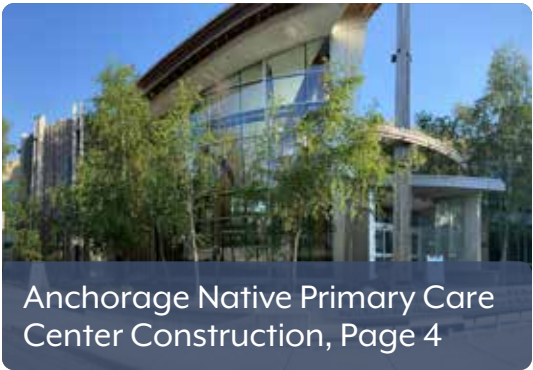
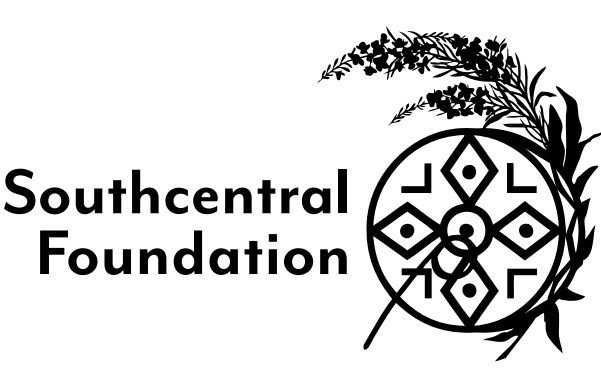




Don't Weave COVID-19 into our Culture, Page 3



Anchorage Native Primary Care Center Construction, Page 4

Southcentral Foundation Strengthens Community Partnerships

By Technical Writer Uinita Mauigoo

The people of Anchorage were ready for bold changes.

In April 2020, voters supported a new step toward addressing the city's most pressing problems: A new 5% sales tax on alcohol sold in the Municipality of Anchorage, with revenue dedicated to specific issues:

- Increasing community safety (police, related criminal justice personnel, and first responders)
- Reducing and preventing child abuse, sexual assault, and domestic violence
- Prevention and treatment of substance misuse, mental health issues, and homelessness

The municipality added that it was pertinent the “Theory of Positive Change” also address systemic racism and colonialism, aim to reduce race-based disparities in each of the issues prioritized (above) for alcohol tax funding, and promote racial equity.

Recover Alaska, Alaska Children’s Trust, and partners brought together over 200 individuals and organizations to develop this theory of positive change. Southcentral Foundation has joined this group of local organizations devoted to improved safety and well-being for all in Anchorage.

SCF Family Wellness Warriors, which focuses on addressing domestic violence, abuse, and neglect among Alaska Native and American Indian communities within Alaska, has used a portion of these funds to expand its learning circles program.

This has opened the door to opportunities for FWW to bridge or strengthen partnerships with organizations like Covenant House, Standing Together Against Rape, and Abused Women’s Aid in Crisis. The goal is to have partners trained as learning circle facilitators so they can offer this model to the people they serve.



A participant draws an outline during a two-part drum making learning circle series.



Learning and Development Training Specialist Polly Andrews, right, leads the second part of a drum making learning circle.

Last November, FWW employees, including Learning and Development Training Specialist and Elder Chet Adkins engaged with Covenant House youth for a two-part drum making learning circle series. Covenant House Alaska provides services and shelter for youth in Anchorage who experience homelessness.

FWW provided materials, and Adkins shared his Yup’ik cultural knowledge on the skill of drum making. Working together, each person made a drum while sharing story and connecting with one another. Afterward, everyone formed a circle, chanted together, and sang in unison. Learning and Development Training Specialist Polly Andrews shared a powerful exchange she had with one of the youth residents after chanting and singing together.

“I’ll never forget the light in his eyes when he told me what Tribe he is from, what village he’s from, and then he proceeded to share a song with me that originates from his Athabascan community. He then shared with me his desire to learn more songs,” Andrews said.

One of the participants that attended the same learning circle shared, “I think anyone with an open heart would definitely benefit from cultural activities like this.”

Another youth shared that the activity “gave me a desire to learn my heritage and where I come from. It’s a process, and I’m still learning.”

The testimonials shared by each youth participant highlights why the Anchorage Alcohol Tax Revenue: Theory of Positive Change is valuable in transforming the lives of real people with real stories.

“This is the picture of what it looks like to share our cultural strengths in ways that heal, in ways that build identity and resilience. This is us living out Nu’iju – to ‘return to our true selves,’” Andrews said.

A goal of Nu’iju is to achieve SCF’s Vision of a Native Community that enjoys physical, mental, emotional and spiritual wellness.

For more information on Family Wellness Warriors, contact (907) 729-5440, visit <https://bit.ly/39nDnDB>, or scan the QR code.



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Vision

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

Mission

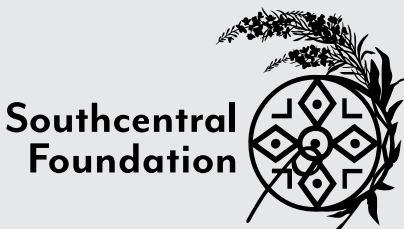
Working together with the Native Community to achieve wellness through health and related services.

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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 Southcentral Foundation on the journey to whole-person wellness.



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Don't Weave COVID-19 into our Culture

By Southcentral Foundation Public Relations

Alaska Native and American Indian people living in Alaska are at a higher risk of COVID-19 related hospitalizations, illnesses, and death, a new Centers for Disease Control and Prevention study finds. Don't weave COVID-19 into our culture. Here's what you can do:

Get vaccinated and boosted. Contact your primary care provider to learn about the best COVID-19 vaccine for you or your family. If you have already received a vaccine, ask when you or your family members are eligible for a booster. COVID-19 vaccines are free to everyone in the United States. If you do not receive services at Southcentral Foundation, visit [vaccines.gov](https://www.vaccines.gov) to find a vaccine location near you.

Practice physical distancing. The CDC continues to recommend maintaining six feet distance between others while indoors. If someone in your household is sick, try to maintain six feet of distance, if possible. If you are caring for someone who is sick, wear a mask and wash your hands frequently.

Stay home if you're sick. If you've had close contact with someone who tested positive for COVID-19, or you start developing symptoms, visit the CDC website and follow the public health recommendations for close contact, quarantine, and testing. If you're sick, or if you test positive for COVID-19, the CDC recommends staying home or quarantining for at least five days. Staying home when you are sick helps keep others safe who may be immunocompromised or not yet eligible for a vaccine.

Wash your hands frequently. Thoroughly washing your hands with soap and water or using a hand sanitizer when you cannot wash your hands will help limit the spread of COVID-19.

Get tested. If you suspect you have COVID-19, begin experiencing symptoms, or if asked to by a health care professional, get a COVID-19 test. Rapid tests (including at-home tests) and laboratory tests are both options for testing. Symptoms may appear differently for everyone; it is



A young customer-owner proudly displays their COVID-19 vaccine sticker.

important to get tested after a suspected close contact or if you have symptoms to keep your family and community safe.

Utilize SCF telehealth services. SCF provides opportunities for customer-owners to prioritize their health while allowing for physical distancing. Phone and telehealth appointments are available in place of in-person appointments and can be scheduled regularly by calling your primary care team. SCF Pharmacy provides medication refill mail outs by calling (907) 729-2117 or prescheduled curbside pickup is also available at (907) 729-4172 in Anchorage or (907) 631-7660 in the Matanuska-Susitna Borough.

Your best defense against contracting and spreading COVID-19 is to stay up to date on vaccines and boosters, practice physical distancing, stay home when you are sick, and get tested if you have symptoms.

Visit southcentralfoundation.com/covid-19-information for additional COVID-19 vaccine information, testing locations, resources, and more.

Don't **WEAVE**
COVID-19 into
our **CULTURE.**

Contact your primary care provider to learn about **COVID-19 vaccine and booster options** for you and your family.

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



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.

Anchorage Native Primary Care Center Under Construction

By Senior Public Relations Specialist Emma Irish

Anchorage Native Primary Care Center is continually making improvements to better serve customer-owners. This summer, construction projects at ANPCC began and will temporarily impact Southcentral Foundation Audiology, Pharmacy, Pediatrics, and Traditional Healing.

SCF Audiology will gain added square footage that will allow for six new sound booths, new retail space, a new procedure room, and increased

work areas for employees. The following services will continue to be offered at the University Lake Medical Center: hearing tests, counseling for hearing loss and hearing loss prevention, and primary care referrals. For questions, or to schedule an appointment, contact SCF Audiology at (907) 729-8844.

SCF Pharmacy will expand its square footage and will have a total of 10 dispensing windows with added privacy and three check-in windows, resulting in faster medication dispensing for customer-owners. Medication refills will continue to be offered during this time, but customer-owners are encouraged to call (907) 729-2117 to utilize mail-out services or (907) 729-4172 to schedule curbside pickup.

SCF Traditional Healing and Pediatric clinics will gain employee office space, and larger lobby and meeting spaces. Traditional Healing and Pediatrics will remain open and operational throughout construction. Customer-owners may be impacted by changes to building and parking access throughout the project. Currently, the south entrance parking lot, facing Tudor Road, is closed through fall 2023.

When accessing care at ANPCC during this time, please use one of the following entrances:

- 1. North main entrance facing Diplomacy Drive.
- 2. First and second floor east entrances connecting to the Flattop Mountain parking garage.

Thank you for your patience during this time. If you need assistance, contact the SCF Facilities at (907) 729-5261.

For information on shuttle service from the ANPCC to the University Lake Medical Center download the Tinitun app or visit <http://anmcshuttles.azurewebsites.net>.

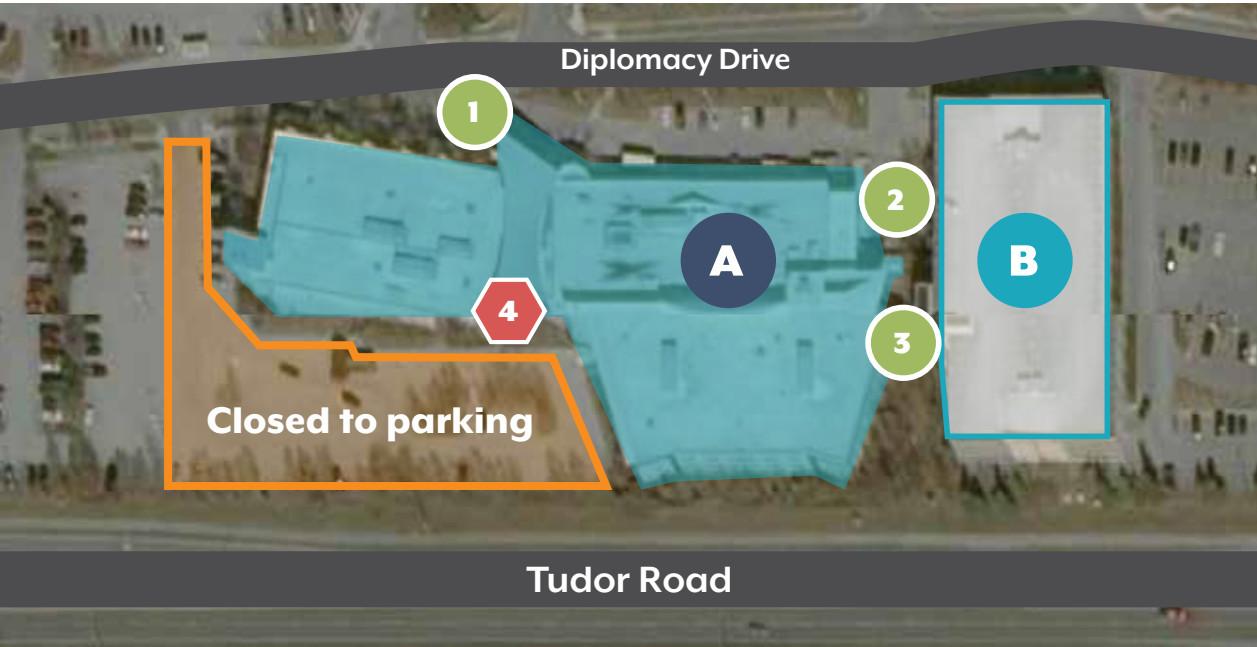


Construction projects at Anchorage Native Primary Care Center began and will temporarily impact Southcentral Foundation Audiology, Pharmacy, Pediatrics, and Traditional Healing.

Anchorage Native Primary Care Center Construction

South Door Closed

- KEY
- A** Anchorage Native Primary Care Center
4320 Diplomacy Drive
 - B** Flattop Mountain parking garage
4450 Diplomacy Drive



1 North door facing Diplomacy Drive.



2 East first floor door facing Diplomacy Drive connected to Flattop Mountain parking garage.



3 East second floor door connected to Flattop Mountain parking garage.



4 South door facing Tudor Road. Emergency exit only.

Ovarian Cancer Detection and Prevention

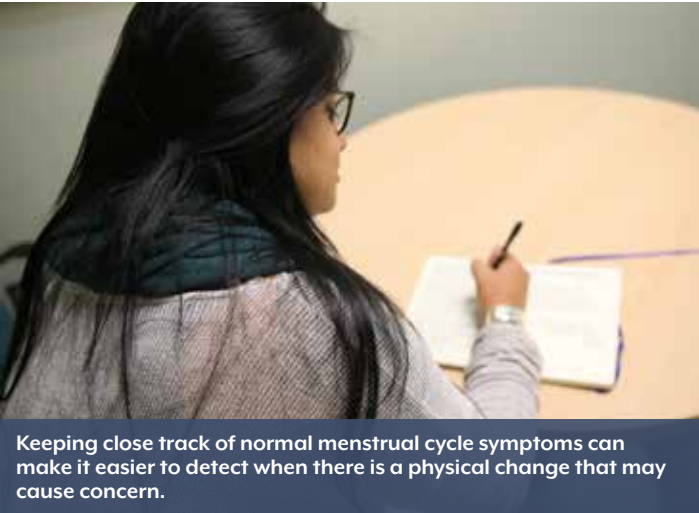
By Public Relations Specialist Addison Arave

One in 75 women will be diagnosed with ovarian cancer during her lifetime. Unfortunately, it is one of the most difficult cancers to detect. Since there is no single test to screen for ovarian cancer, the best plan of defense is for women to listen to their bodies and pay attention when something occurs that is abnormal.

“Women should watch for symptoms in their day-to-day life such as bloating, abdominal pelvic pain, increase in abdominal size, changes in bowel habits, difficulty eating or feeling full,” Dr. Sarah Truitt, MD, board certified obstetrician–gynecologist said. “Since many of these symptoms can also be associated with normal reproductive and gastrointestinal function, it’s important for women to talk with their providers about any recent changes.”

One way to keep track of changes is by downloading a period tracking app. Some apps have the capability for the user to record physical and emotional symptoms so they can keep closer eyes on their normal cycles. This can make it easier to notice when something has changed because it is reflected over time in a visible way. This can encourage the user to be conscious of their physical wellness each day. Flo, Eve, Glow, and Period Tracker are all apps available on iOS and Android that provide symptom journaling.

For women experiencing symptoms, or with high-risk factors, their providers may recommend a series of tests to detect the presence of ovarian cancer: an ultrasound, a rectovaginal exam, and a CA-125 blood test. An ultrasound and a rectovaginal exam allow the provider to check for any abnormalities; a blood test can reveal how much CA-125 protein is present. While one of these tests alone is not enough to diagnose ovarian cancer, consistent results for each test can be conclusive.



Due to the screening difficulties, those with high-risk factors, such as a family history of ovarian cancer, may want to be proactive by forming risk-reducing habits like being tobacco free, having a healthy diet, and exercising. Additional actions that may help prevent ovarian cancer are giving birth, breastfeeding, taking oral contraceptives for more than five years, or having a hysterectomy. If you’re curious about your risk factors and how to incorporate prevention techniques in your lifestyle, talk with your provider.

“I noticed a change in my menstrual cycle and wanted to make sure I was ok. I made an appointment with my provider to discuss what was happening and my concern,” customer-owner Connie Irrigoo said. “I had an ultrasound, biopsy, and eventually a total hysterectomy; I found out that I had stage-one level-one uterine cancer. I am so grateful for the providers who took care of me and listened to my concerns.”

Southcentral Foundation recognizes Gynecologic Cancer Awareness month by providing a series of activities and resources focused on ovarian, cervical, uterine, vaginal, and vulvar cancers during the Know the Big 5 and Thrive campaign every September. Keep an eye out for more information about ways to get involved, and start a conversation about gynecological cancers.

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: National Library of Medicine, American Cancer Society

Telehealth Becomes Law

By Southcentral Foundation Public Relations

Without question, the pandemic touched the lives of all of us. Through it, there have been innovations, lessons learned, changes in our way of life, and for many, it’s a new normal.

One positive innovation that stemmed from the pandemic is the way providers can deliver care to Alaskans. In July, Gov. Mike Dunleavy signed House Bill 265 into law making permanent parts of telehealth that were used to deliver services throughout the pandemic. The law ensures as many health services as possible can be delivered by telehealth. Customer-owners in urban and rural areas can now access the care they need in the manner that best supports them and their families.

This law also details licensing guidelines for health care professions and coverage for telehealth services. Key to this bill is the allowance for telehealth services by audio-only methods which are crucial for rural community members.

Tribal health organizations were instrumental in the passage of the legislation. Many Tribal officials gave moving testimony about telehealth’s impact in rural areas, including the increase in people accessing behavioral health care.

The expansion of accessible telehealth care has been one bright spot during the pandemic and this law provides certainty that options for care delivery will continue.



COMING THIS FALL

Traditional Healing Clinic Cultural Classes

For updates about classes, follow the SCF Facebook page or call Traditional Healing Clinic at (907) 729-4958.

Know the Signs and Symptoms of Monkeypox

By Southcentral Foundation Public Relations

Monkeypox, a disease similar to smallpox, was first discovered by European researchers in captive monkeys in 1958. Despite being named monkeypox, the source of the disease remains unknown. Cases of monkeypox have been reported in the United States.

Monkeypox is part of the same family of viruses as smallpox. Symptoms typically include a fever, intense headache, muscle aches, back pain, low energy, swollen lymph nodes, and a skin rash or lesions. The rash usually begins within one to three days of the start of a fever. The rash, which may leave scarring, tends to be concentrated on the face, palms of the hands and soles of the feet. It could also be found on the mouth, genitals, and eyes. Symptoms typically last between 2 to 4 weeks and go away on their own without treatment. While symptoms are similar to smallpox, monkeypox is rarely fatal.

Monkeypox does not spread easily between people. Those who do not have monkeypox symptoms cannot spread the virus to others. Monkeypox can spread from the time symptoms start until the rash has fully healed and a fresh layer of skin has formed, which can take several weeks.

“As with COVID-19, the best defense against any virus is to remain vigilant and recognize the symptoms early,” said Dr. Donna Galbreath, medical director at Southcentral Foundation. “Avoid close contact with people who are sick, and avoid touching contaminated materials used by sick people, such as clothing, bedding, or towels.”

MONKEYPOX SYMPTOMS

SWOLLEN LYMPH NODES

This is a key symptom that distinguishes monkeypox from other pox diseases.

MUSCLE ACHES

FEVER

HEADACHE

RASH

Within 1-3 days after fever, monkeypox is characterized by a rash of pustules that begin on the face and spread to other regions of the body.

Infections in the current outbreak, the West African strain, are seldom fatal. However, people with weakened immune systems, children under 8 years of age, those with a history of eczema, and women who are pregnant or breastfeeding may be more likely to get seriously ill.

The virus can spread from person to person through direct contact with the infectious rash, scabs, or body fluids. It also can be spread by respiratory secretions during prolonged face-to-face contact, or during intimate physical contact. In addition, pregnant

women can spread the virus to their fetus through the placenta. Touching items (such as clothing or linens) that previously touched the infectious rash or body fluids is another way the virus spreads. It is also possible for people to get monkeypox from infected animals if scratched or bitten.

If you are experiencing symptoms, contact your primary care provider if you notice a new or unexplained rash or other symptoms. Avoid close contact with others, including pets and other animals. If you test positive for monkeypox, stay isolated until your rash has healed and a fresh layer of intact skin has formed.

A vaccine called Jynneos can be given after exposure to monkeypox. There is a limited supply, but manufacturing companies have increased production. Antivirals, such as tecovirimat (TPOXX), may be recommended for people who are more likely to get severely ill, like individuals with weakened immune systems. The CDC does not currently recommend widespread vaccination against monkeypox.

Source: Centers for Disease Control and Prevention

Update Your First Aid Kit Today

- NARCAN® NASAL SPRAY AND FENTANYL TEST STRIP
- Talk to your primary care team or pharmacist for availability.

NARCAN® nasal spray is a medication that can help quickly reverse an opioid, such as fentanyl, or heroin overdose.

Fentanyl test strip is a product used to detect the presence of fentanyl in injectables, powders, and pills.

Visit www.iknowmine.org/product/narcan-kit or scan the QR code, for more information!

Health Education Virtual Learning Circles

VIA ZOOM

Tuesday
11:30 a.m. - 1 p.m.
LOSE TO WIN

Meeting ID: 987-2163-4738
Description:
Focus 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.
(First Thursday of each month)
POWER OF HOPE

Meeting ID: 959-7817-7527
Description:
Learn about helpful cancer prevention resources and receive support and tips for managing life with cancer.

Friday
Noon - 1 p.m.
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.

12:30 - 1:30 p.m.
(Second and fourth Thursday of each month)
TEATIME WITH ELDERS

Meeting ID: 937-5949-4088
Description:
Customer-owners, ages 55 and older, participate in engaging activities and conversations about maintaining health and wellness.

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

Summer 2022

southcentralfoundation.com | [@scfinsider](https://twitter.com/scfinsider) | facebook.com/SouthcentralFoundation

Page 6

Ensure Your Child is Up-to-Date on Well-Child Checks and Immunizations

By Public Relations Specialist Connie Irrigoo

Southcentral Foundation offers comprehensive integrated care for pediatric customer-owners to ensure their needs are met physically, mentally, emotionally and spiritually.



One component of providing comprehensive care is to offer on-time vaccination throughout childhood. Vaccines are essential because they help provide immunity for children before they are exposed to potentially life-threatening diseases. Vaccines are tested to ensure they are safe and effective for children to receive at the recommended ages.

“It is especially important to remind customer-owners to catch up on recommended childhood vaccinations,” SCF Outpatient Pediatrics Medical Director Dr. Shahid Zaidi said. “Recommended vaccinations help make sure children stay healthy.”

Children who are not protected by vaccines are more likely to get diseases like measles and whooping cough. These diseases are extremely contagious and can be serious, especially for babies and young children. In recent years, there have been outbreaks of these diseases, typically in communities with low vaccination rates.

SCF primary care and pediatrics both offer same-day appointments for well-child checks and immunizations. In Anchorage, call the Anchorage Native Primary Care Center at (907) 729-3300, and in the Matanuska-Susitna Borough call the Benteh Nuutah Valley Native Primary Care Center at (907) 631-7800 to schedule well-child checks and immunizations.



Generational Healing

This virtual learning circle explores our healing journey with an understanding of the generational influences that contributed to the harm we have known. It anchors us in the hope a generational perspective of recovery provides. Ages 18 and older.

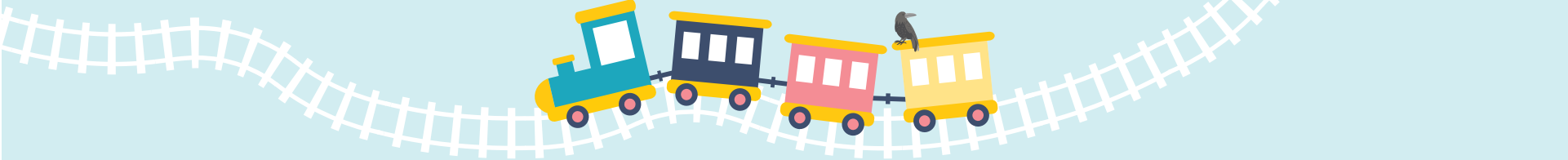
Family Wellness Warriors
(907) 729-5440
southcentralfoundation.com

Scan this QR code to join this learning circle. If prompted for a password, use FWWILC!20.



Stay on Track

Suggested Schedule for Vaccinations



- Birth:** Hep B
- 6 weeks - 2 months:** Hep B, DTaP, IPV, Rotavirus, PCV13, Hib
- 4 months:** Hep B, DTaP, IPV, Rotavirus, PCV13, Hib
- 6 months:** Hep B, DTaP, IPV, Rotavirus, PCV13
- 12 months:** MMR, Varicella, Hib, PCV13
- 15 months:** DTaP, Hep A
- 2 years:** Hep A
- 4 - 6 years:** DTaP, IPV, MMR, Varicella
- 11 years:** Tdap, HPV, MCV4
- 12 years:** HPV
- 16 years:** MCV4



It is recommended that children ages 6 months and older receive the influenza vaccination every flu season. It is important to stay on track with your child's immunization schedule. Check with your provider to ensure they are up to date. In Anchorage, call (907) 729-1000 to contact Southcentral Foundation Pediatrics.

Raise Internship Makes Graduation More Attainable

By Senior Public Relations Specialist Tara Carey

A suggestion from a school counselor to apply for the Southcentral Foundation Raise internship opened a world of opportunities for high school student and Raise intern Jonah Revere. The challenges of modern life and changing schools several times made graduation seem unreachable. Now in the final stretch of completing high school, Revere feels a tremendous amount of gratitude for being involved in the SCF Raise Program.

“I wouldn’t be where I am today if I wasn’t a part of the Raise Program internship,” Revere said. “This experience has changed my life and helped me get things in order, including connecting me with my culture and helping me get back on track with my school credits and developing skills I’ll be able to use to build a career.”

While other job opportunities were available, some with higher pay rates than an entry-level internship, Revere struggled with the decision to become a Raise intern. Having strong family connections and values, he talked over his options with one of his aunts — seeking the wisdom of his Elder in a pivotal moment in his life. She explained that the value



Jonah Revere demonstrates what he learned about kuspuk making to other Raise interns.

of the internship and the experiences he will have far outweighed a few extra dollars every two weeks.

Revere’s auntie was right. He accepted the internship and embarked on the adventure of his life. Revere has enjoyed the lessons provided by the Raise Program including cultural

activities and basic job skills like customer service, introductions to health care careers, computer fundamentals, meeting protocols, and access to online learning. Revere will share his intern experiences with others and pass on the values he embraces.

While his first year as an intern was mostly virtual, year two was in person. The in-person internship experience was engaging and rewarding to Revere as he appreciates a more hands-on approach to learning and work. He is mostly caught up on school credits, a result of his first-year internship, which was time well spent in his book.



Southcentral Foundation Raise intern Jonah Revere wears one of the kuspuks he made during a Raise Program cultural activity.

This summer Revere worked at the SCF Elder Program where he assisted with lunch preparation and kitchen inventory, helped with meetings, shadowed technicians, and occasionally worked in the garden.

Crediting his involvement with the Raise Program for highlighting the importance of culture and reminding him of who he is and destined to become, Revere is committed to honoring his ancestors.

“My ancestors paid a heavy price for me to be here today. I owe it to my Tribe and my ancestors to be the best version of myself and to set an example for younger Tribal members,” he shared.

Being heard and seen while an intern left Revere with the sense of being a part of the SCF family, and he plans to bring that work style to future positions.

Ready for a new career?

Ask about a sign-on bonus.

At Southcentral Foundation, we believe in supporting employees’ entire career journeys with academic and wellness leave, personal leave, paid holidays, and competitive pay.

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- Dental Assistants
- Certified Medical Assistants
- Case Management Support
- Program Coordinators



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(907) 729-4955
bit.ly/SCFApply



Data Tools in Action to Support the Nutaqsiivik Nurse-Family Partnership Program





By Researcher Michele Freeman

Where we live, learn, work, and play affects our health. For example, safe housing, neighborhood crime, access to healthy foods and parks, education and job opportunities can all affect our health. Together, these factors are known as social determinants of health. Southcentral Foundation has been working to use this information to improve the care provided for customer-owners.

One program using data about SDOH is the SCF Nutaqsiivik Nurse-Family Partnership. Nutaqsiivik is a voluntary, home-based program that works with eligible customer-owners to provide education and support in the home as a supplement to regular prenatal care and well-child checkups.

SCF Data Services and Nutaqsiivik program employees met to discuss needs and opportunities related to data. This helped identify a wish list of goals to prioritize.

Over the last three years, Data Services built the following tools for the Nutaqsiivik program:

-  A referral list of all referred customer-owners who are pregnant to ensure families have a chance to enroll in the program.
-  A service delivery dashboard to easily track screening and assessment needs of mothers.
-  Action lists of mothers due for follow-up as result of screenings.
-  An overall dashboard to track how well the program is performing.

By using these data tools and talking with nurses, the Nutaqsiivik program had information to improve care during the pandemic.



A customer-owner and her child enjoy the sunshine.

Through a grant from Nurse Family Partnership, Nutaqsiivik provided smart phones with paid plans to moms who needed them. This enhanced access to virtual visits. Rather than meeting 1-2 times monthly, nurses contacted mothers through weekly calls and texts. The increased contact helped provide social connection and timely updates about service availability, COVID testing, and mandates.

If you would like more information about SCF Nutaqsiivik Nurse-Family Partnership program, call (907) 729-2490 or visit <https://bit.ly/3n9zuFr>.

Data Services is supported in part by the Office of Minority Health (#ICPIMP171148) of the U.S. Department of Health and Human Services. The content of this article is the sole responsibility of the authors. The content does not necessarily represent the official view of the sponsor.

CONNECTION IS A SOLUTION

#LISTENSHARECONNECT



988

SUICIDE AND CRISIS LIFELINE

#LISTENSHARECONNECT
Wherever you are at in your journey, Southcentral Foundation will meet you there. For more information, contact SCF Behavioral Health at (907) 729-5260. (Grant 1992)



Preventative Health for Children Through an Array of Programs

By Public Relations Specialist Connie Irrigoo

Practicing preventative health care helps track your child’s growth and development, ensures routine and recommended vaccines are on schedule, and provides the opportunity to discuss any concerns about your child’s health and wellness. Preventative care includes whole-child wellness: dental, eye, and hearing exams.



Make sure to have your child’s eyes examined. A vision check could help your child see better.

Southcentral Foundation offers a wide range of services including primary care, audiology, dental, optometry, pharmacy, and more. Customer-owners who are in town visiting family or shopping can call and make a same-day appointment.

SCF has four dental clinics in Anchorage and one in the Matanuska-Susitna Borough that provide comprehensive services, including examinations, cleanings, fillings, and root canals. Some dental clinics offer dental surgery, limited crowns, bridges, orthodontic procedures, and dentures.

SCF pediatric dentists have completed an extra two to three years of specialized training after dental school and are dedicated to improving the oral health of children from infancy through adolescence. Children, pre-teens, and teenagers all need individualized approaches to feel comfortable receiving dental care, monitoring dental growth and development, and preventing future dental problems.

SCF Optometry offers annual eye exams, glasses, and contact fittings. Schedule an appointment to check your child’s vision and eye health. Book appointments ahead of the back-to-school rush. If your child needs vision correction, you will need time to order glasses and help your child adjust to glasses before school starts.

Hearing is an important part of overall health. SCF audiologists provide comprehensive hearing evaluations, counseling for hearing loss, and hearing loss prevention for children and adults of all ages. Hearing screenings are fundamental for identifying and preventing problems that may impact your child’s communication, learning, and development. Hearing loss can happen at any age, and a growing number of children and teenagers are damaging their hearing from exposure to loud sounds. Approximately 12% of children ages 6-19 have irreversible noise-induced hearing loss.

Scheduling preventative appointments before serious symptoms arise ensures customer-owners have the best chance of stopping or preventing serious health issues. Contact your primary care team or specialty service directly to schedule an appointment.

Anchorage Native Primary Care Center	(907) 729-3300
Pediatrics Outpatient.....	(907) 729-1000
Optometry	(907) 729-8500
Audiology.....	(907) 729-1400
Dental	(907) 729-2000
.....	
Benteh Nuutah Valley Native Primary Care Center	(907) 631-7800
Optometry	(907) 631-7640
Audiology.....	(907) 631-7640
Dental	(907) 631-7690

TiniTUN

pathways to health

MOBILE APP


TINITUN APP:

Helping you find your way around the Alaska Native Health Campus


Tinitun, pronounced, “tin-ee-toon” is the Dena’ina word for “trail: major passageways of human movement.” The Tinitun mobile app provides “pathways to health,” connecting customer-owners with their health care using modern technology.

This app name is used with permission from the Eklutna Tribe as a way to acknowledge the people and culture of the Dena’ina, on whose land the Alaska Native Health Campus is located.


With the Tinitun app, you can:




Locate your provider and clinic




Discover food and coffee options



Find the nearest shuttle



Save your parking location




ALASKA NATIVE MEDICAL CENTER

The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

DOWNLOAD TODAY!

GET IT ON Google Play

Available on the App Store



SCAN ME!

Back-to-School Optometry Sale June 21 – Sept. 30

Visit southcentralfoundation.com for details on the sale.

Select frames only and must be purchased as a package (lenses and frames).
Check, credit cards, and flex spending cards will be accepted. Private insurance not accepted.

Summer 2022

southcentralfoundation.com | [@scfinsider](https://twitter.com/scfinsider) | facebook.com/SouthcentralFoundation

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Basics of Harvesting Alaskan Plants for Tea

By Public Relations Specialist Esther Robertson and Traditional Healing Clinic

Each year, many Alaska Native and American Indian people gravitate to the wilderness to gather plants for food and medicine. Wisdom, knowledge, and care about harvesting is practiced by Alaska Native people and has been passed down for generations.

Plants gathered are often used to make tea. Dried or fresh plants contain essential vitamins and minerals. One plant that is picked in the fall season, after the first frost, is the rose hip. Also known as wild rose, prickly rose, and Arctic rose, rose hips are found on riverbanks, meadows, and forests. They can be used fresh, dried, or stored for future use. Rose hips are commonly used as an herbal tea. This tea has been used for many generations to treat different ailments. When harvesting rose hips, be cautious. Take heed, the seeds have hairs that might cause intestinal irritations.

A few simple tips are important when practicing ethical and safe harvesting. Take only what is needed to ensure there is enough of the plant remaining for regrowth, other people to harvest, and animals to eat. Harvest away from roads and agricultural spray. A good guide is to harvest at least 10 feet from any roadway or area where tire tracks are present. Always be 100% positive you have properly identified the

plants you intend on picking. Harvesting the wrong plant may result in serious health issues. There are many poisonous plants that look similar to edible plants, sometimes referred to as look-alikes. When gathering from the land, it is a traditional Alaska Native practice to keep a positive mindset with the highest intentions, ask for permission, then reciprocate by offering a song, hair, or prayer.

Dried herbs are best stored in clear glass containers and kept in a cool dark place to reduce risk of contamination. Avoid aluminum or copper pans as they can react with antioxidants and tannins. It is recommended to avoid using plastic to store the herbs due to possible chemical leaching.

To make a basic herbal tea, add 1 teaspoon of dried herb to 1 cup of boiling water. With fresh herb, add 2 tablespoons herb to 1 cup boiling water. Keep in mind, the ratio of herb to boiling water depends on the desired strength and the individual's relationship with each plant.

It is recommended to consult with a qualified health care provider before using herbal products, particularly if you are pregnant, nursing, or taking any medications. This information is for educational purposes only and is not all inclusive. Continued research is highly recommended. It is not intended to diagnose, treat, cure, or prevent any disease.



Rose hips are harvested after the first frost and are often used in teas.



Dried herbs are best stored in clear glass containers and kept in a dark cool place to reduce risk of contamination.

To learn more about Alaskan plants, contact Traditional Healing Clinic at (907) 729-4958.



Learn to Make Akutaq Together

- 2 cups lard
 - 2 cups prepared instant potatoes, cooled
 - 2 tablespoons vegetable oil
 - 1/2 cup – 1 cup sugar (to taste)
 - 1/2 gallon – 1 gallon berries (blueberries, salmonberries, cranberries, or store bought mixed berries, to taste)
1. Combine lard and instant potatoes in a mixing bowl (make sure the instant potatoes are cooled).
 2. Whip together for 5 minutes by hand or a mixer until texture is fluffy.
 3. Add vegetable oil, stir.
 4. Add 1/2 cup of sugar, and continue to whip until sugar dissolves. Add more sugar for desired taste.
 5. Add between 1/2 gallon to 1 gallon of berries, stir until mixed.
 6. The akutaq is ready to eat.

Recommended portion size: 1/2 cup



Technology Tips to Help Stay Connected

By Public Relations Assistant Shamika Andrew

Technology can be helpful in everyday life either to connect with family and friends, attend learning circles and telehealth visits, or take a class via Zoom. One challenge with technology is that it’s always changing and evolving. Learn a few nifty tips to become more tech-savvy when using smartphones to access QR codes and video conferencing platforms like Zoom.

QR codes

QR codes can provide more information about products or services in one easy motion. They can be scanned to learn more about classes or learning circles, or see what is on the menu when while you wait to be served at a restaurant.

How to scan QR codes:

Open the camera on your phone and hold it over a code for a few seconds until a notification pops up. If this doesn’t happen, check your settings, and see if QR codes scanning is enabled.

Video conferencing

There are a few video conferencing platforms available, Zoom has become a popular option to use in recent years. Zoom is a safe and secure video conferencing platform that can be used in the comfort of your own home. Customer-owners can use the program with a computer, laptop, mobile device, or tablet. Southcentral Foundation offers a variety of services virtually to support mental health and community connection, such as virtual learning circles, primary care visits, and behavioral health services. Zoom is also a good platform to keep in touch with family members or friends.

How to join a Zoom meeting from web browser (Chrome is preferred):

- 1. Click Join Meeting.
- 2. Enter the 9, 10, or 11-digit Meeting ID you were given by the meeting host, and click Join.



Customer-owner practices technology tips for a potential telehealth visit.

- 3. You will be automatically prompted to either download or open the Zoom application.
- 4. Download the Zoom application.
- 5. Type your name and click Join Meeting.
- 6. You will now choose how to join for the audio portion of the call.

How to join Zoom from a smartphone

- 1. Find the Zoom link in your email, and click on it.
- 2. Open the Zoom application, click Open Zoom.
- 3. You might be asked to join with or without video. Select your preference.
- 4. To join using your phone audio, click the Phone Call tab at the top. Then call any of the phone numbers and follow the prompts to enter your Meeting ID and Participant ID. Then click Done.

New technologies are constantly being developed, and existing technologies receive improvements. While these tips are intended to help you stay connected using technology, be cautious about the information you share. We hope these tips help you feel more comfortable and confident when using smartphones to stay connected.

Spot the Difference

Can you identify the differences between the two images?

Hint: there are nine differences.

SOLUTION

Important Phone Numbers			
Alaska Native Medical Center	(907) 563-2662	Division of Senior and Disabilities Services	(800) 478-9996
American Association of Retired Persons (AARP)	(907) 762-3388	Food Bank of Alaska	(907) 272-3663
Anchorage Police Department (non-emergency)	(907) 786-8500	People Mover	(907) 343-4536
Anchor Rides	(907) 343-6543	Salvation Army Meals on Wheels	(907) 349-0613
Cook Inlet Housing Authority	(907) 793-3000	Southcentral Foundation	(907) 729-4955
Division of Public Assistance	(800) 478-7778	SCF Elder Program Event Hotline	(907) 729-6588