



Step Up to Summer: Safely Resuming Physical Activities



A customer-owner enjoys a scenic walk to support a gradual return to summer activities.

By Public Relations Specialist Erik Judson

As another beautiful summer begins in Southcentral Alaska, trails are clear of snow, salmon begin to run, and gardens are ready for care. After a winter away, some people may want to rush into summer activities. However, it's important to gradually return to the things we love doing to prevent an injury from slowing us down.

“Have a plan,” Alati Wasson, Southcentral Foundation physical therapist said. “If you want to do a certain activity this summer, start preparing for that activity now. For example, if you want to participate in a lot of hiking, we suggest starting with some walks now. If you’re going to plant a garden, begin with thinking about the layout now, and pace yourself over a few days versus trying to do everything at one time.”

Wasson also shared that having a plan and preparing ahead of time can make a big difference and lead to a more enjoyable summer.

If you’re not sure how best to prepare for your summer plans, SCF exercise physiologists can work with you to tailor a plan that meets your specific

goals. In addition, online exercise classes, bootcamp, and yoga offer an easy way to get active from the comfort of your home. To view a calendar of events, visit bit.ly/3K4RJG6. You don’t need a referral to speak with exercise physiologists and begin your active summer!

Getting back into physical activity can begin with something as simple as stretching. Taking 10-15 minutes to stretch the main joints of your body will warm up and loosen your muscles, reducing the risk of injury. Importantly, if your physical activity begins to feel painful, stop! Sudden sharp pains, numbness, and tingling can be signs of something serious. Take a few moments to rest, and, if the pain persists or worsens, consult your primary care provider or report to the emergency department.

In the event of an injury, such as a sprain or strain, your provider may refer you to the Complementary Medicine clinic. This clinic offers chiropractic therapy, acupuncture, and clinical massage therapy to provide you relief and additional treatment options, if needed.

“We can do a referral to exercise and that’s beneficial,” Dr. Genevieve John, senior chiropractor in the Complementary Medicine clinic said. “Or if customer-owners need further care—maybe there’s a functional limitation—we’ll communicate with their provider and recommend physical therapy.”

Whatever your care needs are when enjoying an active summer, SCF providers have the tools to help you meet those goals.

“We all work together in our disciplines to assist customer-owners with finding the right provider or the one that might best support their injuries,” John said.



Beginning with a consult, the providers at Physical Therapy, Occupational Therapy, and Exercise can determine how best to meet your fitness goals.

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For more information about services with Complementary Medicine, Physical Therapy, Occupational Therapy, and Exercise, ask your primary care provider about referral options that could work for you. To schedule an appointment with an exercise physiologist, call (907) 729-6683.

The Anchorage Native News is published by Southcentral Foundation Public Relations.

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

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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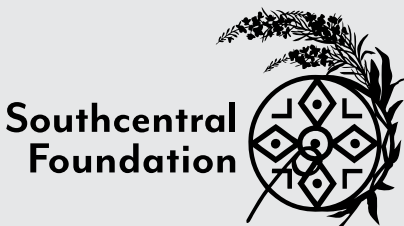
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Honoring Alaska Native Leaders

By Southcentral Foundation Public Relations

Charles Anderson

Charles Anderson, known for his career in law enforcement and longtime service on the Cook Inlet Region, Inc. and Southcentral Foundation boards, passed away March 30.

Of Aleut, Swedish, and Russian descent, Anderson spent his early years on Long Island, Alaska, near Kodiak. The family then moved to Kodiak for schooling. Anderson developed a strong work ethic from a young age. He took on jobs in cannery tenders, commercial fishing, and construction to provide for his family after his father passed. At the age of 21, he joined the U.S. Army and was married shortly thereafter to the great love of his life, Georgia.

After discharge from the military in 1952, the couple moved to Anchorage, and Anderson joined the Anchorage Police Department. When the Good Friday earthquake devastated parts of Anchorage in 1964, Anderson worked around the clock as part of the emergency response efforts. When Anchorage’s crime rates exploded in the 60s and 70s, he taught and mentored officers in the training academy and advanced through the ranks to become chief of police.

After retiring as police chief, Anderson served in the Alaska House of Representatives for two years and then as a member of several state boards and commissions. He began his 30 years of service on the CIRI Board of Directors in 1986. He served as CIRI’s chairman from 2005 to 2013 and retired as chair emeritus in 2016.

His service on the SCF Board of Directors began in 2003. Anderson was named vice chairman in 2005 and continued to serve in that role until his retirement in December 2021. His many years of leadership helped CIRI and SCF grow and prosper.



Alaska Native leader Charles G. Anderson.

Michael Tucker

Michael Tucker, of Dena’ina Athabascan descent and a shareholder of CIRI and Koniag Inc., passed away April 22. He was regarded for his dedication to Alaska Native communities as longtime president of Knik Tribal Council, chair of the *Benteh Nuutah* Valley Native Primary Care Center Joint Operating Board, board member of Cook Inlet Tribal Council, and a member of the Elder board at his church.

Tucker was born and raised in Anchorage, Alaska and met his wife, Jacque Tucker, at West High School in 1972. They raised three children and taught them the importance of advocating and supporting their community and Tribe. His family will be honoring him on their annual fishing trip in July.

Tucker had a passion for training rural Alaskans for employment on local projects, particularly in construction. He was an advocate for the SCF Raise youth internship program and had broad perspectives on other industries as a member of the Alaska Workforce Investment Board. He had decades of experience with construction and served as an instructor with Alaska Works Partnerships. He delivered safety training and construction skills classes for village projects, regional housing authorities, Alaska Native Tribal Health Consortium, and construction academies for youth and adults in many Alaskan communities.

Tucker will be remembered for his love for family, community, and God, and his quiet, steady leadership. Within the Matanuska-Susitna Borough, his standards of excellence, as well as communication with customer-owners, led to the success and sustainability of the joint operating board model, especially when VNPCC expanded. His contributions helped bring people together to meet cultural needs and achieve wellness.



Alaska Native leader Michael Tucker.

Keep Your Child Healthy with Well-Child Visits

By Public Relations Specialist Connie Irrigoo

Support your child’s health and wellness by scheduling well-child visits with Southcentral Foundation Pediatrics or primary care. Well-child visits, from birth to age 18, offer an opportunity to track your child’s growth and development, receive routine and recommended vaccines, and discuss concerns and common health and wellness issues.

“The integrated care team evaluates the whole health of the child physical, cognitive, and emotional development, to ensure that your child’s growth is on track,” SCF Outpatient Pediatrics Medical Director Dr. Shahid Zaidi said. “Same-day appointments with an integrated care team are available for general physical exams, immunization updates, and acute care issues.”

During a well-child check, an integrated care team member will identify physical and/or cognitive issues and ensure your child’s vaccines are up to date. Vaccinations help provide immunity before children are exposed to potentially life-threatening diseases.

If you are not sure when and which vaccines are needed, an integrated care team member will work with you to ensure your child is on schedule. The well-child check graphic is shared below for information, or view the Centers for Disease Control and Prevention’s vaccine schedule here: <https://bit.ly/3uHlncI>. If you are concerned about keeping your child safe, call your integrated care team to see what special measures are in place, or make a virtual appointment.

An integrated care team may include a board-certified pediatrician, advanced practice provider, registered nurse, licensed practical nurse, certified medical assistant, and management and support employees.

“During the COVID-19 pandemic, I was hesitant to bring my toddler in for check-ups and regular immunizations, everything had shut down and there was a real fear; I knew it was more important to make sure my toddler was reaching developmental milestones and staying on track for regular immunizations,” customer-owner Esther Robertson said. “My

baby’s health and growth are important; I want to make sure I am providing the best opportunities for growth and development.”

Since the onset of the COVID-19 pandemic, the CDC reports a troubling drop in well-child visits and recommended childhood vaccinations. It is important to be aware of your child’s health care journey. Some visits may be scheduled via phone or video teleconference to meet customer-owners where they are at.

“If you are feeling anxious about coming on campus, then you are probably being careful and making safety-minded choices regarding physical distancing and preventing the spread of COVID-19 in other ways,” SCF Pediatrician Dr. Dwight Parker said. “We have expanded phone and video teleconference services to meet as many needs as possible, and coming into our support clinic for vaccines without seeing your provider/team in person is an option. Thanks for all you do in caring for the next generation.”



SCF customer-owner Esther Robertson and her son had virtual well-child check appointments with his pediatrician, which gave Robertson peace of mind.

Call the Anchorage Native Primary Care Center at (907) 729-3300, or SCF Pediatrics at (907) 729-1000, to discuss ways your child can safely see an integrated care team member for regular immunizations and well-child checks.

Suggested Schedule for Well-Child Checks and Vaccinations

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

BIRTH

Hepatitis B

Newborn metabolic screener

NEWBORN

Jaundice screening

Weight check

2 WEEKS

Pediatrician visit

Weight check

Mother postpartum screening

2 MONTHS

DTaP

Hepatitis B

PedVax Hib

Mother postpartum screening

4 MONTHS

DTaP

Hepatitis B

PCV13

Mother postpartum screening

6 MONTHS

DTaP

Hepatitis B

Polio Vaccines

Mother postpartum screening

9 MONTHS

No routine vaccinations due, well child check only.

12 MONTHS

DTaP

Hepatitis A

MMR

PCV13

15 MONTHS

No routine vaccinations due, well child check only.

8 MONTHS

Hepatitis A

Autism screening

2 YEARS

No routine vaccinations due, well child check only.

30 MONTHS

No routine vaccinations due, well child check only.

3 YEARS

Annual physical exams begin

4 – 6 YEARS

DTaP

Polio Vaccines

Diagnostic hearing test before starting school

11 – 12 YEARS

HPV

Meningococcal

Polio Vaccines

PCV13

Rotavirus

DTaP

MMR

Varicella

Tdap

Developmental screening and growth measurements each visit newborn – 18 years.

Influenza vaccine annually 6 months – 18 years.

Dental, vision, and hearing exams annually beginning at 12 months.

Physical exams and school physicals annually age 3 – 18 years.

The most common side effects from immunizations are fever, soreness and swelling at the site. MMR or varicella vaccines occasionally cause rash 1 – 3 weeks after immunization.

COVID-19

Vaccine and Boosters

COVID-19 is highly contagious and continues to spread in our community. Being up to date with COVID-19 vaccines and boosters decreases the risk of severe disease and hospitalization.

For more information or to schedule your COVID-19 vaccine or booster, contact your primary care team.

Treatment Options

There are new treatment options that may be available for customer-owners of different ages and risk levels including: Paxlovid, Bebtelovimab, and Evusheld.

Contact your primary care team to check eligibility.

To learn more, visit <https://bit.ly/3Aw919H>.

Fentanyl Crisis Reaches Alaska

By Southcentral Foundation Public Relations

It's being called the single deadliest drug threat our nation has ever encountered. It's fentanyl and it's claiming lives from the largest urban areas to rural America. Alaska is no exception.

Alaska Gov. Mike Dunleavy issued a warning to parents and families about the dangers of fentanyl. The synthetic opioid is 50 times stronger than heroin and 100 times stronger than morphine and is currently found in four out of every 10 counterfeit pills. Talk with your kids, family, and friends to raise awareness about how very deadly fentanyl is even in small doses, a tiny amount of fentanyl could be lethal. According to preliminary data from the Alaska Department of Health and Social Services, overdose deaths have increased 71% from 2020 to 2021.

One of the most important things you can do to help fight this problem is talk with your children, family, and friends about how risky fentanyl is, even in tiny doses. It is often in counterfeit pills without people knowing. Do not take medications that you get from other people and secure your personal medications where children and guests cannot access them.

What else can you do to help? Know the signs of an opioid overdose and call 911 if you think someone is overdosing.

- Unconsciousness, or inability to wake up
- Limp body
- Falling asleep, extreme drowsiness
- Slow, shallow, irregular or no breathing
- Pale, blue, cold and/or clammy skin
- Choking, snoring, or gurgling sounds
- Slow or no heartbeat

Treatment is available. Narcan is an easy, life-saving nasal medication that anyone can administer in the event of an overdose. A list of distribution sites in Alaska is available at <https://dhss.alaska.gov/osmap/Documents/ProjectHOPEcontacts.pdf>.



U.S. penny compared to a potentially lethal dose of fentanyl. Photo by U.S. Drug Enforcement Administration.

If you know someone who wants to connect to treatment, please share this information:

- Four Directions Anchorage (907) 729-6300
- *Benteh Nuutah* Four Directions Valley (907) 631-6300
- BSD Rural Behavioral Health (907) 729-8594
- Customer-owners can walk-in to pick up Narcan at the Anchorage Native Primary Care Center Pharmacy. Fentanyl test strips may also be available, customer-owners can talk with their primary care team or pharmacist for availability.



Now Open!

***Benteh Nuutah* Four Directions Outpatient Treatment Center**
is now open in Wasilla.

Monday through Friday, 8 a.m. to 5 p.m.

The new clinic is located at
3223 E. Palmer-Wasilla Highway Suite 4,
Wasilla, Alaska 99654

This service is available to all members of the community and accepts all insurances, including

If you or a loved one is interested in walking a healthier path in life, please call (907) 631-63100 or visit bit.ly/3qfavCJ

Health Education Virtual Learning Circles Via Zoom

MONDAY No Health Education learning circles are held on Monday.	TUESDAY 11:30 a.m. - 1 p.m. Lose to Win MEETING ID: 987-2163-4738 Description: Focus on healthy lifestyle changes with this evidence-based weight management program.	WEDNESDAY 10 - 10:50 a.m. Toddler Time MEETING ID: 966-1195-2949 Description: Participate in educational and fun activities for toddlers. Sing, craft, and play with other children in the community.
THURSDAY Noon - 1 p.m. (First Thursday of each month) Power of Hope MEETING ID: 959-7817-7527 Description: Learn about cancer prevention resources, and receive support and tips for managing life with cancer.	THURSDAY 12:30 - 1:30 p.m. (Second and fourth Thursday of each month) Teatime with Elders MEETING ID: 937-5949-4088 Description: Participants, ages 55 and older, can build community through engaging activities and participate in conversations about disease and cancer prevention.	FRIDAY 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.

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

Celebrating 10 Years of Transformative Care in the Matanuska-Susitna Borough

By Southcentral Foundation Public Relations

The population of the Matanuska-Susitna Borough has exploded in the past 10 years – growing over 20 percent in the last decade. With that growth came the need for health care improvements, modifications, and additional avenues of care for Alaska Native and American Indian people in the region.

Prior to 2005, many customer-owners in the Matanuska-Susitna Borough remember driving the 45 miles to receive services at the Anchorage Native Primary Care Center. From 2005-2012, limited primary care services were available in a small strip mall in Wasilla. Today, Alaska Native and American Indian people living in the Matanuska-Susitna Borough can receive their primary care needs at *Benteh Nuutah* Valley Native Primary Care Center.

Benteh Nuutah, which translates to “among the lakes, among the islands,” honors the partnership between Knik Tribal Council, Chickaloon Village Traditional Council, and Southcentral Foundation, by using the Dena’ina and Ahtna languages.

VNPCC was conceptualized more than 10 years ago in partnership with Knik and Chickaloon. The 90,000-square-foot building was designed to address the population growth, customer-owner needs, and projected health care needs of the Alaska Native Community.

“Tribal leaders were dedicated to bringing health care services directly to customer-owners in the Matanuska-Susitna Borough and were thoughtful in their approach,” SCF Senior Director of Operations Melissa Caswell said. “Their advocacy and voice at the VNPCC joint operating board has shaped a customer-owner-driven health care system.”

In the past 10 years, customer-owners receiving services at VNPCC increased from 5,000 to nearly 12,000. To prioritize the needs in the community, programs and services expanded, business hours changed, clinical space expanded, and new departments have been introduced.

Benteh Nuutah, which translates to “among the lakes, among the islands”, honors the partnership between Knik Tribal Council, Chickaloon Village Traditional Council, and Southcentral Foundation, by using the Dena’ina and Ahtna languages.

Who has driven these changes and improvements? The answer is you – the customer-owner. Being a customer-owner means owning health care decisions both individually and systematically. The voice of customer-owners is heard through various methods including surveys, direct feedback given to employees, feedback hotlines, and feedback from Tribal leaders.

Customer-owners are encouraged to take ownership of their health care decisions and provide feedback to help drive change at VNPCC and all SCF facilities.

If you are Alaska Native or American Indian, live in the Matanuska-Susitna Borough, and have not been empaneled to receive services at the VNPCC, call (907) 631-7800.



2011

- 5,000 active customer-owners at old location
- VNPCC groundbreaking

2012

- VNPCC ribbon cutting
- Departments open:
 - Primary care
 - Behavioral health (limited)
 - Dietary
 - Radiology
 - Pharmacy
 - Wellness Center

2013

- Dental opens 21 chairs

2014

- Physical therapy opens
- Behavioral Health Services expands

2015

- Audiology opens
- Extended hours begin (evening clinic)
- Optometry opens three exam rooms

2017

- Optometry remodels with seven exam rooms
- Wellness Center remodels to accommodate an additional department

2018

- Complementary Medicine Clinic opens

2021

- Four Directions Outpatient Treatment Program opens in Wasilla

2022

- 13,000 active customer-owners at VNPCC

Anchorage ATHENA Society Honors SCF President and CEO

By Southcentral Foundation
Public Relations

Southcentral Foundation President and CEO April Kyle was inducted into the Anchorage ATHENA Society's Class of 2022 this spring. Kyle was honored along with 12 other inductees.

The Anchorage ATHENA Society, in partnership with the Anchorage Chamber of Commerce, encourages the potential in all women to be valued members and leaders of the business community. Kyle was selected based on the recognition of her outstanding leadership and excellence in health care, and for assisting other women in their journeys to achieve their full leadership potential.

Kyle credits her success to the strength of SCF's 2,500 employees who work in relationship with each other and with the Alaska Native people to own their health care system.

She is honored for more than 19 years of leadership growth at SCF where she supports quality health care services along with work environments. Of Athabascan descent, she was born and raised in Alaska and is a Ninilchik Tribal member and CIRI shareholder.

"I am honored to be part of the Alaska Native Community that, through self-determination, owns and drives our health care system," Kyle said.



Southcentral Foundation President and
CEO April Kyle.

A banner for the NUKA Conference. The background is a photograph of a hiker with a large backpack walking away on a dirt trail through a grassy, hilly landscape. Overlaid on the image are large, semi-transparent yellow and green shapes. The text "Southcentral Foundation's" is in white, followed by "NUKA" in very large white letters, and "CONFERENCE" in large white letters. Below that, "JUNE 13-17, 2022" is in large dark blue letters. At the bottom, in smaller white text, it says "June 13-15, 2022 Pre-Conference Core Concepts Workshop — June 16-17, 2022 General Conference".

Returning in-person on the Alaska Native Health
Campus. To learn more, visit www.SCFNuka.com.

Ready for a New Career? SCF is Hiring!

By Public Relations Specialist Gabby St Clair

Southcentral Foundation currently employs over 2,500 employees in more than 80 health and related programs. If you are beginning your professional journey or looking for a new career, SCF offers diverse employment opportunities and is hiring for a variety of positions.

"Find a department that best suits your interests," said SCF Recruiter Alan Conwell. "Whether you're entering the workforce for the first time or graduating with a college degree, we have programs to assist with gaining administrative training and on-the-job experience."

Working at SCF means more than merely having a job — it's about developing a career that can lead to opportunities for advancement, supported by on-the-job training, scholarship programs, award-winning onboarding programs, wellness and academic leave. These programs reflect how SCF values continual growth and development for all employees.

For Senior Human Resource Manager Barbara Sappah, her career with SCF began in 2006 when she sought to build a greater connection with the Alaska Native Community and noticed the Administrative Support



Senior Human Resource Manager Barbara
Sappah.

Training Program. At the time, Sappah was enrolled at Alaska Pacific University to finish her bachelor's degree. She explored options, but quickly realized SCF would offer support to help continue her education journey.

After completing ASTP, she transferred to Human Resources as an administrative support. From there, she continued to progress while utilizing the scholarship program and academic leave. With this,

Sappah obtained a bachelor's degree in business administration and management and a master's degree in organizational leadership. She shares her story to inspire those interested in starting a career with SCF. With the support of an organization that believes in investing in their employees, she has built a meaningful career at SCF while advancing through many educational opportunities.

Here are some benefits SCF offers:

- Over 3.5 weeks of paid leave in the first year of employment and leave increases with years of service up to 6.5 weeks
- 13 paid holidays
- Payment of licensure and/or certification, depending on the position
- Scholarship and education leave programs
- Retirement program with a generous employer contribution
- Provider staff covered by federal tort malpractice insurance
- Comprehensive employee and family package, including medical, dental, vision, hearing and two prescription drug plans
- Short-term and long-term disability insurance
- Life insurance
- Accidental death and dismemberment insurance
- Section 125 cafeteria plan
- Employee assistance and wellness program
- Employee recognition program

"I stayed because of all the opportunities offered at SCF —progressions, promotions, and support for continuing education," Sappah said. "I've also had the support of amazing leadership that has helped mentor me and also believe in me."

To view job opportunities at Southcentral Foundation, visit southcentralfoundation.com.

We Returned Changed Men: A Veteran's Story of Hope, Healing, Camaraderie

By Family Wellness Warriors Learning and Development Associate Jean-Paul Roulet

I am a combat veteran and Tlingit from Southeast Alaska. In 2006, I deployed for 15 months in support of Operation Iraqi Freedom. I was a part of a group of soldiers who came to a hardened place, yet we became a unit, a family – comrades. We experienced victory, loss, fear, and moments where we – privately – questioned everything. We also supported each other through some of the most difficult things humans experience in combat.

Our unit was a well-oiled machine, a group of men who had sharpened their skills and understood the mission. We were tasked with route clearance and traveled high-traffic areas in search of roadside bombs. When the deployment ended, we returned to our homes changed men who were now struggling to exist in environments that were once familiar. There was a looming fear that everything could crumble to chaos. There were sleepless nights and unhealthy coping with the symptoms of post-traumatic stress.

Post-traumatic stress is a normal reaction to traumatic events and affects up to 20% of veterans today. Symptoms can last days, weeks, years, or a lifetime, and can disrupt lives through elevated stress responses, sleep disturbances, and unhealthy patterns, often leading to substance use and suicidal ideation.

Some of us, including myself, left the service with the hope of living our normal civilian lives again but found the symptoms of post-traumatic stress weren't going away. I was far removed from the support system that I had built and felt like I couldn't talk to people about my experience.



There was a whole other part of me that had no more relevance in everyday life.

Then one day in 2018, hope showed up like a comrade in an arid desert when I walked through the doors of a Soldier's Heart training at Southcentral Foundation. I found a program that offered me the resources to address the symptoms of post-traumatic stress. The training, which is developed and led by veterans and first responders, brought me on a peer-led journey with those who had similar experiences. I was able to explore my story with them in a way that felt safe and understood.

Soldier's Heart truly saved my life. It helped me show up for myself and others in new and healthy ways. Today, I have a deeper understanding of post-traumatic stress and how it affects my life and relationships. As I continue through this journey, I am surrounded by people who have had similar experiences and desire healing for themselves. Not all days are perfect, but I have the tools and an established support system of people to which I can relate. I once again have found a well-oiled machine – camaraderie — at a level I haven't felt since I was in the military.

If you or someone you know is struggling with symptoms of post-traumatic stress as a veteran or first-responder, there is hope and SCF's Family Wellness Warriors offers resources to assist.

For more information on how to be part of a journey toward wellness, contact Soldier's Heart at (907) 729-5440, soldiersheart@southcentralfoundation.com, or visit www.southcentralfoundation.com/services/soldiers-heart.

Ready for a new career?

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

Now Hiring

- Administrative Support
- Dental Assistants
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- Case Management Support
- Program Coordinators

Ask about a sign-on bonus.

Apply Today!
(907) 729-4955
bit.ly/SCFAApply

Southcentral Foundation

SOLDIER'S HEART

VIRTUAL LEARNING CIRCLE
Wednesdays 6 - 7:30 p.m.

This learning circle assists combat veterans and first responders to understand and address the effects of post-traumatic stress.

To join this learning circle, visit <https://bit.ly/2UKYnwF>.

TRAINING CONFERENCE
July 15-21, 2022 | Room and Board Provided

This is an interactive educational training conference, developed by veterans. It aims to reduce the symptoms of post-traumatic stress and aid in suicide prevention among veterans and first responders.

To register for this training, or for more information email soldiersheart@southcentralfoundation.com or call (907) 729-6671.

Strengthening Families with Expansion of Behavioral Health Services

By Senior Public Relations Specialist Michelle Mincks

Child and Family Outpatient Services, a referral-based program, offers a wide range of supportive care to individuals, children, and families with developmental and behavioral needs. Services are integrated with case management, primary care, psychiatric evaluation, and medication management.

“We provide services for the whole family – not just the child,” SCF CFOS Supervisor Shanel Kusma said.

The program offers resources and services to assist parents with developing skills and tools to reduce and mitigate the negative effects of trauma and stress on families.

“I curate a calm, safe, supportive, evidence-based space for children and their families to take a breath, learn, connect, and make informed choices together,” SCF CFOS Clinician Brianna Aspelund said.

Parenting styles, like traditions, can be passed from generation to generation. There are factors such as a parents’ own trauma history, interpersonal violence in relationships, substance misuse, and mental health that can present barriers. This may affect how a parent shows affection, encourages social and emotional development, approaches discipline, and models healthy coping techniques.

“Lead by example and begin the healing process with yourself,” Aspelund said. “You deserve a space to process the active dynamics in the family that did not start with your child – perhaps not even with you.”

Resources are available at CFOS to support every stage of your child’s development, from the early stages to navigating adolescence.

The Teens Responsibly Accepting Individual Life Skills program, known as TRAILS, is a referral source located in the same building, for adolescents in middle and high school with severe emotional disturbance who experience problems in their daily lives, in school, at work, or in their



Southcentral Foundation Child and Family Outpatient Services offers play therapy, a process that allows children to express and process feelings, thoughts, and experiences through their natural desire to play.

community. These are teens who seem sad or anxious; have trouble getting along with friends, siblings, parents, and teachers; and may have disruptive behavior.

“There is nothing more beautiful to me than holding space as the layers of loneliness and shame strip away as someone remembers their innate worth and belonging to our community,” Aspelund said.

The TRAILS program emphasizes interpersonal skills, physical wellness, social skills, emotional self-regulation, and resilience to achieve successful adjustment and interaction within the youth’s home.

“We have an experienced team who partners with customer-owners to build rapport and to develop tailored plans, based on the needs of each family,” SCF CFOS Manager Nathan Stamm said.

To learn more about behavioral health resources at SCF, contact your primary care provider or your child’s provider.



Dental Services are getting an upgrade!

Southcentral Foundation is forming integrated dental care teams, renovating clinic spaces, and expanding current dental clinic locations to provide improved access to dental care.

Phone wait times may be a little longer during this time. Thank you for your patience and understanding as we make these improvements.

Your voice matters!



JULY IS NATIONAL
CLEFT AND
CRANIOFACIAL
AWARENESS MONTH

Did you know Alaska’s Cleft Lip and Palate Program, jointly operated by Southcentral Foundation and Alaska Native Tribal Health Consortium, is the first state endorsed cleft lip and palate program in Alaska?

The program uses a comprehensive team approach to provide quality care, and is open to all Alaska residents, both beneficiaries and non-beneficiaries.

For more information, call (907) 729-5265.

Indigenous Alaskan Plants Inspire SCF Healing Garden

By Senior Public Relations Specialist Tara Carey

Southcentral Foundation's Traditional Healing Clinic Healing Garden is nestled along the south side of the Anchorage Native Primary Care Center. The garden is full of plants indigenous to Alaska and is a teaching garden for customer-owners, employees, and those with a general interest in local plants.

When the Alaska Native Health Campus was new, landscaping activities were underway, and a dusty patch of dirt near ANPCC was transformed into a thriving garden. This transformation did not happen overnight but over years of planning, planting, and tending. The first plants placed for landscaping purposes were trees and shrubs. As the area was further developed, the inspiration behind the plant choices became clear and intentional—the garden is rooted in Indigenous plants from across Southcentral Alaska and became known as the Healing Garden.

As the variety of plants in the Healing Garden increased, many donated by customer-owners and employees, Traditional Healing Clinic employees were on a mission to seek out more Alaska plants to add. They scoured the region and found a variety of plants near the Matanuska Glacier that complemented the Healing Garden. The Healing Garden now hosts a wide variety of healing and edible plants.

Over the years, both SCF employees and visitors have shared stories about plants that grow in the Healing Garden and how their families or communities would harvest, prepare, and use the different plants. The late Rita Blumenstein, SCF's first Tribal doctor and considered by many an expert Alaska Native ethnobotanist, was an early advisor and advocate for the development of the Healing Garden. She often shared her knowledge with those committed to learning about traditional healing



practices, especially those trying to recapture traditional knowledge passed down from generation to generation.

Tribal doctors, apprentices, and assistants learn about the plants in the Healing Garden as a part of their training. They visit the Healing Garden and learn how to identify the plants, healing properties of each plant, and how to ethically harvest. Ethical harvesting is an approach to harvesting that minimizes the human footprint by leaving enough of the plant for it to regrow each year. This also honors the plant by giving thanks for anything taken, reciprocity — exchange of energy.

General plant enthusiasts can also visit the Healing Garden and view the plants from a viewing area near garden. Most of the plants have signage that identifies the plant name and displays a picture of the plant, so they are easy to spot.

Some of the most recognizable plants in the garden are the birch trees, raspberry bushes, and ferns. Some of the lesser-known, but highly impactful plants growing in the garden are wormwood, yarrow, and Devil's club — sometimes referred to as the three guardian plants of Alaska because of their powerful healing properties.

The next time you are in the area, stop by the Healing Garden at ANPCC. While visiting the garden, learn the names of the plants featured, give thanks for the healing the plants offer, and benefit from the energy you'll receive by spending time in the garden.

For more information about the healing garden or cultural classes offered call (907) 729-4958 or visit southcentralfoundation.com/services/traditional-healing/.

Three SCF Employees Named Top Forty Under 40



By Technical Writer Uinita Mauigoo

The midnight sun isn't the only source of brightness and light this summer season.

The Alaska Journal of Commerce announced its 2022 Top Forty Under 40 recipients who illuminate professional excellence and commitment to community.

The class of 2022, all young professionals under the age of 40, were selected out of 288 nominees. Among the awardees were three Southcentral Foundation employees: Lu-Anne Haukaas, Carl Jacobs, and Latanya Odden.

SCF would like to recognize and celebrate each honoree for their contributions toward building a better community.

Haukaas' role as a senior learning and development advisor for SCF's Family Wellness Warriors is key in breaking the cycles of abuse for the next generation. FWW Director Bobbi Outten shared that Haukaas "leads awareness and action around the issue of domestic violence in Alaska, and I have witnessed her advocate for communities abroad, as well as for individual persons."

Jacobs, a compliance analyst for SCF's Corporate Compliance, also joined the Anchorage School Board in 2021. Shortly after, he joined SCF. ASD's main website shares that Jacobs "spent his professional career serving vulnerable Alaskans, protecting and advocating for seniors and children in a variety of roles during his employment with the state."

As the senior marketing planner for SCF's Learning Institute, Odden is an essential member of the team, as she facilitates trainings and consultations—nationally and internationally—on health care transformation and innovation. When circumstances were impacted by COVID-19, she led the quick change to focus on rapid responses leading toward quality improvements for customer-owners. She also assisted in developing integral resources to support other organizations that were struggling with the impact of COVID-19 and needed assistance.

Through their acts of service within SCF and the wider community, each SCF employee honored contributes to realizing SCF's vision of a Native Community that enjoys physical, mental, emotional, and spiritual wellness.

SCF Lactation Consultants Assist New Parents in Determining Best Nourishment for Baby

By Public Relations Specialist Connie Irrigoo

When a parent learns they are expecting a baby, many questions come up, and planning begins before the newborn arrives. One important choice is how the newborn will be fed. Breastfeeding is an ideal option for those who are able as breast milk provides health benefits for both the mother and infant. Infant formula feeding is another option.

“Breast milk is the perfect nutritional source for your infant, and each mother’s milk is uniquely tailored to their newborn’s needs. Breast milk provides building blocks for the immune and digestive systems,” said Southcentral Foundation Lactation Consultant Kristen Caldwell, RNC-NIC, IBCLC. “These building blocks include disease-fighting stem cells, hormones, and immunity factors like antibodies, and they have anti-viral, anti-cancer, and probiotic properties that help with digestion and immunity in the digestive tract.”

Breastfeeding is an investment in health, according to the Centers for Disease Control and Prevention. It can lower a mother’s risk of high blood pressure, Type 2 diabetes, ovarian cancer, and breast cancer.

SCF lactation consultants say mild discomfort and soreness of the breasts are common symptoms during the first few days to week of breastfeeding and can be minimized with a correct infant latch. However, unmanageable pain, swelling, blistering, and bleeding needs to be addressed immediately with your provider and a lactation consultant.

“SCF supports parents no matter what their infant feeding goals are,” Caldwell said. “There are some important things to learn that a lactation consultant can teach about formula feeding: how to choose an infant formula, how to prepare and store your infant’s formula, and how to choose the right nipple size for the infant. We can also assist a mother



The SCF integrated care teams work with new parents to ensure infant feedings keep mothers and babies healthy.

with strategies to prevent the milk supply from establishing.”

For parents using formula, the current nationwide shortage, in stores and medical supply companies, may impact finding your child’s usual formula.

SCF dietitians are working with representatives from formula medical supply companies and formula manufacturers to help navigate the

shortages and assist families with ensuring their children are fed. They have researched all formula options and have a list of suitable substitutes that may be used if you cannot find your child’s usual formula.

Please reach out to your child’s primary care provider or nearest Women Infant and Children clinic if assistance is needed. You may also contact your child’s dietitian directly to help identify stores that may have your child’s formula or find a suitable substitute.

The WIC program continues to work diligently to ensure participants can obtain adequate formula for infants. The Alaska Native Medical Center will begin providing WIC applications to all women after delivery, to support breastfeeding or to establish a plan for obtaining formula after discharge.

SCF understands all parenting journeys are different and strives to provide resources needed to keep mothers and babies healthy.

For more information, or to schedule an appointment in Anchorage with a lactation consultant, call (907) 729-5420. To speak to or schedule with a lactation consultant in the Matanuska- Susitna Borough, call (907) 631-7326.

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.



Family is Sacred

Thursdays, 2:30-4:30 p.m.

Family is Sacred learning circle provides tools for families raising children to promote positive changes in the home and community.

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

Scan this QR code
to view the Family Wellness Warrior
learning circle schedule.



Emergency Training Returns to SCF Raise Program

By Public Relations Assistant Shamika Andrew

Emergency Trauma Technology training returned to the Southcentral Foundation Raise Program. The training is a 40-hour, hands-on course that teaches medical terminology, CPR, and the assessment and treatment of illnesses and injuries. This training is an opportunity for the program to introduce interns to the health care field. Participants earn a certificate of completion that meets the requirements for State of Alaska ETT or First Responder certification.

The Raise Program internship is now offered in person after two years of being virtual. Interns work in one of five project groups: academic achievers, college and careers, community development, health careers, and heritage and traditions.

In addition to cultural classes and skill building, interns gain experience working in a variety of departments and disciplines at SCF. Working alongside employees in different positions, interns gain new perspectives and opportunities for careers at SCF. Raise interns can use their work site experiences to decide whether they would consider working in those fields.



Raise interns learn CPR during a summer session.

“The biggest thing I will take away from my current worksite is the importance of finding a career that I enjoy. For a very long time, I never understood the impact on my wellness in the work environment. I learned to prioritize my satisfaction and well-being in an ideal work environment,” Raise intern Ermelina Gonzalez said.

At the completion of the Raise internship, students are

Covid-19 and Adult CPR

If an adult’s heart stops, and you’re worried they may have COVID-19, you can still help by performing Hands-Only CPR.

Step 1

Phone 911, and get an automated external defibrillator.

Step 2

Cover your own mouth and nose, and the other person’s mouth and nose with a face mask or cloth.

Step 3

Push hard and fast on the center of the chest at a rate of 100 to 200 compressions per minute.

Step 4

Use an AED as soon as it is available.

better prepared to enter the workforce having gained professional skills and hands-on experience at the work site, in the classroom, and during cultural activities. SCF is committed to guiding Alaska Native youth in their journeys to adulthood and career success through Raise and other related programs.

SCF’s Raise Program is designed to develop leadership skills in Alaska Native and American Indian youth 14-19 years. Raise offers three separate sessions per year: summer, winter, and graduate programs. For more information, call (907) 729-5015.

10 SUMMER SAFETY TIPS

1

Stay home if you’re sick

Wash your hands often, and wear a mask to protect others in high-risk situations.

2

Protect your head!

Helmets can save your life in the event of an accident. Wear a properly fitted helmet when riding a bike, ATV or skateboard.

3

Kids don’t float

Wear properly fitted life jackets when recreating on or near the water. Many park sites have personal flotation devices (PFDs) available for loan!

4

Buckle up

Buckle children into properly installed and fitted car seats.

5

Be seen

Wear reflective clothing near roads.

6

Share your plans

Make sure someone knows your plans and when you expect to return.

7

Be prepared

Travel with appropriate water, clothing, and equipment.

8

Don’t overdo it!

Limit your activities to what can be done safely. If things are starting to hurt, it’s a good sign to take a break or turn back.

9

Bear (and Moose!) aware

Stay alert, and respect the space of wildlife.

10

Know your harvest

Some poisonous plants and fungi can look like safe, harvestable types. If you don’t know for sure, let it stay, or ask someone to check!

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Southcentral Foundation Age-Friendly Care for Elder Customer-Owners

By SCF Public Relations Specialist Esther Robertson

Honoring and taking care of Elders is a universal Alaska Native and American Indian cultural value. As an Alaska Native-owned-and-operated health care organization, Southcentral Foundation strives to support the health and wellness of the Elder customer-owner population with a holistic, customer-driven, and evidence-based approach.

Aging Well is a system-wide approach that builds on the foundation of robust services and resources SCF already has in place. The aim is to optimize care for older adults and promote wellness for customer-owners as they age. This is achieved by standardizing care delivery, improving communication across the system, and encouraging customer-owners to partner with their integrated care teams to create care plans tailored to what matters most to them.



Southcentral Foundation Aging-Well initiative assists customer-owners in accessing resources to promote wellness for older adults.

SCF's age-friendly care is customer-driven, whole-person care, preventative and proactive, and includes customer-owner support systems. The Aging Well approach provides a wide variety of resources in the form of education materials on subjects such as home safety and other topics relevant to aging. Home safety is necessary to keep aging adults safe and independent in the home for as long as possible.



Resources provided by SCF support Elder customer-owners in creating and maintaining a safe environment in their homes through access to helpful activities and programs. Exercise for strength and conditioning classes are offered to support healthy living goals. SCF's Physical Therapy, Occupational Therapy, and Exercise program provides personalized ways to prevent injury or recover from one. The program also provides opportunities for home and activity modifications to increase independence and safety. A community resource specialist will share added resources for home safety, including scheduling a home safety evaluation by the home visit team.

While home safety is one subject for Elder resources, there are many others covered by the Aging Well initiative, including advanced dementia, diabetes, heart health, pain management, and more. Customer-owners looking to get connected to resources may start by reaching out to their primary care teams.

To learn more about Aging Well or other Elder resources, visit bit.ly/3LHkbhj.



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) 272-1444	Food Bank of Alaska.....	(907) 272-3663
Anchorage Police Department (non-emergency).....	(907) 786-8500	People Mover.....	(907) 343-4536
Anchor Rides.....	(907) 343-2550	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