ryan White HIV/AIDS HRSA Grant, which resulted in expanded pharmacy HIV services in Alaska. Arnatt also developed diabetes pharmacy services at North Sound Health Corporation in Nome.

Arnatt is an educator who served as clinical instructor for the University of Washington Medicine MEDEX Northwest Physician Assistant Program, among more universities. She has dedicated much time toward community outreach. This was exemplified when she assisted in the administration of tests for life-threatening infections and distribution of preventative antibiotic therapy to over 600 individuals experiencing homelessness.

SCF celebrates the IHS National Pharmacy Council's recognition of Arnatt as she continues to contribute to SCF's Vision of a Native community that enjoys physical, mental, emotional, and spiritual wellness.



SCF employee Catherine Arnatt was named 2020 Indian Health Service Junior Pharmacist of the Year

As we all take precaution to avoid the spread of germs, Southcentral Foundation would like to remind customer-owners that the pharmacy offers mail-out services. Avoid waiting in lines by calling the refill hotline.



Pharmacy Refill Hotline
(907) 729-2117
or **(877) 320-4321**

Please call seven days in advance

Rural Clinic Refills
(877) 365-1104

Please call two weeks in advance

Fall for Autumn in Fun and Safe Ways

By Technical Writer Uinita Mauigoo

Autumn is an exciting time of the year with its ever-changing weather conditions and sundry of colors. Whether berry picking, hunting, or relaxing by the fireplace, it is always good to have some safety tips in your pocket to ensure optimum safe and fun enjoyment. Below are some tips to keep handy.

Change smoke alarm and carbon monoxide detector batteries. Smoke alarm and carbon monoxide detector batteries should be changed twice a year. Daylight savings time is an easy way to remember to change batteries.

Create an emergency kit for your car. Weather conditions during fall season in Alaska are unpredictable. Be prepared by creating an emergency kit for your car with items such as a first aid kit, a flashlight, jumper cables, flares, a blanket, water, and food.

Obtain a flu shot. Do your part in protecting yourself and those around you from becoming sick. Your provider, walk-in clinics, and many pharmacies are available to administer a flu shot.

Handle fireplaces safely. Make sure to have a fireplace screen to keep fire and sparks contained. Always attend a burning fire. Put the fire out completely before going to bed or leaving the house.

Keep watch for children. When school starts in the fall, be extra alert driving around street corners, which are usually flooded with children awaiting their school buses. Follow traffic laws when it comes to driving within school zones, residential areas, and when stopping behind school buses. Anticipate that kids may dart out into the street.

Avoid burning leaves. Burning leaves releases dangerous chemicals into the air. If you must dispose of leaves this way, protect your eyes and face and burn leaves far away from your house. Be cautious if it is windy outside.



Simple fall safety tips could save your life while enjoying autumn.

Be cautious on wet pavement. It can become difficult to stop when roads are wet. Keep a safe distance between yourself and the car in front of you. Watch for patches of wet leaves on the road as they make the pavement slippery and make it challenging for drivers to gain good traction.

Be aware of ice. Temperatures drop during the nights in autumn. Be aware that some shady spots on the roadways may contain black ice, which can be hard to see.

Review wildlife safety and steps to take if a moose charges you. While moose may seem docile, according to the Alaska Department of Fish and Game, more people in Alaska are injured by moose than by bears each year. During the fall mating season in late September and October, termed the rut, bull moose can become quite aggressive. If a moose approaches you, back away. If it charges, run and do not attempt to stand your ground. If possible, stand behind a tree or retreat to a car or building.

Know what to do if you encounter a bear. Stop and evaluate your surroundings. Identify yourself by speaking in a calm tone. Back away slowly in the direction from which you came, keeping your eye on the bear to see how it will react. Do not run. In most cases, the bear will flee.

Interns Learn and Embrace Culture During Summer Internship

By RAISE Youth Advisor Shirley Tuzroyluke and RAISE Intern Supervisor Bonesha Christy

The RAISE Program, Southcentral Foundation's internship program, follows a curriculum that provides workforce development, life skills, a credited writing course, and cultural activities designed for Alaska Native and American Indian youth.

This year, the RAISE Program hosted virtual courses and in-person cultural and group activities that were held indoors and outdoors when possible.

SCF's goal is to provide interns with the time to develop their identities, connect with others within their communities, and develop a cultural understanding that they will carry with them into their futures.

The RAISE summer is filled with fun and introspective cultural activities that include making kuspuks, sewing fur mittens, beading earrings, storytelling, and learning about Alaska Native, American Indian, and Native Hawaiian history.

Cultural awareness and tradition play important roles in helping youth develop a positive sense of identity and build self-esteem. The RAISE Program hopes interns' experiences will result in awareness of their own unique heritages and provide the opportunity to honor their heritages and the lands from which their families lived.

The program facilitates situations where interns can interact with others of varying heritages and learn similarities in values, unique art styles, and ways of perceiving the world.

There is a long-standing recognition within the RAISE Program that there are many aspects of culture, such as cultural values, ways of communicating and storytelling, transferring knowledge of descendency, the arts, and subsistence.



Tribal Doctor Apprentice Heather Beltz assists intern Angela Analoak-Bordenelli with beading.

Unique heritages within Alaska come from thousands of years of habitation of the land, and much of Alaska's heritage involves living in reciprocity and respect to the natural world.

The program creates an environment for interns to be able to honor the rich Indigenous heritages of the Alaska Native and American Indian people.

SCF's RAISE program provides opportunities for on-the-job work experience in the context of Alaska Native cultural values. Designed to develop leadership skills in Alaska Native and American Indian youth 14-19 years old, RAISE offers three separate sessions per year: summer, winter, and graduate programs. For more information about the program, call (907) 729-5015.

Lactation Consultants Encourage Moms to Ask for Assistance

By SCF Public Relations



Breast milk helps your baby fight infections, reduces allergies, lowers risk of obesity and diabetes, and can even lower the risks for breast and ovarian cancers.

Breastfeeding is nature’s way of providing the perfect nutrients for your baby. Breast milk helps your baby fight infections, reduces allergies, lowers risk of obesity and diabetes, and can even lower the risks for breast and ovarian cancers. However, while breastfeeding is perfectly natural, it does not always come naturally. Studies show mothers from all over the world benefit from extra support in the first few weeks of learning how to breastfeed, so if you experience difficulties or frustrations, do not worry! You are not alone.

August is Breastfeeding Awareness Month, and Southcentral Foundation reminds mothers and families receiving care at SCF about available resources such as breastfeeding classes, pregnancy and birthing classes, virtual snuggle time, lactation consultants, and more. Lactation consultants at SCF are registered nurses and are International Board Certified Lactation Consultants whose roles are to prepare, educate, and support breastfeeding and formula-feeding mothers.

It is normal for breastfeeding mothers to experience some discomfort during the first few seconds of breastfeeding. So how can you tell if your

experience is normal or concerning? SCF lactation consultants say mild discomfort and soreness of the breasts are common symptoms during the first few days to weeks of breastfeeding. However, immense pain, swelling, blistering, and bleeding need to be addressed immediately with your provider or a lactation consultant.

A lactation consultants goal is to see moms prenatally, and at every check up in the first two weeks of baby’s life. Customer-owners are also welcome to contact a lactation consultant whenever they feel the need.

A certified lactation consultant can help:

- Ensure your baby is properly latched onto the breast or assist finding nipple sizes for bottle feeding.
- Address concerns about milk supply and identify causes of pain while breastfeeding.
- Identify cues and signs of stress while bottle feeding.
- Provide support for pumping mothers, both customer-owners and SCF employees.

Mothers who choose not to or who are unable to breastfeed may still benefit by meeting with a lactation consultant. When asked about ways they can support new mothers, SCF Lactation Consultant Erica Lamar said, “We are here to support moms no matter what their feeding goals. Mothers who choose not to breastfeed need support as well. We want to make sure all parents feel empowered.”

SCF understands all breastfeeding journeys are different and strives to provide resources needed to keep mothers and babies healthy. Your team members are here to support your family every step of the way.

For more information, or to schedule an appointment with a lactation consultant, call (907) 729-5420.

Southcentral Foundation Aims to Raise Awareness of Gynecologic Cancers

By Public Relations Specialist Addison Arave

Alaska Native and American Indian people are statistically more susceptible to cancers than other demographics. Know the Big 5 and Thrive is a Southcentral Foundation campaign led by health educators that aims to raise awareness and education about gynecological cancers, remove the stigma associated with discussing female health issues, and promote early detection through screening and discussions with providers. The Big 5 gynecologic cancers are ovarian, cervical, uterine, vaginal, and vulvar and are diseases that affect the female reproductive organs. This campaign encourages women to take action while promoting wellness in the Alaska Native community.

Each gynecologic cancer begins in a different place within a woman’s pelvis. Cervical, ovarian, uterine, vaginal, and vulvar cancers all have different signs, symptoms, risk factors, and prevention methods. As women age, the risk for these cancers increases. As with all cancers, treatment is most effective when gynecologic cancers are detected early.

Early detection of gynecological cancers is not always possible with a pap smear or regular screening. Ovarian, uterine, vaginal, and vulvar cancers are not detected with a pap smear or annual exam, but cervical cancer can be. It’s important to talk to your provider and gynecologist if you notice anything abnormal. Cervical cancer in particular does not have any signs or symptoms, so regular screenings are imperative to early detection.

Ovarian cancer occurs inside, near, or on the outer layer of the ovaries. This is a relatively common cancer; 1 in 75 women will be diagnosed with ovarian cancer during her lifetime. Cervical cancer occurs at the lowest portion of the uterus and extends into the vagina. Most cervical cancers are caused by exposure to human papillomavirus, a common virus that is spread during sex that usually goes away on its own. However, if HPV does not resolve on its own, it can lead to cervical cancer. Women can

elect to receive a series of vaccines that help prevent the HPV infection, precancers, and cancers of the cervix. Uterine cancer occurs in the uterus. Endometrial cancer also occurs in the uterus, but within the lining of the uterus, called the endometrium. Seventeen out of every 100,000 Alaska Native and American Indian women are diagnosed with uterine cancer every year. Vaginal cancer occurs in the vagina or birth canal, and vulvar cancer occurs in the vulva or the external parts of the female genitals.

To reduce risk of developing these cancers, women should be tobacco free, have a healthy diet, maintain a healthy weight, exercise regularly, receive the HPV vaccination, and practice safe sex. Those who have given birth, are breastfeeding, have used oral contraceptives for over five years, or have had hysterectomies are at dramatically lower risk for ovarian cancer.

Although gynecologic cancers affect the female reproductive system, it is important for friends and family to be aware of symptoms, risk factors, and screening options to support the women in their lives.

Talk with your primary care provider or gynecologist for specific questions or concerns regarding your health. For more information, or to view a detailed list of risk factors and symptoms of these cancers, visit bit.ly/Big5andThrive Sources: Centers for Disease Control and Prevention, Mayo Clinic, cancer.org, ovarian.org, ocrfa.org



Tribal Doctor Sarah Smith supports Know the Big 5 and Thrive campaign that focuses on educating and increasing awareness of gynecologic cancers.

Promote a Healthy Body Image for Your Child by Being Active and Eating Nutritious Food

By Public Relations Specialist Connie Irrigoo and Registered Dietitian Pam Horan

Body image is how we see ourselves when we look in the mirror or when we picture ourselves in our mind. Children learn how to view themselves from people around them. Southcentral Foundation Pediatrics assists customer-owners in learning how to teach and show children healthy body image while eating nutritious food.

Parents, grandparents, and other adults teach children how to be confident with how they look, how their bodies move and grow, and what their bodies can do. Therefore, parents and other adult role models are encouraged to promote a positive body image and healthy eating for children of all ages.

“Avoid pointing out negative features on yourself and others; negative talk can foster insecurity and make your child start looking critically at themselves and others,” said SCF Registered Dietitian Pam Horan. “Instead, practice looking for the good things about yourself and others, so your children also learn to look at the positive.”



Being able to play, feel strong and capable is one part of positive body image.

Physical activity is one way to develop a positive self-image. If you have concerns about your child’s or children’s physical ability, be sure to schedule a well-child check with your primary care provider or pediatrician. Some schools require back-to-school physicals, especially to participate in sports.

Be sure to keep children nourished with well-balanced meals. Horan also mentioned that parents should avoid talk regarding diet and weight loss. Children learn from conversations and the ways



Children who have a healthy body image feel good about themselves and the food choices they make.

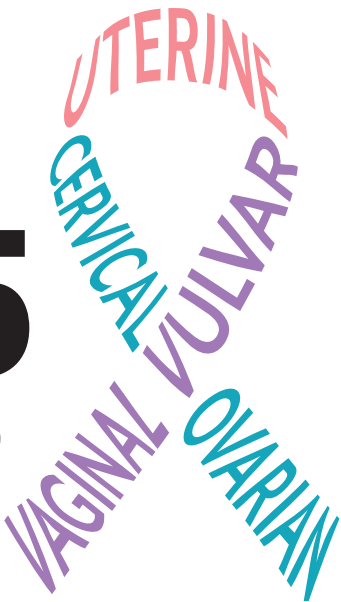
people talk about themselves and others. If children constantly hear about restrictive eating and food avoidance, that is the basis for which they make future decisions related to food.

Do you feel you need to make nutrition or activity changes? Then focus on changes for long-term health and make changes that give your whole family the foundation for developing healthy eating habits.

Remember to be a good body image role model. Be active every day, eat healthy foods, talk about your own body in positive ways, accept your own body, and take good care of it. Children will pick up on this and do the same for themselves. See below for more tips on promoting body positivity.

To learn more, call SCF Pediatrics in Anchorage at (907) 729-1000.

Know the BIG 5 and Thrive



September is Ovarian Cancer Awareness Month, and Southcentral Foundation is creating awareness about gynecological cancers: ovarian, cervical, uterine, vaginal, and vulvar cancers.

Please join SCF at the following events throughout the month to raise awareness and learn more about gynecological cancers:

- Gynecological Cancer Educational Workshop
- Community Cancer Resource Event
- Power of Hope Lunch

Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com



Family is Sacred Virtual Learning Circle

Thursdays, 1 - 3 p.m.
Zoom Meeting: bit.ly/3pYFaCK

Family is Sacred learning circle is an opportunity for parents or caregivers to enrich parenting skills. Following the Fatherhood is Sacred® curriculum from Native American Fatherhood and Families Association, this learning circle provides tools for families to promote positive changes in their homes and their communities.

Email CDolchok@southcentralfoundation.com for questions or issues connecting to Family is Sacred Virtual Learning Circle.

For more information, please contact
Family Wellness Warriors
(907) 729-6109 | southcentralfoundation.com

SCF Elder Program Grows Fresh Produce for Elder Customer-Owners

By Elder Program Manager Aaron Osterback



Gregory Moses transplants starters into the Elder Program's garden beds

Southcentral Foundation's Elder Program had its fourth year of on-site gardening. This year the raised garden bed included an assortment of produce including carrots, broccoli, beets, spinach, lettuce, radish, parsley, rhubarb, chives, squash, and potatoes. The garden was originally planned as a community-driven project based on

Elder customer-owner feedback. The Elder Program partnered with SCF Native Men's Wellness Program, which built the raised beds.

Over the past three years, Elder Program employees maintained the garden alongside Elder customer-owners who have taken an interest in teaching and learning about gardening.

Though the pandemic has limited the ability for social interactions and activities, the Elder Program continues to find ways to support Elders in the Anchorage area, with gardening being one of those activities. Elder Program employees started growing plants from seedlings indoors to have a longer growing period, in efforts to produce larger amounts of produce both in quantity and size. Tending to the garden has become a team activity and truly a labor of love for Elder Program employees.

The dedicated employees did not let the pandemic soil their yearly tradition of growing fresh produce. The Elder Program looks forward to a bountiful season and will harvest fresh produce this autumn. While they miss the comradery of gardening with Elders, this year's bounty will be a healthy supplement for Elder customer-owners to enjoy.

ANNUAL FALL HARVEST POTLUCK CANCELED

Due to the ongoing COVID-19 pandemic and in an abundance of caution for customer-owners and the community, Southcentral Foundation will not hold the Elder Program Annual Fall Harvest Potluck.

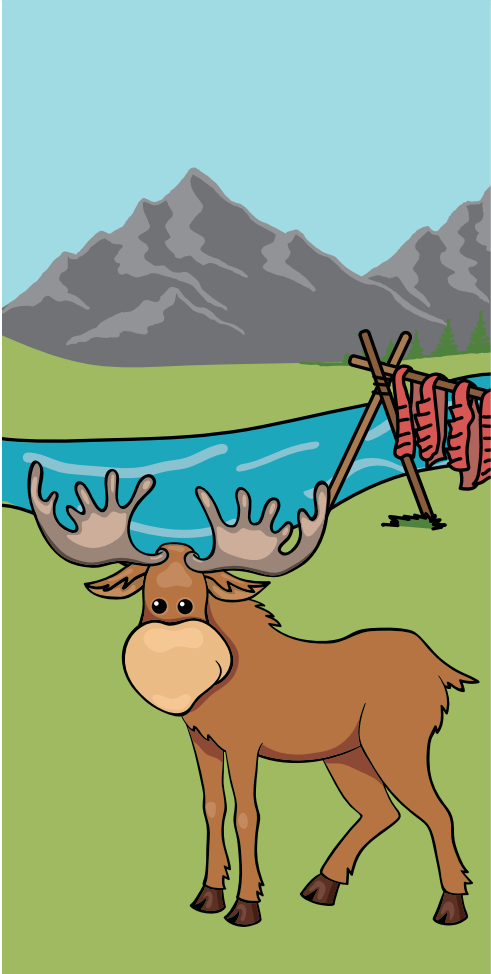
SCF continues to monitor and follow guidance set by the State of Alaska and the Municipality of Anchorage along with observing how activities and services may impact the health and wellness of customer-owners and communities served.



Out of an abundance of caution and in accordance with the Centers for Disease Control and Prevention guidance on physical distancing for higher-risk populations,

Southcentral Foundation has suspended all in-program activities at the Elder Program.

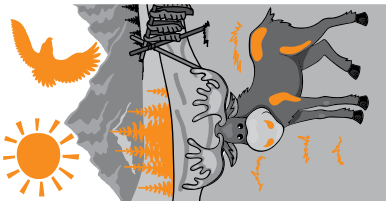
For more information, call the Elder Program at (907) 729-6500.



Spot The Difference

Can you find the differences between these two images?

Solution



Important Phone Numbers

Alaska Native Medical Center	(907) 563-2662	Food Bank of Alaska	(907) 272-3663
American Association of Retired Persons (AARP)	(907) 272-1444	People Mover	(907) 343-4536
Anchorage Police Department (non-emergency).....	(907) 786-8500	Salvation Army Meals on Wheels	(907) 349-0613
Anchor Rides.....	(907) 343-2550	Senior Benefits	(907) 352-4150
Cook Inlet Housing Authority	(907) 793-3000	Southcentral Foundation	(907) 729-4955
Division of Public Assistance	(907) 269-6599	SCF Elder Program Event Hotline.....	(907) 729-6588