



ANCHORAGE NATIVE NEWS

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Holiday Edition 2022

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Southcentral Alaska may be beautiful in winter, but if you feel like seasonal affective disorder could be affecting your life, reach out to Southcentral Foundation for resources.

Recognizing and Caring for Seasonal Affective Disorder

By Public Relations Specialist Erik Judson

As we settle into the stillness of winter with a soft blanket of snow covering the ground, it's natural to feel more removed from things you may enjoy. But coinciding with the loss of daylight, feeling down may be a sign of seasonal affective disorder.

When depressive symptoms happen during the same time every year, this may be the hallmarks of SAD. These symptoms may peak in winter but can also occur when changing to summer daylight hours. Kylie Duby, a clinical supervisor for behavioral health consultants at Southcentral Foundation, provided several symptoms to note when considering reaching out for help.

- Sleeping too much or too little
- Little motivation to do things you usually enjoy
- Feeling down about yourself or like you're not good enough
- Poor concentration or ability to focus on things
- Appetite changes; eating too much or too little
- Increase in unsafe coping skills — drinking or drug misuse
- Increase in thoughts of suicide or self-harm



Spending time outside with friends, family, or individually can give you the chance to destress as part of caring for seasonal affective disorder.

When experiencing four or more of these symptoms — or feeling like your life is adversely affected by any symptom — reach out to your primary care provider or SCF Behavioral Health for an evaluation. Integrated care teams are available to assist you in developing a treatment plan to best suit your needs, including referral to a BHC, if necessary. In addition to formal, personalized care, SCF provides opportunities to connect with other customer-owners to develop healthy relationships.

“There are open learning circles hosted by Family Wellness Warriors,” Duby said. “They don’t talk specifically about depression, but they have cultural groups, which can be a good resource to get out of the house and feel connected to other people.”

Self-care, including a consistent routine of exercise and healthy eating can also help.

“There’s a study that was done saying people who go outside 20 minutes a day experience 80% less depression,” Duby said.

If you are not able to make time to go outside during the short winter days, a SAD light may provide additional ultraviolet light coverage and reduce those feelings. Talk to your provider for recommendations on how an ultraviolet light might be helpful.

Up to 10% of Alaskans experience SAD, according to a 2006 study by the University of Alaska Fairbanks. You are not alone if you feel depressed this winter; SCF is here for your wellness journey at any stage.

For more information about behavioral health services at Southcentral Foundation, visit <https://bit.ly/3t0w0rW>. The current learning circle calendar is available at <https://bit.ly/3qEzZGX>.

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Vision

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

Mission

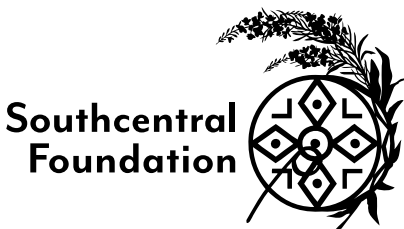
Working together with the Native Community to achieve wellness through health and related services.

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Celebrating the Life of a Great Leader: James Segura

By Southcentral Foundation Public Relations and Corporate Communications



Former Southcentral Foundation Board of Directors Chairman James Segura.

“He was a mentor to me and many others he inspired during his remarkable career,” SCF Board Chair Karen Caindec said. “It was a privilege to work alongside Mr. Segura as both a colleague and a friend.”

Former Southcentral Foundation Board of Directors Chairman James Segura passed away Oct. 1. Segura served on SCF’s board for nearly 40 years; 18 years as chairman before his retirement in 2021. As a longtime director and chairman, he led the way in creating a health care system that aligns with community health needs and traditional values.

Segura was born and raised in Kenai. He served in the U.S. Navy and worked for the State of Alaska and the federal government before beginning his career with the Kenai Native Association. He then became the executive director of the Salamatof Native Association,

where he dedicated the next 20 years to promoting growth for the association and pride in culture and heritage. On the SCF Board of Directors, and as a member of the Alaska Native Health Board, Kenaitze Indian Tribal Council, and Kenaitze/Salamatof Tribally Designated Housing Entity, Segura continued to help improve the lives of many.

Segura was a tireless advocate for the Alaska Native Community and played a pivotal role in transforming the delivery of care in the Tribal health system. His leadership guided SCF through tremendous growth and innovation and helped make the dream of customer-driven health care a reality.

Segura received the CIRI Shareholder of the Year award in 2005 and the National Indian Health Board’s Area/Regional Impact Award in 2010. Recognized for his significant impact on Alaska Native and American Indian public health, he was also the national recipient of NIHB’s Native Public Health Innovation Award in 2019.

“I appreciated Mr. Segura’s kindness, his humor and the way he led the SCF Board allowing space for voice, conversation, and consensus,” SCF President and CEO April Kyle said. “Our heartfelt condolences go out to his family, friends, and colleagues.”



Former Southcentral Foundation Board of Directors Chairman James Segura speaking at SCF’s Annual Gathering in 2012.



Former Southcentral Foundation Board of Directors Chairman James Segura reads while surrounded by children.



Holiday Traditions Bring People Together



By Public Relations Specialist Gabby St Clair



Southcentral Foundation employees share holiday traditions.

Southcentral Foundation wishes you joy this holiday season as you celebrate family traditions. As we share holiday fun, it is important to recognize the holidays can be difficult for families missing their loved ones. It is a great opportunity to support each other, reach out for help when needed, and share grace and love.

The holidays are a special time of year when families come together to create, build, and share traditions that can last for generations. Sharing your family’s traditions with someone who may be experiencing a difficult time can offer hope and make a positive impact on their life. You may even find that sharing your traditions and stories brings you as much joy as it does others.

Many families share traditions for years, some combine old and new, and some begin creating new ones on their own. Here are some examples from SCF employees that may inspire you and your family for years to come:



“When the kids were in school, we would buy the dollar stockings, fabric glue, paint, and decorations. Then we would pick a weekend before Christmas and decorate the stockings. We could see how the artwork got better through the years. The kids loved it. Now we'll start that tradition with our grandchild.”

Certified Medical Assistant
Vanessa Gessells





“On the computer, I like to put on the Santa GPS tracker so we can see when he'll come to our house. On Christmas, after the kids open their gifts and play for a while, we always go to nana and pop-pop's house for brunch.”

Certified Medical Assistant
Ashley LeMaster



“Every year, my sister and I get our families together and go around to look at Christmas lights and discuss which house we enjoyed more. We usually stop and listen to music that is programmed to the Christmas lights, as well.”

Certified Medical Assistant
Vanessa Gessells

“A tradition I have is spending time with my found family at a rental cabin in either Girdwood or Talkeetna. Family is not always what you are born into but what you create.”

Learning and Development Training Specialist Austin Rogers

Add COVID-19 Protection to This Year’s Holiday Checklist

By Southcentral Foundation Public Relations and Corporate Communications

With family around the dining table, Christmas lights twinkling in the windows, and kids home from school, it’s no wonder people call this the most wonderful time of the year. The past few holiday seasons have been challenging and required making difficult decisions to keep loved ones safe from COVID-19. This holiday season, check COVID-19 protection off your list while preparing for seasonal activities with others. Staying up to date on COVID-19 vaccinations and boosters can give you additional peace of mind as you enjoy the holidays safely.

If you plan to attend large gatherings or travel this holiday season, consider contacting your primary care provider first to ensure your COVID-19 primary series is complete and you have received the most up-to-date booster available based on your eligibility. Everyone ages 5 and older should receive a booster at least two months after completing a primary vaccine series.

Updated COVID-19 boosters are available for people ages 5 and older and can help restore protection that has decreased since previous vaccines and provide broader protection against newer variants. The boosters target two strains of the COVID-19 virus including the original strain and Omicron subvariants. Booster recommendations vary based on age, the primary vaccine received, and the time since the last dose.

There is no greater gift than quality time with those you love. Enjoy gatherings and family traditions safely this year, and contact your primary care team to ensure your COVID-19 vaccines and boosters are up to date.

For more COVID-19-related health and safety tips for the holidays, visit the Centers for Disease Control and Prevention website at [cdc.gov](https://www.cdc.gov). To schedule an appointment for a COVID-19 vaccine or booster, contact your primary care team.

THANK YOU TO OUR FUNDERS!

Administration for Native Americans, Office of the Administration for Children and Families	Movember
Alaska Native Justice Center	National Institutes of Health
Alaska Native Tribal Health Consortium	Northern Arizona University
Bristol Bay Area Health Corporation	Office of Violence Against Women
Centers for Disease Control and Prevention	Rasmuson Foundation
Chugach Alaska Corporation	State of Alaska Department of Health and Social Services
Cook Inlet Region, Inc.	Substance Abuse and Mental Health Services Administration
Denali Commission	Takotna Tribal Council
First Nations Development Institute	U.S. Department of Housing and Urban Development
General Communication Inc.	University of Alaska Fairbanks
Health Resources and Service Administration (HRSA)	University of Arkansas Medical Science
Henry Ford Health System	University of Colorado at Denver
Indian Health Service	University of New Mexico
Kaiser Foundation Hospitals	University of Oklahoma
M.J. Murdock Charitable Trust	Washington State University
	Winifred L. Stevens Foundation

Qa̋aasakung Qu yanaq ‘Awa’ahdah Mahsi’
Igamsiqanaghalek H̄aw’aa

Qu yana T’oyaxsm Chin’an Tsin’aen Gunalchéesh
Qu yanaa Thank You

Susan Anderson Departing The CIRI Foundation After 23 Years of Dedication

By Technical Writer Uinita Mauigoo

She has been described as being synonymous with “The CIRI Foundation” by TCF Vice President and Director of Programs, Kyla Morris. Indeed, Susan Anderson has served her true calling among her people.

Through her role as the President and CEO of The CIRI Foundation, Anderson has helped thousands of Alaska Native people benefit from scholarships and grants to pursue higher education, improve their quality of life, and become leaders for the Community. In her 23rd year with TCF, Anderson is entering a new chapter in her life.

TCF is a private Alaska Native foundation founded by Cook Inlet Region, Inc. in 1982. Its mission is to promote self-sufficiency through education and to maintain cultural pride among Alaska Native people who are enrollees of Cook Inlet region and their descendants. One of TCF’s major goals is to further the educational development of Alaska Native people through offering scholarships and grants — a goal that has skyrocketed under Anderson’s leadership.

Since its inception, TCF has approved more than 18,000 awards, 14,000 of which have been under Anderson’s time with TCF. More than \$41 million have been awarded toward educational scholarships. Under Susan’s leadership TCF has not only increased its scholarship programming, but has become a front-runner in supporting Alaska Native heritage and cultural work across the state, awarding more than 390 project grants focused on heritage and education over the years.



Departing president and CEO of The CIRI Foundation Susan Anderson.

UPCOMING HOLIDAY CLOSURES

Southcentral Foundation will be closed
FRIDAY, DEC. 23 AND MONDAY, DEC. 26
in observance of the Christmas holiday.
Services will resume Tuesday, Dec. 27.

We will also be closed
MONDAY, JAN. 2
in observance of New Year’s Day.
Services will resume Tuesday, Jan. 3.

*Wishing you and yours
a happy and safe holiday season!*

IF YOU NEED IMMEDIATE MEDICAL ATTENTION, PLEASE CALL 911.

Southcentral Foundation’s

Virtual Nuka

CONFERENCE
FEB. 13-17, 2023

Join us for our Virtual Nuka Winter Conference!
To learn more, visit www.SCFNuka.com

Administrative Support Training Program

Begin your career at Southcentral Foundation

SCF administrative support positions range from entry level to highly skilled and offer a variety of support services in different areas of the organization.

The Administrative Support Training Program includes the initial application screening, behavioral-based committee interview, training, testing, and placement. ASTP prepares trainees for full-time administrative support employment responsibilities.

Apply today!

Scan the QR Code, or visit
southcentralfoundation.com/employment/astp/

Protect Yourself Inside and Out This Winter



By Technical Writer Uinita Mauigoo

The best way to stay safe in the winter is to start by protecting your body and mind. Healthy people build safe communities. Here are some tips to keep in your toolbox.

Protect your body inside and out:

Eat superfoods. According to the Harvard T.H. Chan School of Public Health, a gut-healthy diet that includes probiotic and prebiotic foods can fortify the immune system because the gut is a major site for immune activity. Add citrus fruits, berries, dark leafy greens, ginger, sweet potatoes, onions, yogurt, beans, whole grains, and nori (seaweed) to your plate.

Stay active. The Centers for Disease Control and Prevention advises that physical activity improves heart health, manages weight, strengthens bones and muscles, and reduces the risk of disease. The CDC suggests 150 minutes of physical activity per week for adults.

Build your immune system. Harvard T.H. Chan School of Public Health also states that many people do not get their full vitamins from their diets alone. HSPH suggests that supplements such as zinc, selenium, iron, folic acid, and vitamins A, B6, C, D, and E, and herbs like echinacea, garlic, and tea catechins can boost immunity. Consult with your provider before supplementing any herbs and/or vitamins to your diet.

Invest in a humidifier or cool-mist humidifier. The Mayo Clinic says humidifiers can prevent dry skin, relieve allergy and asthma symptoms, loosen congestion, and alleviate dry sinuses.

Keep homemade salves handy. Massachusetts Institute of Technology Medical says that salves can relieve congestion, suppress coughing, and soothe the skin. For an easy recipe, melt a 1/2 cup coconut oil and 2 tablespoons beeswax over a double boiler, add five drops each of eucalyptus and peppermint essential oil, pour into a glass jar, let cool and solidify. The SCF Traditional Healing Clinic includes salve-making in its cultural classes. To learn more about classes offered, follow Southcentral Foundation on Facebook.

Dress for the elements. Wear fabrics that wick moisture such as silk, polypropylene, nylon, wool, and polyester. Retain body heat and stay dry by wearing multiple loose-fitting layers.

Get a grip. Slip a pair of grippers over shoes to prevent falls and injury on ice and snow. There are effective and cost-friendly options on sites like Amazon.com.

Keep a winter emergency kit in your car with essential items: flashlight, batteries, emergency thermal blankets, duct tape, first aid kit, snacks, water, emergency flares, shovel, lighter, and cell phone charger.

Nourish and protect your mind:

Try meditation. According to the UCLA Mindfulness Awareness Research Center, meditation is a mindful practice that can strengthen your mental health immensely. Some benefits include stress and depression relief, ease of anxiety, improved sleep, curbed addiction, and brain health.

Connect with others. Connect with a friend or share a story with a loved one, whether it be in person, over the phone, via text message, or by email. Support is available to customer-owners through SCF Behavioral Health Services. For a complete listing of programs and details, or to connect with a provider, visit southcentralfoundation.com.

Get back to nature. It's tempting to stay cooped up indoors during winter. A simple 15-minute walk outside gives you fresh air, rejuvenates your mind, invigorates your senses, and deepens your appreciation for the natural environment.

Tap into spiritual wellness. According to the Journal of Religion and Health, spiritual wellness benefits include greater peace and calm, improved mental and emotional health, meaningful lives, connection to a community, self-awareness, and strengthened relationships.

Have a safe winter, and don't forget to eat your vegetables!

Southcentral Foundation Employee Recognized for Heroic Actions

By Southcentral Foundation Public Relations and Corporate Communications

Southcentral Foundation Community Health Aide Practitioner Michael Trefon was named the 2022 Provider of the Year by the Alaska Council on Emergency Medical Services and awarded the Alaska Native Tribal Health Consortium Community Health Aide Award for Outstanding Accomplishments.

Trefon was recognized for his heroic actions following a plane crash this spring near Tenmile Island near Newhalen. He traveled by snowmachine seven miles to crash site, working his way around the ice overflow. Trefon triaged and stabilized the five victims from the plane before additional support arrived.

"The day in early March was what the flying people call low visibility, but we on the ground call it momentous. Momentous because the plane that entered the Iliamna Lake area descended from the cloud cover and took a vertical dive to crash into the ice. Momentous that everyone was still alive. Momentous since the only EMT in the conjoining communities of Newhalen and Iliamna was alerted (by a friend on radio) of a missing plane near Tenmile Island and he responded," SCF Registered Nurse Case Manager Nancy Tone wrote in her nomination letter.

Trefon has served his community of Newhalen/Iliamna for over 17 years as a community health aide practitioner and EMT. He received the 2022 Provider of the Year award and the Outstanding Accomplishments Award at ceremonies in Anchorage with his family and colleagues in attendance.



Nilavena Regional Health Center Manager Dusty Parker pictured with Community Health Aide Practitioner Michael Trefon.



Need support now?

If you or someone you know needs support now, call or text 988.



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)



Year in Review

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



SCF celebrated 40 years self-determination. Alaska Native people established SCF on March 8, 1982, under the Tribal authority of Cook Inlet Region, Inc. The vision was a health care system, rooted in cultural strengths, that could improve health and change lives.



VNPCC Dental began offering dental services at the Eklutna Community Clinic and *C'eyiits' Hwnax* Life House Community Health Clinic in January. Services consist of exams, cleanings, and fillings.



SCF offered COVID-19 vaccines and boosters throughout the year. Children ages 6 months and older became eligible to receive vaccines that protect against COVID-19.

SCF tabled at the Native Youth Olympics at the Alaska Airlines Center April 21-23.



Renovations began at the Anchorage Native Primary Care Center to expand services and better serve customer-owners.



Child Abuse and Sexual Assault Awareness and Action Month was observed in April. Alaska CARES hosted a display in the ANPCC featuring the artwork of hundreds of children, giving voice to the 845 individuals who were evaluated by Alaska CARES in 2021.





The annual Nuka Conference was held in person June 13-17. Over 100 people from around the world attended. This year's theme was Reconnecting. Sessions were on leadership, medical and behavioral services, improvement and innovation, human resource practices, and other topics.



SCF sponsored the Alaska State Fair with the Healthy Futures Day Aug. 28. This was an opportunity to share information about SCF and celebrate the health of generations to come.

Behavioral Services Division hosted a Suicide Prevention Awareness Month campaign to raise awareness and remove the stigma associated with discussing behavioral health.



Alaska Native Health Resource Advocate Program received 1,061 requests from 499 customer-owners in 37 states.



Elder Program employees delivered over 47,600 meals to Elder customer-owners in 2022. Approximately 17,000 food assistance bags were provided over the year.



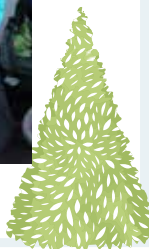
SCF attended the United We Stand Pre-Juneteenth BIPOC (Black, Indigenous, Persons of Color) Health Fair on the Delaney Park Strip in Anchorage. The community event was open to the public. Attendees enjoyed multicultural dance performances, informational tables, and a keynote presentation by former U.S. Surgeon General Dr. Jerome Adams.



August marked the 10-year anniversary of the *Benteh Nuutah* Valley Native Primary Care Center, conceptualized in partnership with Knik and Chickaloon Tribes.



SCF participated in the 2022 Alaska Federation of Natives Convention Oct. 20-22. The theme for the convention was Celebrating Our Unity.





Winter Activities for Fun, Wellness



By Public Relations Specialist Connie Irrigoo

Staying active during winter months can be challenging, but the right activities can be fun for the whole family. Getting outdoors, increasing your heart rate, and staying active is good for your physical and mental wellness. Fun exercise ideas include indoor or outdoor ice skating rinks, ice hockey, skiing, sledding, fat bike riding, or walking through a park. These are all winter activities the whole family can do together and involves moving your body.

If you prefer to stay indoors, consider scheduling an appointment with an exercise physiologist to attend Zoom classes. Using indoor facilities in the community might include using recreation centers, gyms, and mall walking.

If you're into winter sports, remember to wear properly fitted safety equipment such as a helmet or knee pads. Ensure your equipment is maintained and in good working order. Children exercising on ice should have knee and elbow pads, as well as hockey helmets. Bicycle helmets are designed for a different purpose, type of impact, and head coverage so be sure you use the appropriate type of helmet for the sport.



Start moving and take a walk or run. You will enjoy fresh air and, if you time it just right, you can also get needed sunlight exposure during dark winter months.



A fun winter activity in which the whole family may participate is making a snowman or a snow family.

Winter weather can change quickly, especially in mountain areas. Check the local forecast and be prepared. Remember that you will have to come back the same distance you go out. Consider this when thinking about how long you want to be outside.

When physically active outside in the winter, be sure to dress for the weather by wearing layers. Watch for signs of frostbite, which may look like white or grey skin. Signs of hypothermia include cold or pale skin, uncontrollable shivering, and stumbling.

Winter offers a unique chance to be active both indoors and out. Don't let colder temperatures, wind, and snow drifts be barriers to getting out.

For information on health education and wellness, visit <https://bit.ly/3DCvfdl>. To view the online exercise calendar, visit <https://bit.ly/3h8jqUG>.



Sheet Pan Roasted Vegetables



Ingredients

- 1 bunch of asparagus
- 3 potatoes, any type
- 4 carrots, peeled
- 1 small bunch of cauliflower, chopped
- 1 cup mushrooms, sliced
- 2 bell peppers, a variety of colors
- 1-2 garlic cloves, minced
- 2 tablespoons olive oil
- Fresh thyme, chives, salt, and pepper to taste

Directions


- Preheat the oven to broil.
- Clean vegetables and chop into the same size portions, roughly 1-inch cubes or smaller.
- Drizzle with extra virgin olive oil, top with fresh herbs, salt, and pepper, and mix.
- Broil in the oven for 10-15 minutes or until all vegetables are tender.

Nutrition Information

Serving Calories: 158kcal Carbohydrates: 25g Protein: 5g Fat: 5g Saturated Fat: 1g Sodium: 447mg Potassium: 957mg Fiber: 6g Sugar: 8g Vitamin A: 8866IU Vitamin C: 78mg Calcium: 53mg Iron: 3mg

How to make a candy cane wreath

The holiday season is upon us, which means it is time to decorate! If you need a fun and simple craft this year and have extra candy canes around the house, try this candy cane wreath!

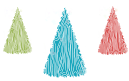
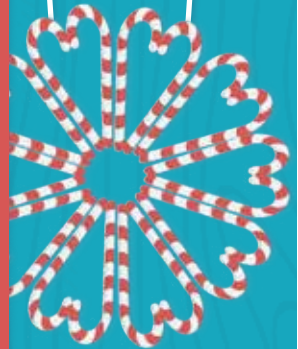
 This craft will take 30 minutes to complete.

Materials Needed:

- * 20 large candy canes or plastic candy canes
- * 2 small candy canes or snowflake ornament
- * Hot glue gun
- * String or ribbon
- * Scissors

Instructions:

1. Take two small candy canes and lay them both down making a heart shape. Use hot glue to attach the two candy canes together by gluing the top and bottom making a heart.
2. Repeat this process using the large candy canes until you have enough to make a full circle.
3. Attach the pairs together by gluing the long back side of the hearts together.
4. Once you have made the circle wreath turn it over and hot glue the back completely so the wreath will not fall apart.
5. Cut off a piece of ribbon or string long enough to hang the wreath. Tie the ribbon or string to the wreath and hang it.





Supporting the Alaska Native Community with Family Health Resources



By Southcentral Foundation Family Health Resources

Southcentral Foundation's Family Health Resources is here to support customer-owners with their eligibility for third-party insurance programs such as Medicaid, Medicare Part D, Denali KidCare, Purchased and Referred Care, Veterans Affairs, and/or the Tribally-Sponsored Health Insurance Program. FHR supports customer-owners through the entire enrollment process. Enrolling in third-party insurance programs helps to offset the cost of medical bills and increases the flow of revenue to expand SCF's services — benefiting the entire Alaska Native Community.

To begin the process, customer-owners should call FHR for a screening. Convenience is a top priority – a member of the team can email or fax applications for individuals to complete on their own. Guidance is available in person or over the phone for filling out applications. Customer-owners located in Anchorage can visit the main FHR office,



The team at Family Health Resources can guide you through applying for and receiving assistance through many public programs.

complete a curbside signature, sign the application and provide supporting documents (ID, income, bank statements, etc.). FHR can also review a customer-owner's application status, submit supporting documents to the Division of Public Assistance, and assist with other case maintenance items.

The Alaska Division of Public Assistance's Application for Services includes:

- Medicaid, DenaliCare, and Denali KidCare.
- Supplemental Nutrition Assistance Program: Monthly issuance to assist with food costs.
- Chronic and Acute Medical Assistance: Limited medical coverage for persons with specific illnesses that don't qualify for Medicaid.
- Temporary Assistance: Monthly cash payment for eligible families with children.
- Adult Public Assistance: Monthly payments/medical assistance for eligible elderly, blind, and/or disabled persons.
- General Relief Assistance: Helps eligible individuals and families with emergency rent and utility needs, and burial costs.

While SCF primarily serves Alaska Native and American Indian people, the FHR team consists of specialists who assist all individuals with determining their eligibility and applying for Medicaid and other services.

For more information or assistance with the enrollment and renewal process for third-party insurance programs, call Family Health Resources at (907) 729-4470, or email scfmedicaidoutreach@southcentralfoundation.com.



New Virtual Session for Lose to Win Starts in January

By Southcentral Foundation Lose to Win



The Lose to Win 2023 session is around the corner starting Jan. 17.

Starting a new health journey involves caring for your whole well-being. It's not just one area of focus, but a combination of factors that support your physical, emotional, spiritual, and mental wellness. Luckily, customer-owners have access to Lose to Win, a Southcentral Foundation program dedicated to supporting your unique journey to wellness.

Customer-owners looking to start 2023 off with health and wellness in mind can register for the new virtual session starting Dec. 15. The primary objective is to improve overall health with a diverse team, including dietitians, behavioral health consultants, exercise physiologists, and health educators. The yearlong program will require a commitment to 16 virtual classes in the spring and six classes in the fall.

"The big thing for me recently was picking low-bush cranberries with my family for the winter. In the last few years, it's gotten increasingly hard to

do. This year it was like I was in my 30s again. I was able to squat, bend over, and pick properly. I had the strength and endurance because I've been exercising in different ways every single day. I'm so grateful and recommend this program to friends who use SCF services," customer-owner Shala Kerrigan said.

SCF's Lose to Win program is based on evidence showing a yearlong, structured lifestyle change can reduce the risk of diabetes by 58% among adults with prediabetes and 71% in those ages 60 or older. Lose to Win is becoming a Centers for Disease Control and Prevention recognized diabetes prevention program. Customer-owners in the program will have access to cooking demonstrations, diabetes prevention education, stress less kits, 30 minutes of live exercise, health incentives, health coaching, and much more.

Contact SCF Lose to Win program if you could benefit from learning:

- How to eat to support health
- How to stay motivated to exercise
- How to address barriers to success
- How to exercise and manage weight loss
- How to manage stress
- How to stay active regularly
- How to manage prediabetes

The Lose to Win 2023 session is around the corner starting Jan. 17. If you are interested in joining, contact SCF Lose to Win to learn about a referral and start the new year committing to yourself, your health and your new path.

Anchorage Service Unit
Southcentral Foundation Lose to Win program
(907) 729-2689 | scflosetowin@southcentralfoundation.com



Celebrating Our Successes Past Raise

Intern Spotlight: Lily Ross



By Public Relations Specialist Esther Robertson and Program Coordinator Lily Ross

Over the years, the Southcentral Foundation Raise Program has trained more than 800 Alaska Native and American Indian youth. Designed to develop leadership skills in youth 14-19 years of age, Raise offers three sessions per year: summer, winter, and graduate.

The goals of the program are to introduce interns to health care and administrative-related careers, offer support in achieving educational goals, and provide meaningful work site experiences to become the next generation of Alaska Native and American Indian leaders.

Many Raise alumni return to SCF to continue their career paths. Current SCF employee Lily Ross shares her experience as a Raise intern:

I am the daughter of Leandra and Jon Ross. My mother is Tlingit from Ketchikan, and my father is Dena'ina from Kenai. I have lived in Alaska my whole life. My Dena'ina name is Ashana, meaning flower, and my Tlingit name is Tuk'é, meaning happiness and good thoughts.

During my first year at Raise, I was on the Community Development team. We went to Anchorage parks to remove invasive plants. I learned to take pride in my community and that I can help make it better.

During my second and third years of interning, I worked in the Corporate Office. I took pictures and planned and designed the 2017 Raise intern yearbook. I loved working in the corporate office and had many opportunities



Program Coordinator Lily Ross shares her experience from participation in the Raise internship.

to work at the front desk. I had my first experience answering company phones and helping customer-owners.

I feel that Raise helped me to completely connect with my culture. It was an amazing experience to not only learn more about others' cultures but share mine. It is not often that youth get to experience the acceptance and openness that Raise provides.

After completing the internship, I started working in the SCF Administrative Support Training Program and gained experience working at the front desk of the Nuka Learning and Wellness Center. Raise also helped prepare me for college. I applied for and got accepted to Arizona State University's business program.

I came back to Raise as an employee because I wanted to be a part of something that was so transformational for me. It has been amazing to see students from all around Anchorage have fun learning more about themselves and gaining experience in work and school.

The advice I give to Indigenous youth is to be curious. Try to understand who you are. Ask questions to your Elders. Explore new careers and classes. Most of all, try to be happy!

For more information about the Raise Program, call (907) 729-5015.



Traditional Healing Clinic Cultural Classes

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



CUT IT OUT OF THE PAPER AND STICK IT ON A FRIDGE FOR AN EASY QUICK COOKING GUIDE.

Healthy Holidays

Food Safety Tips

PREVENT CROSS CONTAMINATION

- Wash hands with soap and water before and during food prep, and before eating.
- Use separate cutting boards and knives for fresh produce and raw meats.
- Keep meat, seafood, and eggs contained separately while stored in the refrigerator.

THREE WAYS TO SAFELY THAW A TURKEY

- To thaw in a refrigerator, allow approximately 24 hours for every 4 to 5 pounds.
- For cold water thawing, submerge the bird in cold water and change water every 30 mins. Cook immediately after thawing.
- To thaw in the microwave, use the defrost function based on weight. Cook immediately after thawing.

COOK ALL MEATS THOROUGHLY

- Poultry should have an internal temperature of 165 degrees F.
- Beef should have an internal temperature of 145 degrees F.
- Fresh pork should be cooked to 145 degrees F, and pre-cooked pork should reheat to 165 F.

SPREAD HOLIDAY CHEER, NOT FOODBORNE ILLNESS

- 160 degrees F is the safe minimum internal temperature for desserts containing raw eggs.
- Avoid tasting raw cookie dough that contains raw flour and eggs.
- Refrigerate leftovers within 2 hours of serving.



Poultry | 165 degrees F



Beef | 145 degrees F



Pork | 145 degrees F
Pre-cooked reheat to 165 F

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

Holiday Edition 2022



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SCF Executive Vice Presidents Honored for Outstanding Service



By Southcentral Foundation Public Relations and Corporate Communications



SCF Executive Vice President of Executive and Tribal Services Ileen Sylvester receiving a National Indian Health Board Area/Regional Impact Award.

Ileen Sylvester Celebrated as a 2022 Hero in Health

Southcentral Foundation Executive Vice President of Executive and Tribal Services Ileen Sylvester was presented with a National Indian Health Board Area/Regional Impact Award on the final day of the National Tribal Health Conference in Washington, DC. NIHB hosted the Heroes in Health Awards Gala at the National Museum of the American Indian to honor outstanding individuals, programs, and organizations for their inspiring efforts.

“Thank you to the Alaska Native Health Board for the nomination,” Sylvester said. “What a special honor to be considered among so many Heroes in Health. To be recognized in this manner is not just a tribute to my efforts, but also recognizes the strength in our Alaska Native Community that has made this work possible.”



SCF Executive Vice President of Behavioral Services Michelle Baker.

Michelle Baker Recognized as a YWCA Woman of Achievement

SCF Executive Vice President of Behavioral Services Michelle Baker received the YWCA Alaska Women of Achievement Award at the annual celebration held Nov. 17 in Anchorage. The selection committee looks at the record of accomplishments, investment in the community, and the work done to empower other women.

“Our leadership team is pleased to see Michelle recognized for all that she has done for the Native Community in the growth and development of our behavioral health services,” SCF President and CEO April Kyle said.

Baker now belongs to the YWCA Alaska Academy of Women Achievers along with other SCF executive vice presidents Ileen Sylvester and Michelle Tierney.



SCF Executive Vice President of Specialty Services Dr. Doug Eby.

Dr. Doug Eby Honored with Indian Health Service Director’s Award

With his transformative ability to drive change and improvement, Dr. Doug Eby is one of Alaska’s health care heroes. Executive Vice President of Specialty Services Dr. Doug Eby received the Indian Health Service Director’s Award in November.

Since 1995, Eby has been a key contributor towards health care redesign centered on relationship-based care and Alaska Native cultural values at SCF. He has fostered partnerships and relationships with customer-owners and providers from a vast array of health care disciplines to create effective change and improved health care services for generations of Alaska Native and American Indian families and communities.



Centennial Center Clinic Opens in Partnership with Cook Inlet Housing Authority

By Southcentral Foundation Public Relations and Corporate Communications

A high priority for Southcentral Foundation and many Alaska Native corporations is access to services. Recognizing a need for health care services in the Elder community, Cook Inlet Housing Authority — in partnership with SCF and Cook Inlet Region Corporation — took action. With support from CIRI CARES Act and the American Rescue Plan, residents of the CIHA senior housing community, Centennial Village, now have access to a health care clinic right on campus.

Centennial Center Clinic, located at 9131 Centennial Circle, provides limited health care services to Alaska Native, American Indian, and non-Native Elders residing on the Centennial Village campus. The facility opened its doors in September 2022 to help meet the needs of more than 573 Elder residents living on the East Anchorage campus. Centennial Center Clinic will be managed in partnership with SCF.

“I’m so pleased and grateful for the partnership between Southcentral Foundation, CIRI, and Cook Inlet Housing that truly demonstrates our collective culture of caring,” Carol Gore, president/CEO of Cook Inlet Housing, said. “Elders in good health and able to live independently longer is a focus for us. Easy access to health care that takes away barriers, such as transportation, is a game-changer for their longevity and quality of life.”

The renovated space includes two exam rooms, a reception area, and a small meeting room for employees. The care team is equipped to assist residents with acute health care needs such as coughs, rashes,



Centennial Center Clinic is located at 9131 Centennial Circle in Anchorage and is available to all residents of Centennial Village Campus.

wound care, blood pressure, glucose levels, medication management, and more. While Centennial Center Clinic provides limited health care, residents should continue regular appointments and checkups with their primary care providers.

“I am excited to bring on-site health care and resources to residents through the new Centennial Center Clinic,” Priscilla Marble, a nurse practitioner at Centennial Center Clinic, said. “This clinic is an important initiative to remove geographic and transportation barriers that challenge residents’ access to wellness. I hope to build lasting relationships in this community and increase health care

access for the residents in Cook Inlet Housing.”

Centennial Center Clinic is open Tuesdays and Thursdays, 10 a.m.-2 p.m. Beneficiaries of the Alaska Native Medical Center will not be billed for services at the clinic. Non-Native residents will be billed through insurance, and any remaining balance due will be sent to their residences.

If you are a resident of Centennial Village Campus and would like to schedule an appointment, please call (907) 729-7472.

CIHA is an Equal Housing Opportunity housing provider and offers affordable housing to community members around Southcentral Alaska. For housing eligibility and availability, visit cookinlethousingauthority.org.

Centennial Center Clinic is located at 9131 Centennial Circle, Anchorage, Alaska 99504, and is available to all residents of Centennial Village Campus.



In-Person Services Returning to Elder Program

By Senior Public Relations Specialist Tara Carey

Elders delighted in sharing company with each other as they were able to reserve a seat for lunch at SCF’s Elder Program. This was part of the soft reopening in November to in-person lunch services and light activities.

SCF Elder Program in-person lunch services were suspended for almost 30 months due to the COVID-19 pandemic. Signs of a stifled social scene have dissipated each day as more Elder customer-owners participate in lunch services on site.

When the Elder Program paused in-person activities, employees used the space to prepare lunches for delivery and have since delivered 120,000 meals to Elders. Meal delivery is a temporary service that stemmed from the Elder Program adjusting how meals were provided in response to the pandemic.

Lunch service has been slow to returning to what it used to look like, with safety precautions in place to protect Elder customer-owners and employees. The Elder Program is carefully following state and federal COVID-19 safety protocols.

The first day Elders sat at a table with each other was joyous, and even behind the masks, smiles were bursting and shining through the corners



Elder customer-owners enjoy time beading together during the first few days of the Elder Program hosting in-person activities.

of everyone’s eyes. Familiar laughter could be heard even if you didn’t catch the crinkle of a smile hidden behind a mask, the happiness from visiting in person emanated.

“It is so nice to visit with my friends at the Elder Program again. Just sitting at the same table with friends helps melt away the loneliness caused by isolating for so long. Many of my friends haven’t been able to safely spend time with our kids or grandchildren, so having a place to socialize is fulfilling. With the protocols in place, it shows the Elder Program is concerned about our ongoing wellbeing,” Elder Helen McNeil shared.

Light activities are scheduled each week. Sewing machines are set out for use on Tuesdays and Thursdays.

“B-9,” yelled out by an Elder Program employee can be heard over the low rumble of conversations taking place across tables that used to be empty and are again a place where stories are shared, recipes swapped, and beading techniques taught. BINGO games are hosted on Mondays, Wednesdays, and Fridays. The pool table is open for use and a few times a week a pack of cards is pulled out for a little bit of back-to-the-old-days fun!

Elder Program employee Justina Abarca observed that, “the Elders are excited and so happy, I am just as happy as the Elders! When they come in smiling and talking, it brings back so many happy memories.”

Looking forward, SCF will continue to monitor and respond accordingly to COVID-19 in the community while striving to provide a fun and safe environment for Elder customer-owners to visit, continue in traditions, and make new ones.



Elder Program employee Greg Moses on the left and Elder customer-owner catch a game of pool during the soft reopening.

Holiday Puzzle

Find the missing puzzle piece to complete the puzzle.



1



2



3



4



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