

Alaska Native and American Indian Heritage Month Celebration Ideas

By Public Relations Specialist Esther Robertson



Customer-owners and Southcentral Foundation employees can learn how to bead by registering for a cultural class offered by the SCF Traditional Healing Clinic.

When you think of culture, what comes to mind? It may be traditions, stories, values, music, food, and language. There are many layers to every culture. November is a time to celebrate the depths of the Alaska Native and American Indian community in honor of Alaska Native and American Indian Heritage Month. Here are some ideas to appreciate and celebrate heritage month with your family:

1. Learn the history and culture of Alaska Native and American Indian people. Take a tour or sign up for an Indigenous awareness workshop at the Alaska Native Heritage Center. The Anchorage Museum also offers cultural exhibits such as Living Our Cultures, Sharing Our Heritage: The First Peoples of Alaska and the Alaska exhibition.
2. Invest time talking with an Elder or family member who is willing to share their experiences with you. Elders have always been revered in the Alaska Native Community as culture bearers, from whom many lessons, traditions, and wisdom are passed down.
3. Buy from inspired Alaska Native people, not Native-inspired. Many Indigenous artists can be found on Facebook marketplace or Instagram, selling their earrings, qespeqs (kuspiks), paintings, and more. Look for the Silver Hand seal when buying authentic Alaska Native art.
4. Participate in Southcentral Foundation Traditional Healing Clinic cultural classes — offerings include beading, salve making, and skin sewing. Follow the SCF Facebook page to stay up to date on cultural class offerings and registration opportunities.
5. Kids can learn about Alaska Native cultures while being entertained by the PBS show Molly of Denali. Molly of Denali is the first children's show to feature an Alaska Native character as the lead. If your children are older, you may consider checking out the movie "Smoke Signals". Rated PG-13, it is a coming-of-age comedy and drama, based on the book, "Lone Ranger and Tonto Fistfight in Heaven" by Spokane/Coeur d'Alene Indian author Sherman Alexie. "Smoke Signals" brings light to generational traumas and the journey of healing.
6. Stay up to date on the name of the Alaska Native land you are on. Learn the history of the land where you live, or visit, by using land acknowledgment apps to help identify them.
7. Wear your Alaska Native or American Indian regalia. It is a simple and fun way to celebrate your heritage. Don't forget to Rock Your Mocs on Nov. 15!
8. Enjoy some Indigenous music. The drums represent the heartbeat of Indigenous people.
9. One way to appreciate a culture is through food. Try a new recipe with traditional food, like moose, salmon, herring, or Alaskan berries. Need inspiration? Try the recipe on page 2.
10. Nov. 8 is Election Day! Be heard. Vote. Get Out The Native Vote!



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If you have questions, comments, wish to submit articles, or be added to our mailing list, please contact:

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

Mission

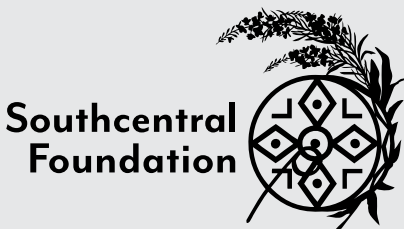
Working together with the Native Community to achieve wellness through health and related services.

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Staying Up to Date on COVID-19 Vaccines

By Southcentral Foundation Public Relations and Corporate Communications

As the community continues the process of returning to pre-pandemic activities, it is important to know you and your family’s COVID-19 vaccine status. You may be vaccinated, but not up to date on vaccine boosters. Ensuring COVID-19 vaccines are up to date is one way to protect you and your family against severe COVID-19 related illness. The Centers for Disease Control and Prevention recently approved Moderna and Pfizer updated COVID-19 boosters. The bivalent boosters target two strains of COVID-19, the original and omicron variant strains.

Staying up to date may be different for each customer-owner depending on age, vaccine brand, time since your last dose, and booster status. Review the chart below to review your vaccine or booster eligibility.

UP TO DATE	Customer-owners who have received a full dose of COVID-19 vaccine plus the most recent booster dose recommended by the CDC, are considered up to date. Everyone ages 5 and older should get a booster at least five months after completing a primary vaccine series of Pfizer or Moderna, or two months past Janssen single dose.
VACCINATED	Customer-owners who have received a primary series of a vaccine but have not received a booster after eligibility are considered vaccinated.
NOT VACCINATED	Customer-owners who have not received any vaccine are considered not vaccinated.

Contact your primary care provider to see what vaccines are available near you. Protect yourself, your family, and your community by getting vaccinated, staying up to date on your vaccine, and following the CDC guidelines for COVID-19 testing.

For COVID-19 vaccine options, booster eligibility, free at-home test kit availability, or to schedule routine COVID-19 tests, contact your primary care team.



Moose Meatloaf

- 5 pounds ground moose, or other lean game meat
 - 16 ounces breadcrumbs
 - 20 ounces skim milk
 - 3 ounces tomato paste
 - 2 ounces fresh parsley, chopped
 - 1 teaspoon ground black pepper
- 1 tablespoon minced garlic
 - 1/2 yellow onion, finely chopped
 - 1 cup carrots, grated
 - 1/4 cup broccoli crowns, chopped
 - 1/2 cup cheddar cheese, shredded
1. Preheat the oven to 350°F.
 2. Mix the breadcrumbs, milk, tomato paste, parsley, black pepper, and garlic.
 3. Roast onion, carrots, parsnip, and broccoli crowns.
 4. Add breadcrumbs mix to meat by hand.
 5. Prepare a sheet pan with plastic wrap covering the bottom.
 6. Spread meat over three-quarters of the sheet pan. Leave about 3 inches of one side unfilled.
 7. Spread veggies over the meat, leaving about 1 inch clean on all sides.
 8. Sprinkle cheese all over.
 9. Pull plastic from edges and roll over, starting from the top and working toward the bottom.
 10. Transfer to the sheet pan, lined with parchment paper, placing the folded side down and at an angle. Be sure to remove all plastic. Bake for 25 minutes.
 11. Cut into 6-ounce portions. The serving size is one 6-ounce portion.

Source: Healthy Traditions, Alaska Dispatch News and Alaska Native Tribal Health Consortium, Volume 1, Issue 2

SCF Plans Expansion of Pediatric Support Teams at Primary Care Clinics

By Southcentral Foundation Senior Improvement Advisor
Adyson Hayden and Southcentral Foundation Public Relations
and Corporate Communications

Southcentral Foundation's Nuka System of Care is customer driven and centered around family. Having the same primary care team for your family helps foster meaningful relationships. This helps prioritize your family's physical, mental, emotional, and spiritual goals.

Integrated pediatric support teams include a pediatrician, registered nurse case manager, certified medical assistant, and case management support. They are child experts who partner with your primary care team to support your child's health. Customer-owners from birth to adolescence visiting their primary care team at the Anchorage Native Primary Care Center and *Benteh Nuutah* Valley Native Primary Care Center have child experts available at regularly scheduled appointments.

Your family may already benefit from integrated specialists such as dietitians, midwives, behavioral health consultants, and pharmacists. This approach allows children to stay empaneled to their primary care provider and have access to the integrated pediatric support team as needed. The added support elevates the world-class care your child already receives in primary care and provides additional support for their changing needs.

SCF created its first integrated pediatric support team at VNPCC in 2015 and received positive responses from families that benefited from the added care. VNPCC now has two integrated pediatric support teams. As SCF adds integrated pediatric support teams, children currently empaneled to Outpatient Pediatrics will transition to their family's primary care provider.

The following is a parent's story of how an integrated pediatric support team assisted their family:



Integrated Pediatric Care Teams provide added support in primary care.

Our family is so thankful for the care and support we have received from our primary care team and the integrated pediatric support team. It has made our visits so much more impactful and meaningful, and we learn something new each time. We have been able to see both our primary care provider and the pediatrician during different occasions for all three kids and each time has been so valuable. Having a certified medical assistant who specializes with children has been a huge bonus for us. It's so wonderful to have a CMA who can connect with kids and make them feel comfortable as they do their vitals and immunizations. It also puts my mind at ease as a parent.

The kids love seeing the pediatrician in addition to their primary care provider and feel very comfortable with their exams. We as parents have been learning more about ways to keep our children safe and healthy. Our visits are not any longer than normal, and I love that I am able to have more expertise caring for my children. Thank you, Southcentral Foundation, for going above and beyond to ensure our children are cared for.

All ANPCC and VNPCC clinics will have an established integrated pediatric support team in the coming years. For more information, contact your primary care team.

Understanding Breast Cancer Screening Options

By Public Relations Specialist Addison Arave

Breast cancer is the most diagnosed cancer among Alaskan women and the second most common cause of cancer death, according to the Centers for Disease Control and Prevention. Regular screening is the best way to detect cancer early, making successful treatment more likely. Women have options to perform a self-examination, schedule a clinical examination, or receive a mammogram to detect any concerning abnormalities.

To perform a self-examination, a woman may be standing or lying down. She should use her three middle fingers to press down into the breast with light, medium and firm pressure. This should be repeated over the entire breast on both sides. She should note any lumps, thickening, hardened knots, dimpling, swelling, or other abnormalities. While standing, she may also press her hands to her hips and press to flex her chest muscles, which may make visualization easier. If anything abnormal or concerning is detected, she should contact her primary care provider to verify and discuss next steps. This process should be repeated monthly.

Both standing and lying exams can be performed by a provider in-clinic, but if a lump is found, the provider may recommend further tests to determine whether the lump is benign or cancerous.

Another common way to detect breast cancer is receiving a mammogram, which is an X-ray performed by a specialized machine designed to produce a comprehensive image of the breast tissues. Southcentral Foundation mammography technologists use the most up-to-date technology, 3D mammography, which provides earlier breast cancer detection, 40% less callbacks, and detection of between 20-65% more invasive cancers than conventional mammography alone. A lump may show up on a mammogram before it can even be felt by a physical exam, which makes it the most effective screening option. While recommendations can vary slightly between clinics, SCF Radiology



SCF mammography technologists can answer questions you may have about how to prepare and what to expect during your mammogram appointment.

recommends an annual mammogram for women ages 40 and older for the remainder of their lives.

Mammograms are generally considered to be an uncomfortable experience, but certain strategies can help make it more comfortable. "Everyone has different levels of discomfort when it comes to mammograms. Some women have no pain and others do," Mammography Technologist Nichole Pidcock said. "If they have a history of it being a painful experience, they can plan to take ibuprofen before their exam and not have caffeine that day to help minimize the pain."

To read a mammogram, radiologists consider the image combined with family history, risk factors, and previous mammogram images, if they are available.

SCF providers are versed in the screening and testing process, and determining a follow-up care plan if a cancerous growth is found. Regardless of the outcomes physical exams or mammograms, customer-owners can be confident they are getting the highest quality screenings, the most accurate results possible, and providers who will partner with them to determine the best courses of action. If you have questions about your treatment plan, contact your primary care team.

While breast health is a priority, some locations may not have access to mammograms at regularly scheduled appointments. Customer-owners at the Anchorage Native Primary Care Center and *Benteh Nuutah* Valley Native Primary Care Center have radiologists available at each clinic. Providers at rural community health centers can provide an in-clinic exam and coordinate visits to the Alaska Native Health Campus, or with other community partners for scheduled mammograms.

Sources: Centers for Disease Control and Prevention, National Breast Cancer Foundation, Inc.

Help Babies Sleep Safely

By Public Relations Specialist Connie Irrigoo



Southcentral Foundation celebrates parents, caregivers, health care providers, and advocates who help babies sleep safely. Safe sleep is essential for the health and well-being of all infants, and especially important to protect babies from sudden unexplained infant death. SUID is a term used to describe the sudden unexplained death of an infant younger than one year of age and have no immediately obvious cause.

Each year around 3,400 deaths are attributed to SUID. However, data from the National Institutes of Health show SUID cases are disproportionately higher among Alaska Native and American Indian children, making it even more important to be vigilant and create a safe sleep area for your baby.

How can you protect your baby?

"Baby's sleep area should be in the same room, next to where parents sleep, and always place them on his or her back to sleep, for naps and at night," Dr. Shahid Zaidi, SCF Outpatient Pediatrics medical director said. "Make sure the baby is using a firm, flat sleep surface, such as an approved crib mattress in a safety-approved crib, covered by a fitted sheet. Baby should not sleep in an adult bed, on a couch, in a chair alone, with you, or with anyone else."

Here are additional ways to help protect babies while they sleep:

- Always place your baby on its back to sleep in its own sleep space, like a bassinet or crib.
- Remove pillows, loose blankets, sheepskins, or crib bumpers from your baby's sleep area.
- Keep soft objects, stuffed animals, or other toys out of the baby's sleep area.
- If you utilize hats, make sure they fit snugly and do not cover the baby's face.
- Dress your baby in sleep clothing, such as a wearable blanket, sleep sack, or double layering of pajamas.
- If possible, feed your infant breast milk. Studies show a 50% decrease in sudden infant death syndrome cases among breastfed infants.
- Do not smoke inside your home or car or allow anyone to smoke around your baby.
- Share a room with your baby for the first six months of their life.

"SCF providers have done a great job emphasizing the importance of safe sleep," customer-owner Emma Irish said. "My integrated care team even sent us home from the hospital with appropriate sleepwear and a sleep sack for our new baby."

Be sure to share the safer sleep information with any caretakers for your baby to reduce SUID.

If you have any questions, talk with your provider by calling (907) 729-3300 in Anchorage, or in the Matanuska-Susitna Borough at (907) 631-7800.

Honoring Indigenous Peoples

By Public Relations Specialist Gabby St Clair

In a historic move, South Dakota renamed the Columbus Day holiday to Native American Day in 1989. In a similar move in 2015, the governor of Alaska signed a declaration designating the second Monday in October as Indigenous Peoples' Day. Two years later, the declaration was formalized into law making the designation permanent. The first presidential proclamation of Indigenous Peoples' Day, declaring the second Monday in October a holiday that celebrates and honors Native American people and commemorates their histories and cultures, was issued in 2021.

Join us in recognizing Indigenous Peoples' Day. Alaska Native and American Indian people have protected and retained cultural knowledge of the people and land. Elders not only share memories or stories; they bear their cultures as a gift to future generations. Despite centuries of hardships, it is this stewardship of culture that allows us to come together as Indigenous people and honor that legacy.

"That we live, that we thrive, is a testament to the incredible resilience of our ancestors, and the strength of our legacy," Southcentral Foundation Researcher Kyle Wark said. As an anthropologist, he uses Tlingit language when possible in research articles and the first words spoken to his daughter were, *yak'ei ixsiteeni*, "it's good to see you."

To share stories and care for one another are among the greatest strengths of Alaska Native and American Indian people.

"We share and help others in need when they need help, not only on Indigenous People's Day. To preserve our culture is to keep a piece of our ancestors' ways alive with us and with our children," SCF Case Management Support Susanna Wassillie said, who is of Yupik and Athabascan descent.

Ancestors have laid the foundation for Indigenous people to keep culture alive and thriving. Let's continue to carry on strong traditions for many years to come.



Thinking About Quitting Tobacco?

By Public Relations Specialist Shamika Andrew

Are you ready to break the cycle of tobacco use? In addition to personal health issues, tobacco use can impact your family's health and learned behaviors. There is no better time than now to set a great example for future generations and quit tobacco today.

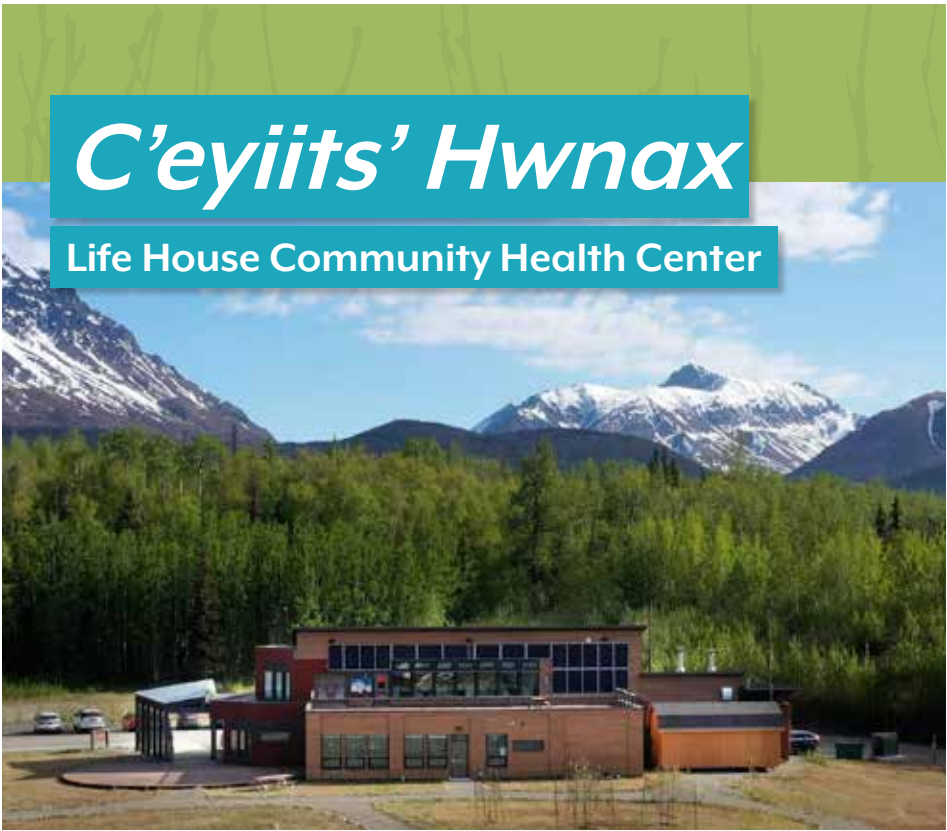
Tobacco use is associated with many health issues, including lung cancer, heart disease, stroke, emphysema, chronic obstructive pulmonary disease, oral cancer, and more. Whether living in Anchorage, the Matanuska-Susitna Borough, or one of Alaska's rural areas, Southcentral Foundation's Quit Tobacco program is available to help guide customer-owners to a healthier, tobacco-free life.

SCF Health Education and *Benteh Nuutah* Valley Native Primary Care Center Wellness Center offer a tobacco cessation program for Alaska Native and American Indian people. The 52-week Quit Tobacco program partners with primary care teams and offers one-on-one counseling, follow-up services, group counseling, access to nicotine replacement therapy, and more.

SCF's tobacco treatment specialists provide tips, tools, and resources to achieve success in quitting tobacco for life. In addition to counseling, medication, and the My AK Wellness online portal, tobacco treatment specialists provide additional services over the phone to support customer-owners kick the habit.

Remember, quitting tobacco is a process but every step toward quitting is a success. Choosing to quit tobacco is one of the best choices you can make for your health. While quitting can be hard, you can be successful by developing a plan and using the support and services offered by SCF.

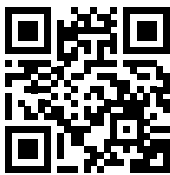
For more information or to schedule an appointment, please call SCF Health Education at (907) 729-2689 or Benteh Nuutah Valley Native Primary Care Center Wellness Center at (907) 631-7630.



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Dinner Makes a Difference – Cancer Fighting Foods

By Senior Public Relations Specialist Emma Irish and Public Relations Assistant Stephanie Smith

Mealtime is a great opportunity to spend time together and enjoy conversations about everyday life. Regular family meals can boost self-esteem, and reduce the likelihood of many health risks for both children and adults. Southcentral Foundation’s Dinner Makes a Difference learning circle provides families with resources to plan, shop, and prepare healthy meals while providing nutritional facts. Dinner Makes a Difference is rooted in the tradition of family wellness.

In support of Breast Cancer Awareness Month, Dinner Makes a Difference health educators are focusing on foods that may aid in the prevention of breast cancer. Choosing diverse foods can provide essential vitamins and nutrients and replenish the body with healthy fuel throughout the day.

According to the American Cancer Society, eating vegetables and fruits in a variety of colors can help reduce your cancer risk, due in part to the antioxidants they contain. Some examples of colorful foods to add to your plate are:

- Red: red bell pepper, tomato, kidney beans
- Orange: sweet potato, carrot, pumpkin
- Yellow: spaghetti squash, corn, yellow bell pepper
- Green: spinach, zucchini, broccoli
- Purple: cabbage, eggplant, red onion
- White: cauliflower, jicama, button mushrooms



Eating vegetables and fruits in a variety of colors can help reduce your cancer risk.



Health Education Dinner Makes a Difference learning circle brings fresh, nutritious recipes to customer-owners every week.

Tune in to Dinner Makes a Difference classes this month, and learn to make citrus coconut steamed cod, fresh salad, Instant Pot pinto beans, and matcha green tea cookies. These dishes feature different foods with cancer fighting properties like fish rich in omega-3 fatty acids, beans high in fiber, and green tea matcha with specific antioxidants proven to inhibit cancer stem cell growth.

Dinner Makes a Difference provides healthy and delicious recipes and provides tools to bring families together in the kitchen and around the dinner table. Celebrate your health and wellness this month as we honor those who have been impacted by breast cancer.

For more information about Dinner Makes a Difference, contact Southcentral Foundation Health Education at (907) 729-2689.




October is National Dental Hygiene Month

Daily brushing and flossing, a healthy diet low in sugar, and regular dental care support healthy smiles for life.

Recommended oral hygiene routine:

- Brush twice a day for two minutes with a fluoride toothpaste
- Floss daily
- Use a fluoride mouthwash if you are over 6 years of age
- Visit the dental clinic at least once per year for a check-up
- Choose healthy snacks such as fruit, berries, veggies, cheese, and yogurt




Breast Cancer

Awareness Month

Know the Facts

- What is breast cancer?
- What symptoms should I look for?
- How can I find it early?
- What are my risk factors, and what can I do to reduce them?



Learn the answers to these questions and more by visiting bit.ly/SCFBreastCancerFacts or talking with your provider.

Our Words Can Be a Lifeline: Recognition of Domestic Violence Awareness and Action Month

By Family Wellness Warriors

Looking back with gratitude, *Lena remembers that pivotal moment when a co-worker noticed she was struggling and reached out to connect, “Come over and make fry bread with me.” The evening was simple, easy, rolling dough and dropping it into hot oil, something Lena had done a hundred times before. But in the glow of her friend’s kitchen, standing shoulder to shoulder at the stove, she felt her walls soften, and she slowly began to share her story. Later, recalling that warm evening, Lena shared, “She made me feel heard. She gave me a place of safety, without having to ask if I needed it — it was a key moment for me.”

Moments such as these highlight the significance of what simply reaching out and showing up can mean to someone who may be experiencing the harm of domestic violence. It is common to wonder: What do I say? I don’t want to say or do the wrong thing — where do I even start? Even with these questions, it is important to start the conversation. Harm can happen anywhere, in any home, and in recognition of Domestic Violence Awareness and Action Month, survivors share the hope of a changed life, and what support looked like for them.

“We all have a story behind our eyes, and some may be waiting for a safe person to open up to,” Bobbi Outten shared, director of SCF’s Family Wellness Warriors and domestic violence survivor. “Each time a person shares their personal story, they give the listener an extremely sacred gift. Our words back to them can be a lifeline.”

In those first moments after someone breaks silence, our immediate response can be a piece of their healing. A healing response might begin



with, “It took so much courage for you to share that with me. Thank you.” Additionally, the listener can remind the person that abuse is never the fault of the person experiencing it, and speak of the safety, love, and joy of which they are deserving. Even without the perfect words, the important thing is to be present, and like in the case of Lena and so many others, “our words can be a lifeline.”

Everyone has a story and deserves the safety to share it. Southcentral Foundation Family Wellness Warriors offer trainings throughout the year that provide spaces for people to share their stories and heal from the effects of trauma. One training, Arrigah House, is a culturally-rooted training intensive that explores the impact of our stories, including adverse childhood experiences, and generational and historical cycles of harm. Participants explore healthier ways of relating in a safe, peer-led space, while learning skills to respond to people who have been harmed.

To learn more about FWW trainings, learning circles, and awareness events, contact FWW at (907) 729-5440. SCF provides many services that promote physical, mental, emotional, and spiritual health. To learn more about primary care, behavioral health services, traditional healing, and other health and wellness programs, visit SouthcentralFoundation.com.

**Name changed. If you are experiencing domestic violence and need immediate help, please contact the 24-hour Abused Women’s Aid In Crisis hotline at (907) 272-0100 or contact StrongHearts Native Helpline at 1-844-7NATIVE.*

Everyone has a story.
You are Invited to Attend a Learning Circle Today

WHAT ARE LEARNING CIRCLES?
Learning circles are peer-led support groups where people are invited to share story, connect, and build relationships through a variety of wellness activities.

GENERATIONAL HEALING (TUESDAYS/ 1-2 P.M.)
This learning circle explores our healing journey with an understanding of the generational influences that contributed to the harm we have known.

FAMILY IS SACRED (FRIDAYS/ 2:30-4:30 P.M.)
This learning circle provides tools for families raising children to promote positive changes in the home and community.

PLEASE NOTE: This learning circle is Office of Children’s Services approved. Registration is required, call (907) 729-5440.

To view the learning circle schedule, please scan the QR code below or visit <https://bit.ly/3db6MCn>.



Raise Interns Embrace In-Person Worksites

By Senior Public Relations Specialist Tara Carey

As programs across the country moved to virtual platforms during the pandemic, the Southcentral Foundation Raise Program was no different. Now, after a two-year hiatus from in-person events, the program is back with workshops, activities, and on-the-job experiences offered at the Alaska Native Health Campus and in the community.

Summer interns flourished as they met new friends, greeted visitors at the Alaska Native Heritage Center, participated in emergency trauma training and cultural classes, and more. The program’s return to in-person worksites provided opportunities for interactions with employees and customer-owners, hands-on experience, and feedback from mentors as they learned new responsibilities.

Whether helping Elders by preparing lunches for delivery, learning the intricate workings of a communication strategy, or assisting with tasks to help clinics run smoothly — the experience highlighted the value of hands-on learning.

One intern spent part of his internship with SCF’s Public Relations and Corporate Communications department and documented his experiences in a photo essay shared on social media. Learn more by looking up #SCFSummerIntern.

The community development intern group participated in the Day of Caring activity and assisted Elders with yard work. The rewards were immediate as Elders shared their sentiments directly with the interns who helped.

“I’m so happy you all were able to help, I had fallen behind on my yard work,” exclaimed an Elder recipient of this year’s Day of Caring.

Returning to in-person worksites has been immensely beneficial to the interns, who have already grown and accomplished so much. SCF looks forward to the next Raise session and many more successful program outcomes in the future.

For more information about SCF’s Raise Program, call (907) 729-5015.

Family Wellness Warriors
(907) 729-5440

Tips for Staying Safe This Winter

By Public Relations Specialist Erik Judson

As termination dust creeps down the mountains, the sun dips lower on the horizon, and the air is taking on a chill. With these signals that winter is approaching, it's important to consider the safety precautions you take in your daily life and recreational activities.



Dress for the elements

- Wearing multiple loose-fitting layers allows you to retain more heat by holding warm air close to you.
- Fabrics like wool, silk, and polypropylene will hold more heat and won't absorb moisture like cotton will.
- Wear hats, scarves, and other face or head coverings, especially in cases of extreme cold or an extended time outside.
- Waterproof gloves with built-in or removable liners keep your hands dry and reduce heat loss when touching cold surfaces outdoors.
- Outer layers should be water and wind resistant to keep you dry.

Travel safely

- Slow down and leave stopping room between you and the cars in front of you. Road conditions change rapidly, and driving cautiously will allow you to react to those changes safely.
- Always drive with your headlights on; this improves your visibility to other drivers.

- For extended drives, ensure you have emergency supplies suitable for winter in your vehicle. This includes emergency blankets, food, and items like flares and flashlights in the event you are stranded.
- Know your route, and let someone know where you are going and when you expect to return.
- Check road conditions at 511.alaska.gov.

Recreate safely

- When operating snowmachines and ATVs, always ride carefully and wear a helmet. The majority of injuries sustained in accidents occur when the driver or passenger is not wearing a helmet.
- Check ice conditions when recreating on or near lakes or rivers.
- Check for avalanche conditions when hiking, skiing, and snowboarding, especially following a new storm or high winds overload slopes.

“Wearing a helmet is the best way to protect your head and reduce your risk of traumatic brain injury—an injury that affects how the brain works,” Health Resource Service Administration Coordinator Callie Bray said.

Take the edge off winter by planning and preparing for potential risks and taking steps to avoid unknown factors that could endanger you or others. If it feels unsafe to travel or recreate in the current conditions, make those concerns known, and delay your plans if necessary. Stay safe this winter, and enjoy our beautiful state!

For more information about ATV safety, view the Southcentral Foundation ATV Safety Initiative Helmet Guide: bit.ly/3A5Hb5l and Safety Tips Handout: bit.ly/3dHVTs4

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.

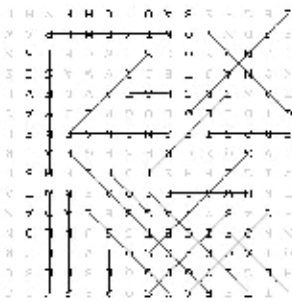
For more information, call the Elder Program at (907) 729-6500.

Fall Word Search

L T T E F A M S O A R G Y J C
H L G E O O D O Q E B N E B U
Q I A C K R O S O T V I L Z R
X K O F I C E T S S U K L B N
Y C A B M V A G B B E A O A X
T K N W O R B J O A F R W T A
V I G L H H S T D F L N H S F
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K O N A J T B J R V W A S E S
J Z N D S O G S E W C H T S X
E G D X Y O N I K P M U P A W
E B G Y S B A U T U M N X M P

Words

- | | | |
|--------|----------|---------|
| Autumn | Fall | Moose |
| Baking | Fog | Orange |
| Bats | Football | Pumpkin |
| Bears | Frost | Raking |
| Birds | Gloves | Tea |
| Boots | Harvest | Trees |
| Brown | Hat | Yellow |
| Candy | Jacket | |
| Cocoa | Leaves | |



Answer key

Important Phone Numbers

Alaska Native Medical Center.....	(907) 563-2662	Food Bank of Alaska	(907) 272-3663
American Association of Retired Persons (AARP)	(907) 762-3388	People Mover	(907) 343-4536
Anchorage Police Department (non-emergency).....	(907) 786-8500	Salvation Army Meals on Wheels	(907) 349-0613
Anchor Rides.....	(907) 343-6543	Southcentral Foundation	(907) 729-4955
Cook Inlet Housing Authority	(907) 793-3000	SCF Elder Program Event Hotline.....	(907) 729-6588
Division of Public Assistance	(800) 478-7778	SCF Elder Program Main Number.....	(907) 729-6500
Division of Senior and Disabilities Services.....	(800) 478-9996		