



ANCHORAGE NATIVE NEWS



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Chairman Charles Anderson
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After 50 Years, ANCSA Has Proven Remarkably Successful



The Alaska Native Health Campus houses many of Southcentral Foundation's and Alaska Native Tribal Health Consortium's buildings and programs in Anchorage.

By Southcentral Foundation Board of Directors Member Roy Huhndorf

This year marks the 50th anniversary of the Alaska Native Claims Settlement Act. The Act, which settled the land claims of Alaska's Native people, was passed by the U.S. Congress on Dec. 18, 1971. The land claim, which was based on aboriginal use and occupancy, returned more than 40 million acres of land to Alaska's Native people, who numbered approximately 80,000 at the time. ANCSA also rendered payment of nearly \$1 billion for lands that could not be returned to them because the title had already been granted to other entities or reserved by the federal government for other uses.

The settlement, often heralded as the largest in the long history of U.S.-Native American relationships, has proven to be remarkably successful. When measured from the standpoint of self-determination, the act provided unprecedented opportunities. When it was being negotiated, the U.S. wanted less Native American dependency and Alaska Natives wanted freedom from the often meddling oversight of the Bureau of Indian Affairs. For the administrative structure, both sides agreed on corporations rather than a reservation system. As a result, the aspirations of both were largely accomplished. Alaska Natives can buy and sell

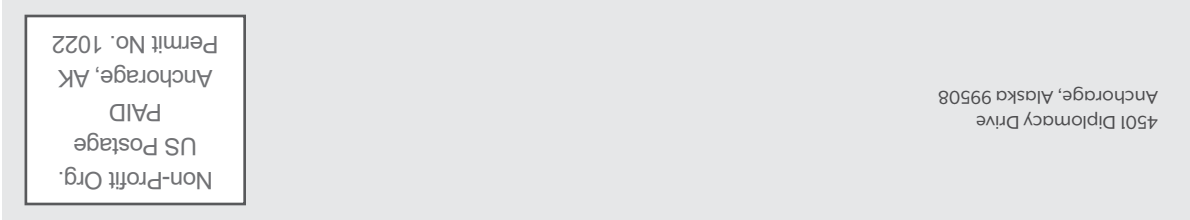
assets, make contracts and otherwise manage their lands as they see fit. And the U.S. government can now contract with these entities to carry out its health, education and social obligations to the Native people.

Some Native people were still concerned about the quality of services they would receive. Social services are often provided by a reservation system, and they were worried that the corporations would mainly be concerned with money matters and land management. So besides managing the assets of the settlement, Alaska Natives saw other self-determination opportunities - in the nonprofit areas. Under contract with the federal government, the state of Alaska and various private foundations, these Native nonprofit entities successfully manage their own health, housing, education and social services. Thousands of people are employed and tens of millions of dollars are under Native management.

This brings me to what should, perhaps, be an important point of interest to most Alaskans - and that is the large contributions made by the Native community to the overall economy of our state. This largely ignored economy is often misunderstood and rarely featured in articles discussing the state's economy.

For nearly 50 years, the 12 regional corporations, more than 180 village corporations, and more than 30 nonprofit entities have contributed billions of dollars to the state's economy.

(Continued on page 2)



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If you have questions, comments, wish to submit articles, or be added to our mailing list, please contact SCF Public Relations.

SCF reserves the right to edit all submissions for clarity, length, and content.

Every article will be considered for publication depending upon space available.

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Vision

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

Mission

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

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OUR FUNDERS

- ❄ Administration for Children and Families
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- ❄ Alaska Native Tribal Health Consortium
- ❄ Alaska Community Foundation
- ❄ Bristol Bay Area Health Corporation
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- ❄ University of Pittsburg
- ❄ Washington State University
- ❄ Winifred Stevens Foundation

*Qa̋aasakung Quyanaq ‘Awa’ahdah Mahsi’ Igamsiqanaghalek H̄aw’aa
Quyana T’oyaxsm Chin’an Tsin’aen Gunalchéesh Quyanaa Thank You*

(Continued from page 1)

They employ tens of thousands of people, distribute many millions of dollars in dividends, and spend more millions with the purchase of goods and services. For example, Southcentral Foundation, the nonprofit health corporation for the Cook Inlet region, employs more than 2,400 people and is a partner with its regional counterparts in the management of the Alaska Native Medical Center. And CIRI, the Anchorage-based regional corporation, has - alone, over the past 40 years - distributed a total of nearly \$1.25 billion in dividends to its approximately 9,000 shareholders. The regional corporations are also largely responsible for the lion’s share of the development of natural resources, such as timber and minerals, in Alaska. For example, the Red Dog zinc mine that operates in Northwest Alaska is owned by NANA Corporation. Revenues from the mine are shared with the other 11 corporations. Many of these organizations operate nationally, some even internationally, and they all return their earnings to Alaska and their Alaskan shareholders rather than to distant boardrooms elsewhere.

Alaskans are lucky to have these homegrown economic engines thriving in our state, helping to sustain the economy in good times and bad. Thanks to the Native men and women of the Alaska Federation of Natives who, in 1971, fashioned a settlement of such quality and endurance. Ironically, many of those young leaders of the time came out of BIA boarding schools. So this anniversary is certainly cause for celebration, and may such successes continue for the benefit of all Alaskans.



Southcentral Foundation, the nonprofit health corporation for the Cook Inlet region, employs more than 2,400 people.



Honoring Retiring Vice Chairman Charles Anderson

By Southcentral Foundation Public Relations

Southcentral Foundation recognized retiring SCF Vice Chairman Charles Anderson for his 18 years of service during a virtual celebration Nov. 9. His service on the SCF Board of Directors began in 2003. He was named vice chairman in 2005 and continued to serve in that leadership role throughout his tenure. In 2012, the National Indian Health Board selected Anderson for its Regional Impact Award, a tribute to his commitment and dedication to improving the health and well-being of Alaska Native and American Indian people.



SCF Vice Chairman Charles Anderson.

Anderson, whose mother was Russian and Aleut, spent his early years on Long Island, Alaska, near Kodiak, where he and his family were its sole inhabitants. The family then moved to Kodiak where they continued a subsistence lifestyle. Anderson has dedicated most of his life to public service. A U.S. Army veteran of the Korean War, he began a law enforcement career with the Anchorage Police Department in 1953, moving up the ranks and serving as chief of police from 1974 until his retirement. He is still known to many as “chief.” Anderson also served as an Alaska legislator and has been a member of several state advisory boards and commissions.

A member of the CIRI Board of Directors for nearly 30 years, Anderson served as its chairman from 2005 to 2013 and retired as chair emeritus in 2016. His many years of leadership helped CIRI and SCF grow and prosper.

“A tremendous thank you to Charles Anderson for his years of service,” said SCF President/CEO April Kyle. “His leadership and governance have helped shape SCF and our Nuka System of Care.”

The COVID-19 vaccine is available to customer-owners ages 5 and older.

Please call your primary care team to schedule an appointment.

Ages 5 through 17 require parental consent.

Chickaloon Native Village Celebrated for Building a Culture of Health

By Southcentral Foundation Public Relations

The Robert Wood Johnson Foundation announced Chickaloon Native Village (Nay’dini’aa Na’ Kayax) as a 2020 recipient of the RWJF Culture of Health Prize. The Prize “honors and elevates U.S. communities that have placed a priority on health and are creating powerful partnerships and deep commitments that enable everyone to live healthier lives.”



C'eyiits' Hwnax Life House Community Health Center.

“The 2020-2021 RWJF Culture of Health Prize winners are striving to make good health and well-being achievable for all their residents,” said RWJF President and CEO Richard Besser, MD. “They understand the clear connection between the opportunity for health and education, jobs, and housing.”

“Being recognized by the Robert Wood Johnson Foundation is really a testament to the hard work of our dedicated staff,” said Traditional Chief Gary Harrison, Chickaloon Village Traditional Council. “We appreciate their ongoing commitment and are honored that RWJF has recognized Chickaloon as an innovative Government working to advance the health, opportunity, and equity for our Tribal citizens and community.”

To be considered for the prize, communities had to first demonstrate how their journeys to improving health and wellness reflected positive changes in four areas: social and economic; physical environment; health behaviors; and clinical care. Chickaloon’s story is unique in its depth and breadth, tackling improvements in health behaviors and clinical care along with expanding its award-winning Ya Ne Dah Ah school and sustaining its environmental stewardship of the Moose Creek watershed.

“The recognition is such wonderful validation for Chickaloon and our partners of the past several years in our collaborative work of building community, addressing systemic racism, and investing in the health and well-being of our community,” said Lisa Wade, CVTC executive director and former Health, Education and Social Services Division director. “We are profoundly humbled to be chosen by RWJF for this award.”

“We have been honored to work with Chickaloon Village Traditional Council supporting community health and wellness,” said Southcentral Foundation President/CEO April Kyle.

For example, CVTC and SCF worked together to secure federal funding and transition Chickaloon’s village clinic to a federally qualified Community Health Center. By 2016, a new building, the C’eyiits’ Hwnax Life House Community Health Center, opened and allowed expansion of both its staffing and services. The C’eyiits’ Hwnax Life House is co-located with CVTC’s Tribal Health, Education and Social Services offices and is inclusive, providing quality care to the entire community, including services not previously available in the area. In addition to Chickaloon’s dance group and Native Youth Olympics practices, activities have expanded to include an NYO Invitational, culture camps, and a youth-elder exercise class and workouts at the open gym. CVTC has integrated traditional values such as intergenerational sharing and learning into the activities.

“CVTC has long placed a priority on wellness, not only on physical and mental health, the areas of our partnership, but also on social, economic, and environmental health,” said Kyle. “We will continue to partner using innovative ways to foster health and wellness and sustain positive change.”

The process of choosing 2020 prize winners was delayed due to the COVID-19 pandemic. Chickaloon Native Village (Nay’dini’aa Na’ Kayax) was one of eight national finalists selected in March 2020 and is only the second Alaskan community (and seventh Tribal community) to be selected as a recipient of the prize.

The RWJF Culture of Health Prize is a collaboration between the RWJF and the University of Wisconsin Population Health Institute. The two will be joining forces to help CVTC share its stories and lessons learned with the country.

Year in Review

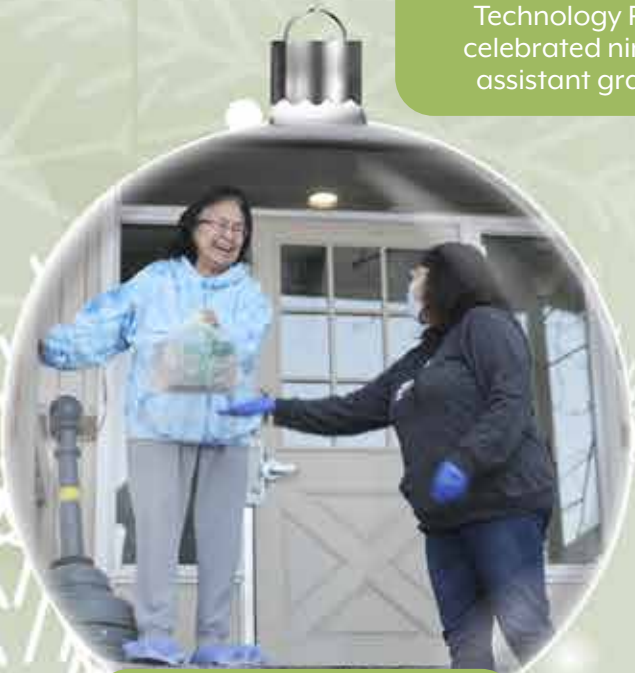
Southcentral Foundation celebrates a successful year of working together with the Native Community to achieve wellness through health and related services.



SCF Dental Assisting Technology Program celebrated nine dental assistant graduates.



SCF opened vaccine appointments to all community members during the month of March.



SCF Elder Program employees deliver holiday meals to Elder customer-owners.



SCF and community partners were successful in distributing COVID-19 vaccines in rural communities as soon as the vaccine arrived in Alaska.



Dental hygienists, dental assistants, administrative supports, and directors attended a dental integrated care team training led by the Development Center in May.



Intensive Case Management Program employees were green in support of Mental Health Awareness Month.

Happy



Behavioral Services Division employees participated in Suicide Prevention Awareness Month to raise awareness and remove the stigma associated with discussing behavioral health.



The 2021 Tikahtnu Plant Symposium was held as a Zoom webinar with a focus on salmonberries, blueberries, and cranberries.



The Alaska Native Health Resources Advocate Program provided resources for customer-owners who reside outside of Alaska.



U.S. First Lady Dr. Jill Biden visited the Alaska Native Medical Center and encouraged Alaskans to get vaccinated.

Holidays



Benteh Nuutah Valley Native Primary Care Center Dental implemented integrated care teams.



Family Health Resources conducted outreach and enrollment to provide greater resources and expansion of services for customer-owners.

RAISE Program a Year in Review

By Public Relations Assistant Shamika Andrew

Despite changing work settings due to the COVID-19 pandemic, youth interns with the RAISE Program thrived during the second year of the virtual internship.

Interns attending the summer program were introduced to cultural activities — sewing rabbit fur mittens and beading flower earrings. Interns also attended the Tikahtnu Plant Symposium via Zoom where they learned about many of Alaska’s berries and ways to use them as food or medicine. At the conclusion of the internship, the RAISE Program celebrated the interns with a parade, certificates, and gift bags.

This winter, RAISE interns have the opportunity to work in person. The students are placed within a variety of Southcentral Foundation’s departments, where they learn about the health care field from different perspectives. Upon approval, they receive academic credit in conjunction with work hours. Many interns also leave the program with lasting friendships.



RAISE intern Jonah Revere receives a bag gift along with his internship completion certificate.



Ellora Fisher, RAISE Program intern, proudly poses with rabbit fur mittens she made during her summer internship.

FEBRUARY IS NATIONAL CHILDREN’S DENTAL HEALTH MONTH



Regular preventive visits to examine, clean, and apply fluoride varnish to your child’s teeth is a great first step in keeping them cavity free.

To learn more about Southcentral Foundation Children’s Dental Services and to schedule appointments call (907) 729-2000 or (907) 631-7690.

Join the Southcentral Foundation Team!



Southcentral Foundation offers a wide variety of employment opportunities with a generous and competitive benefits package.

We employ fully qualified employees in all positions and commit ourselves to recruiting and training Alaska Native and American Indian people.

We offer an award-winning onboarding program for entry-level positions throughout the organization.

For listing of open positions at SCF, please visit www.southcentralfoundation.com/employment



Achieving Wellness Goals with Lose to Win

By Public Relations Specialist Addison Arave

The time of year to begin thinking about new year resolutions is swiftly approaching, and for many people, health-related goals are at top of mind. Eating well and staying active can be difficult to achieve at any time, but during the cold, dark winter months and during a pandemic, the challenge can seem especially daunting. Southcentral Foundation Health Education provides an evidence-based weight management program called Lose to Win. The program utilizes action plans, coaching, weekly weigh-ins, prizes, and practical solutions to diet and exercise barriers to help participants achieve wellness.

Former Anchorage police officer and current Lose to Win participant Michael Livingston logs his physical activity by picking up litter in the area surrounding his home. You can often find Livingston pacing the streets of east Anchorage beautifying the community with his 36-inch-long trash picker, yellow five-gallon bucket, and reflective orange vest, while progressing toward his step goal for the day.

“Some people see it as an altruistic kindness, but it’s also selfish too,” Livingston explained. “It helps me to reach 10,000 steps on my Fitbit, but I don’t have to run or jog. I pick up a piece of litter, and I walk a few steps. Before too long, two hours have passed by, and I’ve gotten a little bit of sunshine [and] met some nice people.”

Livingston’s involvement with Lose to Win came after an injury in 2020, which caused his weight to drastically fluctuate from extremely low to exceptionally high as the COVID-19 pandemic progressed. “I wasn’t exercising enough, I wasn’t eating healthy, and I was walking through the halls at the Alaska Native Health Campus and saw a poster for Lose to Win.”

Lose to Win gives customer-owners direct access to clinical exercise specialists, dietitians, health educators, pharmacists, and peers focused



Customer-owner Mike Livingston has found motivation to prioritize his health with the help of the Lose to Win program.

on healthy, active lifestyle changes. Participants learn about valuable tools and practices to help them on their physical wellness journey such as label reading, addressing barriers, exercise, intuitive eating, super foods, medications, and much more.

In addition to the education portion of the program, Lose to Win instructors have weekly one-on-one calls with participants to evaluate their progress and offer support. “At first I was very resistant. I’ve got enough appointments already during the day and I didn’t want to be called but the person was patient, kind, and persistent. Now I see how valuable those have been,” Livingston said.

Help can come in many different forms, from being referred to a behavioral health specialist to work on the mental component of poor health habits to being connected with a dietician to look over a shopping list and suggest better options. Lose to Win is different from other programs because instructors work diligently find the root cause of someone’s individual health struggles and find solutions that work for them.

“It’s clear that the instructors genuinely care about the health and well-being of the participants, that they want them to eat healthier, exercise healthier, and live longer,” Livingston stated.

The 2022 session of SCF’s Lose to Win program begins on Jan. 25 and classes will be held every Tuesday. The first class is from noon to 1 p.m. and all following classes are from 11:30 a.m. to 1 p.m. All interested customer-owners can register from Jan. 3 to 14.

For more information about the Lose to Win program or to register, contact SCF Health Education at (907) 729-2689 or email the Lose to Win team at scflosetowin@southcentralfoundation.com.

Holiday Outdoor Scavenger Hunt

Growing healthy children, families, and communities takes strong relationships. Doing fun things together builds connection and supports the development of young brains.

Southcentral Foundation invites you to participate in an outdoor holiday scavenger hunt. Whether you live alone or have other household members, this holiday scavenger hunt is a festive activity for all. Cut along the dotted lines and take the scavenger list with you on a walk or drive! How many holiday-themed items can you find?

UPCOMING HOLIDAY CLOSURES

Southcentral Foundation will be closed

Thursday, Dec. 23 and Friday, Dec. 24

in observance of the Christmas holiday.
Services will resume Monday, Dec. 27.

We will also be closed

Friday, Dec. 31

in observance of New Year’s Day.
Services will resume Monday, Jan. 3.

If you need immediate medical attention, please call 911.

WISHING YOU AND YOURS A HAPPY AND SAFE HOLIDAY SEASON!

Spread Holiday Cheer, Not Foodborne Illness

By Public Relations Specialist Esther Robertson

Many holiday traditions include a family dinner or sharing sweets. While cooking and baking, it is important to practice food safety to prevent food poisoning. Here are some precautions to take as your family prepares feasts and treats.



To prevent foodborne illness, cook turkey to an internal temperature of 165 F.

- Wash hands with soap and water before and during food prep, and before eating.
- Thaw turkey safely in the refrigerator, or use the cold-water method. To thaw in a refrigerator, allow about 24 hours for every 4 to 5 pounds. For cold water thawing allow about 30 minutes per pound.
- Keep meats, seafood, and eggs separate from all other foods in the refrigerator to prevent cross-contamination. Keep foods in sealed bags or containers to prevent juices from dripping onto other foods.
- Be sure to cook meats thoroughly. Poultry should have an internal temperature of 165 F, beef should have an internal temperature of 145 F, fresh pork should cook to 145 F, and pre-cooked pork should reheat to 165 F.
- Harmful bacteria can grow rapidly between 40 F and 140 F. Any leftovers should be refrigerated within two hours of serving.
- Steer clear of tasting any raw cookie dough. Raw flour or eggs may contain harmful germs, like E. coli and salmonella.

To learn more about food safety, cooking tips, and the Dinner Makes a Difference learning circle, contact Southcentral Foundation Health Education at (907) 729-2689.

Cranberry Oat Cookies

Ingredients:

- 1/2 cup canned pumpkin
- 1 large egg white
- 1 teaspoon vanilla extract
- 3/4 cup whole wheat flour
- 1 1/2 cups quick cooking oats, rolled
- 1/4 cup sugar, granulated
- 1/4 cup brown sugar
- 1/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1 1/2 teaspoons cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground cloves
- 1/2 cup semi-sweet chocolate morsels
- 6 ounces cranberries

Directions:

1. Preheat oven to 350 F. Line a baking sheet with parchment paper or silicone baking mat. Set aside.
2. In a mixing bowl, whisk together pumpkin, egg, and vanilla until well combined. In a separate bowl, combine flour, oats, sugars, baking powder, baking soda, salt, spices, chocolate chips and fresh cranberries. Fold together the wet and dry ingredients until just combined - do not overmix. The cookie dough will be very thick. Taste the dough and add a pinch of salt, if needed.
3. Drop by spoonfuls onto cookie sheet and slightly flatten to the shape you want your cookie. Bake for 12-14 minutes until lightly browned. Allow to cool on the cookie sheet for at least 3 minutes, and transfer to a wire rack. Cookies stay fresh at room temperature for 3 days in an airtight container.



Nutritional Information (per 1 cookie serving):

Calories 160, Total Fat 4g, Saturated Fat 2g, Trans Fat 0g, Cholesterol 15mg, Sodium 120mg, Total Carbohydrate 30g, Dietary Fiber 3g, Sugars 14g Protein 4g, Sugars 8g

Source: Taste of Home

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.

Holiday Math

 +  +  = **45**

 +  +  = **31**

 +  +  = **28**

 +  x  = **?**

Can you solve the equation?

What number does each image represent?

Figure out the number for snowy tree, gingerbread man cookie, and star represent.

Answer:
Snowy tree + Gingerbread man cookie x Star = 95
Snowy tree = 15
Gingerbread man cookie = 8
Star = 10

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) 793-3000
Division of Public Assistance (907) 269-6599

Food Bank of Alaska (907) 272-3663
People Mover (907) 343-4536
Salvation Army Meals on Wheels (907) 349-0613
Senior Benefits (907) 352-4150
Southcentral Foundation (907) 729-4955
SCF Elder Program Event Hotline..... (907) 729-6588