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Non-Profit Org.
US Postage
PAID
Anchorage, AK
Permit No. 1022

4501 Diplomacy Drive
Anchorage, Alaska 99508



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

If you have questions, comments, wish to submit articles, or be added to our mailing list, please contact the Public Relations and Corporate Communications 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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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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Community Health Aide Trainee — Your Next Career

By Southcentral Foundation Public Relations and Corporate Communications



Southcentral Foundation Community Health Aide Practitioner Amanda Bybee.

“A community health aide is everything in the village; we are 911 dispatch, the first responders, the clinic provider, we do it all,” Southcentral Foundation Community Health Aide Practitioner Amanda Bybee said.

Bybee joined SCF as a community health aide trainee at McGrath Regional Health Center in 2013 after discovering a passion for medical care during an emergency medical technician course. As a trainee, she received on-the-job training to progress to the practitioner level through the Community Health Aide Program in partnership with the Alaska Native Tribal Health Consortium. Bybee’s practitioner level training, which included travel to the Anchorage training center for clinicals, was completed over the course of a few years.

Bybee is one of many trainees and community health aide/practitioners who provide acute, chronic, emergency, and preventive medical health care in rural communities under the direction of medical providers in Anchorage.

“The training center is awesome,” she said. “They are wonderful teachers. Being able to work in the hospital and shadow a wide range of providers is so amazing. Also working with referral providers is very cool, too. You learn so much and you are doing it alongside other people who are trying to help their communities as well.”

The community health aide/practitioner trainee position allows for professional growth with four progression levels and is a great entry-level opportunity for those interested in the health care field. The cost of training and travel required to complete the three-to-four-week course in Anchorage is covered by the program and SCF.

In addition to program-covered costs, benefits include:

- Education through ANTHC Community Health Aide Program. Learn more at akchap.org/community-health-aide
- Sign-on bonus
- Relocation assistance
- Salary increases with each level of training progression
- Over 3.5 weeks of paid leave during the first year of employment, increasing up to 6.5 weeks annually with additional hours of paid leave every pay period
- One to three prepaid airfare tickets to Anchorage annually from your home clinic location for rest and relaxation to support self and family
- Certification fees covered (CHA/P, ETT/EMT, BLS)
- Employer-matched 401(k)
- One hour per week of paid wellness leave
- Courses qualify for college credits with Alaska Pacific University

SCF is recruiting multiple community health aide/practitioner trainee positions in Nikolai, Takotna, St. Paul, Kokhanok, Pedro Bay, and more.



Community health aide/practitioners at Southcentral Foundation provide essential health care in rural Alaska.

Anyone with a high school diploma or GED who is interested in entering the health care field in rural Alaska can apply online at southcentralfoundation.com.

Suicide Prevention: Connect to Break the Silence

By Technical Writer Uinita Mauigoo

Walking beside family members or friends as they face life's challenges can make a big difference in their lives. However, helping a loved one get needed support can, at times, feel challenging.

September is National Suicide Prevention Month. Southcentral Foundation Clinical Director of Outpatient Services Troy Wolcott said part of suicide prevention is about being able to talk about the topic.

For many, talking about the “S” word does not come naturally. Being open to talk about suicide will ensure your loved one you will be a source of support if times become difficult in the future.

By connecting, being prepared, and knowing when to act, you can make a difference. Having an idea of what to expect will better prepare you to engage in conversations about suicide. Wolcott shared some things you might encounter as you reach out:

It is okay if you do not know what to say — There may be times when you are unsure of what to say or how to help. Be open and remain connected. Being present with your loved one, and being consistent will help the conversation move forward.

Resistance is natural — It is not uncommon for your loved one to deny or resist help. This can be a natural reaction as the individual might be hesitant to discuss their emotions or accept support from others. Some might feel like a burden or not know what to do. Remaining calm and consistent during the conversation will help the individual feel at ease and feel heard. You can remind your loved one they are not alone, you and others are here to support and connect, and hope is possible.

Respect boundaries — If your loved one does not want to talk, share your hope to rejoin the journey with compassion in the future.

Expect growth and positive shifts — Challenging conversations with loved ones can be difficult. Acknowledge difficulty when it arises by saying things like, “This is a hard conversation for both of us, but I am here

because this is important and I am here to support.” Recovery can be the start of an even stronger, healthier relationship.

Understand your loved one may not move as quickly toward support as you would like. Here are some ways to continue to provide support:

Cultivate support systems — Solidify connections with those concerned about your loved one. The better people can communicate information and put it all together, the more supported your loved one will feel.

Explore resources — Many times it is a challenge knowing what to say or do if your loved one refuses to seek help. Consult with a counselor on ways to move forward.

Know when to speak up — You may be asked to keep your loved one's secrets. If anything shared is beyond your skillset or indicates the person's life may be in danger, it is time to talk to an expert. Your loved one may be upset, but speaking up could be the difference between life or death.

Leave yourself open — As your loved one continues to process next steps, confirm you will be there before, during, and after.

Learn to listen, share, connect and become part of the solution.



If you or someone you know is in crisis, call or text 988, the Suicide and Crisis Lifeline. For more information about behavioral health resources at Southcentral Foundation, connect with your provider, visit SCF's suicide prevention webpage at <https://bit.ly/3TISHCC>, or scan the QR code.





**September is
Suicide Prevention
Awareness Month**

Find your support pod!

Family, friends, and behavioral health professionals all support your mental health. Know who can be there for you.

Southcentral Foundation
Behavioral Health
southcentralfoundation.com | (907) 729-2500

988
SUICIDE
& CRISIS
LIFELINE

**Vaccines
Are Safe and
Effective**

Vaccines protect yourself and others, prevent illness and disease, and are safe and effective.

Connect with your primary care team to learn more about:

- Suggested immunization schedules
- Seasonal flu vaccines
- The HPV vaccine for cancer prevention
- Available COVID-19 vaccines and boosters

Gynecological Cancer Awareness Saves Lives

By Public Relations Specialist Christine Adams

There could be many reasons not to schedule recommended exams and screenings — “I don’t have any concerning symptoms” or “I feel healthy, there’s no need,” to name a few. However, even without signs or symptoms, these appointments could be lifesaving. September is Gynecological Cancer Awareness month and a great reminder of the importance of scheduling well-woman exams.

Gynecological cancer is any cancer that starts in a woman’s reproductive organs within the pelvis. The five main types include cervical, vaginal, uterine, ovarian, and vulvar. Each cancer has different signs, symptoms, risk factors, and prevention strategies. Some do not have any symptoms at all, making it even more important for everyone with a uterus to attend well-woman exams as recommended.

Treatment is most effective when cancer is detected and treated early. Well-woman exams are recommended annually with a focus on a woman’s sexual, reproductive, and overall health. They may include a clinical breast exam, mammogram, pelvic exam, Pap test or Pap smear, and/or a human papillomavirus test. It not only aids in detecting early signs of cancer and other health concerns, but it also provides an opportunity to start conversations about changes, screening options, family planning, health goals, and more.

Before attending an exam, it may be helpful to list any changes, concerns, or questions to ask. Some topics of discussion may include:

- An irregular, painful, very heavy period
- Family history of cancer and/or genetic mutations (BRCA 1, BRCA 2)
- Physical changes that are out of the ordinary
- Changes in breast tissue
- Abnormal vaginal discharge or bleeding

Customer-owners can also use this time to ask about the benefits of the HPV vaccine. Receiving the HPV vaccine can prevent 90% of HPV cancers including cervical, vaginal, and vulvar cancer, and is most effective when



All women are at risk for gynecological cancer. The HPV vaccine can significantly reduce the risk of gynecological cancers.

given before exposure to the virus occurs. It is recommended for boys and girls ages 11-12 but can be administered between ages 9 to 26, depending on individual factors.

Each person is unique, and screenings may differ for everyone. The general recommended age for a Pap test is 21 and every three years after if results are normal. After age 30, women can choose to either get a Pap test every three years or get a Pap and HPV test every five years, if test results have been normal.

While September is a great month to act and review the signs and symptoms of gynecological cancer, it is important to be mindful of changes or concerning symptoms throughout the year — don’t wait for an annual exam if changes or concerns arise.

For more information on gynecological cancers or to learn more about well-woman exams, customer-owners can connect with their primary care teams directly. Schedule an appointment through MyHealth, or scan the QR code.



Reducing Teen Substance Use Through Strength-based Practices and Harm-reduction Principles

By Public Relations Specialist Levi Oyster

Adolescent youth face many challenges today, including access to harmful substances. By offering guidance, connection to culture, and an ear to listen, we can make a difference and help build resiliency amongst youth. Substance use in youth is a public health concern affecting communities throughout Alaska. One in five American Indian and Alaska Native young adults, aged 18-25 years, has a substance use disorder, including 10% with alcohol and 11% with illicit substances.

“Alcohol and marijuana are the most prevalent substances misused by youth, but other substances are making inroads into rural communities, including methamphetamine, cocaine, and most recently, fentanyl,” Southcentral Foundation Rural Behavioral Health Clinician Jim Henkelman shared. “Of particular concern is the influx of fake pills, fentanyl-laden pills, made to look like other regular medications.”

SCF offers integrated substance use and behavioral health services for youth and their families. This initiative to support customer-owners is implemented with strength-based practices and harm-reduction principles through many different services.

Strength-based practices encourage building resiliency to navigate everyday problems and find healthy solutions.

“We collaborate with customer-owners to treat the whole person, including their mind, body, spirit, culture, and community,” The Pathway Home Clinical Supervisor Josh Goldstein said. “Identifying strengths is built into our treatment plans, intake assessments, and regular care team feedback meetings with customer-owners.”

The Pathway Home is a long-term residential treatment program that serves adolescents from 13 to 18 years with emotional and behavioral problems but also works with teens on their substance use recovery journeys. In individual and group settings, teens learn behavior and anger management, conflict resolution, and other healthy coping skills in a trauma-informed environment.

“Customer-owners engage in cultural activities, community service, recreation therapy, outdoor education, and social connectedness to identify new skills and tools,” Goldstein explained.

The stigmas surrounding substance use can be a barrier to recovery and seeking help.

“We adopt evidence-based practices that support prevention through education, as we believe that realistic, informed decision-making leads to safer outcomes,” Goldstein stated. “Customer-owners have the option, with caregiver consent, to become trained naloxone administrators and learn to use fentanyl test strip kits. In this way, customer-owners can bring harm prevention and safety tools back to their home communities.”

Instead of ignoring or condemning substance use, customer-owners are informed of the tragic harm and dangers that can come from the misuse of substances.

“Recently, I worked with a customer-owner using the harm reduction model, and he cut back significantly on his usage,” Henkelman expressed. “Then he preferred the feeling of being sober and wanted to go the complete abstinence route. It was his processing this and coming to that decision on his own, which is supporting his success.”

Harm-reduction principles are a way of meeting people where they are by recognizing the realities of trauma, poverty, social inequalities, and other adverse life circumstances.



Adolescents gain strength through culture and mindful practices.

For more information on substance-use treatment and prevention, contact your primary care team to schedule an appointment with a behavioral health consultant.

The Benefits of Mindful Berry Picking

By Technical Writer Uinita Mauigoo



Gathering berries, an important part of Alaska Native cultures for centuries, is still a tradition that thrives today.

The season is ripe for one of Alaska’s sweetest traditions: berry picking.

When harvesting berries, knowledge, care, and wisdom can lead to a bounty of benefits. Berries are deeply woven into the fabric of Alaska Native cultures. Knowledge and wisdom span thousands of years. Southcentral Foundation traditional culture specialists have delved into their plant knowledge to share tips on how to pick berries mindfully:

- Be respectful: Harvest in an area you have permission to access. Take what is needed and avoid clearing the area of all the berries.
- Be safe: Keep 50-100 feet away from roads or trails to avoid harmful toxins and debris.
- Be cautious: Be aware of look-alikes. For example, mountain ash berries can be mistaken for baneberries, which are highly poisonous. The difference to look for is mountain ash berries droop in clusters, whereas baneberries stick up straight with berries on top of the stem.
- Be moderate: As always, everything in moderation. Ingesting just the right amount of berries could yield health and wellness. However,

- large amounts for extended periods of time increase blood sugar and the possibility of health complications such as kidney stones and digestive issues.
- Be smart: Do your research. There are a plethora of berries that grow wild in Alaska, each with its own benefits, precautions, and uses. Berries also have various Indigenous, common, and botanical names.
 - Be careful: Avoid yanking on the stem, which could uproot or damage the plant. A great technique is to hold the stem firmly while you gently pluck the berry off.
 - Be thankful: Ponder upon your appreciation for the berries you have harvested.

The health benefits of berries are plentiful. For example, many berries such as highbush cranberries and lowbush blueberries are high in antioxidants, which help control cholesterol levels and regulate blood pressure, a benefit to heart health and chronic illnesses. However, there are also berries that are poisonous, and some can be fatal. Knowledge can ensure you reap a range of health benefits from berries while avoiding potential harm.

BLUEBERRIES ARE...

a *rich source* of antioxidants and vitamins C and K

Historically, the gathering, sharing, and trading of berries connected families, communities, and regions of Alaska. Traditionally, red berries, such as cranberries, were used to dye baskets and regalia. Various Alaska Native cultures used certain berries for wellness and healing. Many of these cultural uses are still present. Families and communities gathering to pick berries is a tradition that is still alive today. Mindful harvesting ensures this integral tradition continues to thrive and live on.

Go Berry Picking as a Family

Berry picking locations close to Anchorage

Kincaid Park
Raspberries, currants, and rosehips

Prospect Heights, Chugach State Park
Highbush cranberry, raspberry, and currants

Rendezvous Peak Trail
Blueberries, crowberries, and cranberries

Flattop Mountain Trail
Blueberries

Rabbit Creek and McHugh Creek Drainage
Blueberries

Crow Creek Pass Road
Salmonberries, raspberries, blueberries

Eagle River Valley Trail
Blueberries and crowberries

Hatcher Pass
Blueberries

Arctic Valley
Blueberries and crowberries

Lazy Mountain, Palmer
Cranberries, raspberries, rosehips, and blueberries

Packing List

- Sturdy walking shoes
- Berry buckets
- Ziploc bags

- Mosquito repellent
- Snacks and water

Remember to always be bear aware when outside in Alaska and practice responsible harvesting when picking wild plants.

Traditional Healing Clinic Cultural Classes

For updates about classes, visit the Southcentral Foundation website, or check out the resources below:

Southcentral Foundation Facebook page

Call the Traditional Healing Clinic at (907) 729-4958.

SCAN HERE FOR MORE INFO

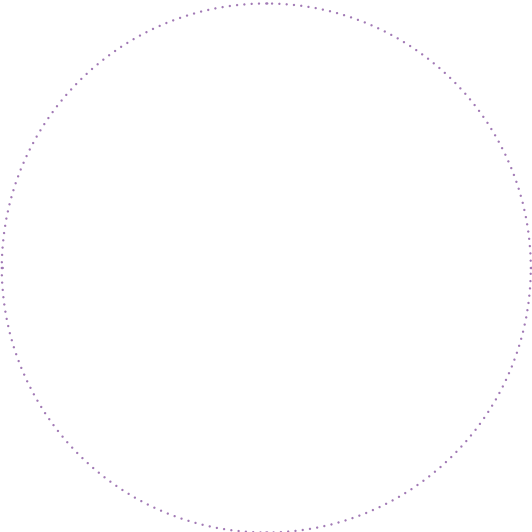
Fall 2023

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2023 Living Our Values

Award Recipients



The following employees embody Southcentral Foundation’s Vision, Mission, and Corporate Goals. SCF’s Living Our Values award is corporate-wide and based on at least one of the following: role model for other employees on how to perform job duties, notable achievements and/or high productivity in service delivery, quality improvement, customer service, risk management, administrative management, improvements in safety, health and well-being of others, family wellness, outstanding teamwork, or any other mission-related activity of SCF. Employees may also be nominated for exemplary performance above and beyond the scope of their respective positions.

Please join SCF in celebrating these employees and their contributions toward achieving SCF’s Vision and Mission!



Terri Albright
Administrative Support
Benteh Nuutah
Valley Native Primary Care Center
Complementary Medicine



Seth Anderson
Registered Dietitian
Anchorage Native Primary Care
Center 1 East Clinic



Amber Beardslee
Senior Physical Therapist
Physical Therapy, Occupational
Therapy, and Exercise



Jennielyn Bugarin
Certified Medical Assistant
Anchorage Native Primary Care
Center 2 West Clinic



Kelly Campbell
Behavioral Health Consultant
Community Resource Specialist
Program



Erica Carr
Lactation Consultant
Registered Nurse
Outpatient Pediatrics



Brian Cassidy
Crisis Clinician
Behavioral Urgent Response Team



Lyla DeTavernier
Senior Public Relations
Specialist
Public Relations and Corporate
Communications



Willie Drake
Certified Medical Assistant
Anchorage Native Primary Care
Center 1 North Clinic



Brandy Gallagher
Manager
Benteh Nuutah Four Directions
Outpatient Treatment Center



Danielle Keller
Occupational Therapist
Child and Family Developmental Services



Jaqueline Klingenberg
Chemical Dependency Counselor
Four Directions Outpatient Treatment Center



Guy Knighton
Licensed Optician
Optometry



Nou Lee
Certified Medical Assistant
Speciality Pediatrics



Mary Lorenzo
Supervisor of Certified Medical Assistants
Anchorage Native Primary Care Center 2 East Clinic



Janejira Mahanchakul
Dental Assistant
Benteh Nuutah
Valley Native Primary Care Center Dental Clinic



Madalene Mandap
Integrated Pharmacist
Anchorage Native Primary Care Center 2 North Clinic



Sadie McDonald
Learning and Development Advisor
Development Center



Caselyn Merete
Supervisor of Certified Medical Assistants
Detox



Katie Millican
Speech and Language Pathologist
Child and Family Developmental Services



Kelly Needham
Supervisor of Dental Assistants
Fireweed Building Dental Clinic



Michael Paquette Sr.
Supervisor of Security
Quality Assurance



Michelle Roehl
Supervisor of Certified Medical Assistants
Anchorage Native Primary Care Center 3 West Clinic



Judy Tanuvasa
Senior Registered Nurse Case Manager
Anchorage Native Primary Care Center 3 East Clinic



Rebekah Villalon
Psychologist
Anchorage Four Directions Outpatient Treatment Center



Frances "Kay" Wallis
Tribal Doctor
Traditional Healing Clinic



Marisa Wang
Grants Advisor
Grants



Rachael Wilson
Program Coordinator
Anchorage Native Primary Care Center 1 East Clinic



Jacquelyn WoodenLegs
Case Management Support
Benteh Nuutah Four Directions Outpatient Treatment Center



Michelle Xiao
Data Architect
Data Services

Child and Family Outpatient Services Employee Engagement Team



Shanel Kusma
Supervisor
Child and Family Outpatient Services



Emily Wagner
Senior Clinician
Child and Family Outpatient Services



Amber Urena-Rodriguez
Program Coordinator
Child and Family Outpatient Services

Lactation Consultants Support Healthy Mothers and Babies

By Public Relations Specialist Shamika Andrew

Although breastfeeding is natural, it may not always come naturally. Research suggests parents experience more success and less frustration when offered extra lactation support while establishing a breastfeeding routine.

Breast milk is uniquely created to fit the baby's nutritional needs while delivering stem cells, hormones, antibodies, and probiotics to help strengthen its immune system. Studies have shown that breastfeeding may decrease children's risk of developing respiratory illnesses, ear infections, asthma, obesity, Type 1 diabetes, and may significantly lower the rate of sudden infant death syndrome. According to the Centers for Disease Control and Prevention, breastfeeding may also lower the lactating parent's risk of developing high blood pressure, Type 2 diabetes, ovarian cancer, and breast cancer.

August is National Breastfeeding Awareness month and Southcentral Foundation would like to remind families about resources available to support customer-owners. SCF currently offers:

- Online pregnancy and birthing classes.
- Virtual or in-person appointments with the Lactation Infant Feeding Consultant Team.
- The Lactation Hotline, (907) 729-5420, for help with breastfeeding related concerns.

Partnering with a lactation consultant can make your feeding journey easier, more enjoyable, and pain-free. Every baby is different, so even if it's not a customer-owner's first time, navigating each breastfeeding journey may come with new questions or concerns. Additionally, families who choose not to or are unable to breastfeed will still benefit from meeting with a lactation consultant to learn safe bottle-feeding techniques and how to dry up their milk supplies.




SCF's certified lactation consultants are specifically trained to focus on the needs of the lactating parent and baby to prevent, recognize, and solve feeding difficulties. Contact the lactation team for help with:

- General breastfeeding and bottle-feeding education
- Proper latching and holding techniques
- Addressing concerns about milk supply
- Questions on engorgement, plugged milk ducts, or weaning
- Identifying causes of pain while breastfeeding
- Identifying cues and signs of stress while feeding
- Education about pumping
- Support for breastfeeding while employed outside of the home

Southcentral Foundation understands all breastfeeding journeys are different and strives to provide resources to keep mothers and babies healthy. For more information, call (907) 729-5420.

August is BREASTFEEDING Awareness Month

For breastfeeding support, contact
SCF Health Education (907) 729-2689 or
VNPEC Wellness Center (907) 631-7630.



Keep Alaska Strong

Learn about the benefits of breastfeeding.

Back-to-School Optometry Sale

July 1-Oct. 31

For more information,
visit bit.ly/3NSr3cD.



Select lenses and frames only, must be purchased as a package.

Check, credit cards, and flex spending cards will be accepted. Private insurance not accepted.

SCF Raise Program: The Return to Spirit Lake

By Technical Writer Uinita Mauigoo

The imagery of Alaska Native and American Indian youth pulling nets abundant with fish from the mouth of the Kenai River seemed but a distant memory for Southcentral Foundation's Raise Program during the height of the COVID-19 pandemic.

For the first time in four years, Raise's summer session was more than ready to return to Spirit Lake to create new lasting memories.

The annual culturally focused retreat to Salamatof Native Association Inc.'s Spirit Lake has always been a highlight of Raise's summer session. It provides an opportunity for interns to learn, bond, network, and create lifelong friendships to support each other professionally and through different avenues of life.

The three-day experience is jam-packed with cultural activities. Interns immerse themselves in the experience of subsistence fishing as they travel to the Kenaitze Indian Tribe's educational fishery to learn how to set the net to fish and how then to filet their catch. For many interns, this is their first opportunity to experience subsistence fishing. Additional cultural activities include beadwork, singing, drumming, and storytelling.

There is a lot of sharing of culture and story among interns. Some interns are deeply connected to their cultures and share their knowledge with peers and employees. For interns who may not have those influences in their homes, it provides an opportunity to learn about their cultures and many others.

Through shared responsibilities such as cooking, cleaning, and maintaining the campgrounds, interns learn the importance of working together as a community, which is important to many Alaska Native cultures. Interns are able to strengthen their relationship-building skills as they understand and work with peers that come from a diverse array of backgrounds.

All 60 Raise interns are joined by members of SCF's senior leadership team at Spirit Lake. Everyone is able to connect on a personal level as they



Subsistence fishing at the Kenaitze Indian Tribe's educational fishery is an unforgettable experience for Southcentral Foundation Raise Program interns during the summer retreat to Spirit Lake.

gather around the warmth of the fires sharing story and learning from one another.

After dedicating hard work during the summer, the trip to Spirit Lake provides a balance of fun and laughter for interns. This summer session included five groups for students ages 14-19. There are groups that focus on administrative support and health care careers. The Academic Achievers group provides credit recovery, the Community Development group engages in community projects, and the Heritage and Traditions group connects interns with visitors at the Alaska Native Heritage Center to share cultural knowledge.

The goals of the Raise Program are to introduce Alaska Native and American Indian interns to administrative and health care careers, provide work site experiences, and support educational goals to become the next generation of leaders. The future looks bright with Raise interns on the horizon.

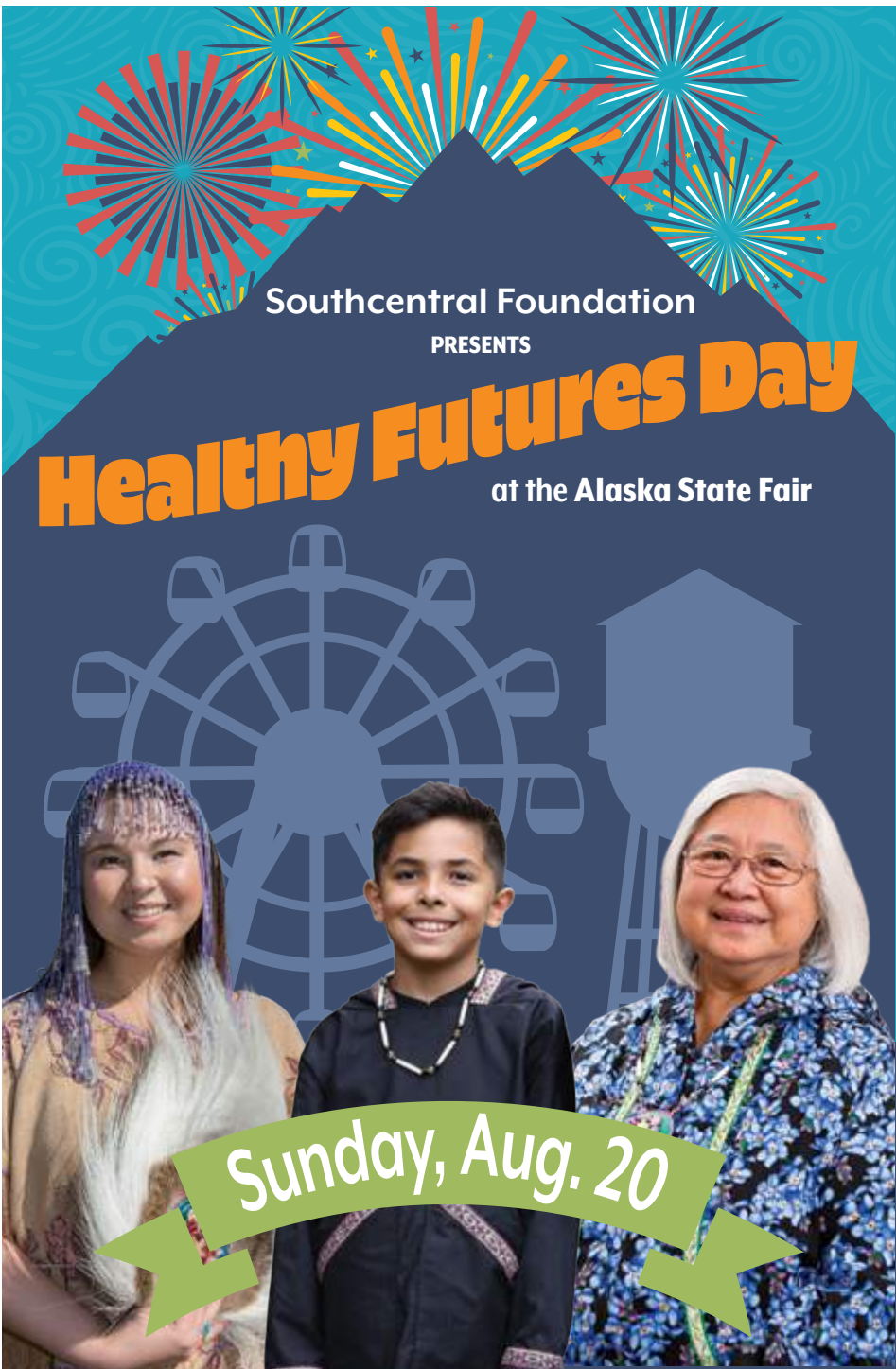
For more information about the Raise Program, call (907) 729-5015.

Medicaid and Denali KidCare may cover the cost of needed services to keep children and teens healthy.

Enrolling in additional health insurance programs may cover out-of-pocket expenses such as:

- Certain dental appliances (including braces)
- Glasses
- Health care coverage while traveling
- Ambulance coverage
- And more!

For more information about the programs or how to apply, contact Southcentral Foundation Family Health Resources at (907) 729-4470.



Fun Family Fall Activities to Stay Active

By Public Relations Specialist Shamika Andrew

While summer is coming to an end, there is still time to enjoy outdoor activities the fall season offers. Here are some fun ideas that will get you and your family outside and moving as the seasons change.



GET HIKING

Lace up your hiking boots and set out on a nature hike with family and friends to take in the crisp air and the stunning fall foliage.



START WALKING

Biking or hiking trails provide a picturesque atmosphere to take in the beautiful sights and scents of fall while enjoying a scenic walk.



GO FISHING



Fall is a fantastic season for fishing. Time will fly by as you cast for rainbow trout, Dolly Varden, grayling, and silver salmon, with fewer fishermen competing for a bite.



PICK BERRIES

August is the prime season in Alaska to find numerous juicy berries, as well as rose hips. Be aware, bears enjoy eating berries too!



HUNT GAME

Most hunting in Alaska occurs between August and October. Alaska has more than a dozen species of big game animals, as well as excellent small game and waterfowl hunting opportunities.



TEND A GARDEN

Thinning weeds, layering mulch, and pulling annual plants and weeds will activate your sweat glands in no time.



CLOCK IN YARD WORK

Raking, pulling weeds, mowing, and weed whacking provide great opportunities to sneak in some fitness while beautifying your abode.



HOST A BACKYARD BONFIRE

For a night full of fun, gather around the fire to warm up and spend quality time with family and friends. The preparation itself is a workout. Most importantly, don't forget the cozy blankets and yummy s'mores.



FLY KITES

Grab some kites and enjoy the brisk wind with family and friends.



ENGAGE IN TEAM ACTIVITIES

Delight in a little friendly competition among loved ones with tag, kickball, or frisbee golfing.



EXERCISE WITH YOUR CHILDREN

Partner with the little ones to try some of today's innovative exercises such as stroller workouts and partner yoga.



PLAN SOME INDOOR EXERCISE

Alaska weather can be unpredictable, be prepared by keeping options in mind during poor weather conditions.



As the days become shorter, get out, get active, and soak up every bit of sunlight while it is here!

WIC Program Provides Nutritional Benefits for Families

By Public Relations Specialist Jesse Holt



Women, Infants, and Children Program provides nutrition education and breastfeeding support to new mothers and children under 5 years of age.

Southcentral Foundation values family as the heart of the Alaska Native Community. To support the goal of building healthy families, SCF now has a Special Nutrition Program for Women, Infants, and Children office available to customer-owners and residents in the Anchorage area. WIC addresses the nutritional needs of pregnant women, breastfeeding mothers, postpartum non-breastfeeding mothers, and children under age 5. The program provides breastfeeding support, free healthy foods, nutritional counseling, health screenings, referrals to additional programs, and more. While often associated primarily with nutrition, WIC strives to promote breastfeeding support to as many families as possible.

“WIC is known as a formula provider, and we’d like to be known for breastfeeding support,” SCF WIC Coordinator Karen Cutler said. “We can offer breastfeeding pumps to people if they need one temporarily, or long term in some cases.”

Studies have shown that breastfeeding may protect babies from many illnesses, and may lower the risk of asthma, obesity, and Type 1 diabetes.

Since its inception in 1972, WIC has supported millions of families and has earned the distinction of being one of the nation’s most successful and cost-effective nutrition programs. According to the National Library of Medicine, babies had a lower risk of preterm birth and infant mortality within the first year if the family was enrolled in WIC. Research conducted by the U.S. Food and Nutrition Service and other agencies shows that pregnant women enrolled in WIC experience fewer premature births, lower rates of anemia due to iron deficiency, and improved feeding practices with their newborns. Additionally, babies enrolled in WIC generally breastfeed longer, show improved cognitive development, and are more likely to have a regular source of medical care.

WIC is not exclusive to new mothers and is open to all caregivers of babies and children under 5 years of age who may be eligible for benefits.

✓ Are you pregnant?



✓ Do you have a baby?



✓ Are you breastfeeding?



✓ Do you have a child under 5 years old?

Apply Now!

More information on program eligibility, visit southcentralfoundation.com/wic. WIC employees are available to assist with questions at the SCF WIC office, which is temporarily located in the Anchorage Native Primary Care Center 1 North at 4320 Diplomacy Drive, Anchorage Alaska, 99508. Hours of operation are Monday-Friday, 8 a.m.-5 p.m.

Health Insurance is Important to Include on Your Back-to-School Checklist

By Senior Public Relations Specialist Tara Carey

As families prepare their households for back-to-school schedules and fun, applying for or renewing health insurance can save money and time.

Many families are scheduling appointments, including school physicals, hearing, vision, and dental checks before the start of school. These routine appointments for Alaska Native and American Indian customer-owners who utilize Indian Health Service at Southcentral Foundation, the cost of most health appointments are covered, which can make things seem effortless.

During routine appointments, there may be items not covered or provided by IHS alone. Having health insurance provided through your job, Denali KidCare, Medicaid, Medicare, or the Tribally-Sponsored Health Insurance Program can bridge gaps in coverage and help avoid out-of-pocket expenses.

Health-related services or expenses sometimes not covered by IHS or that have out-of-pocket costs are:

- Eyeglasses
- Braces and other dental appliances
- Emergency transportation
- Non-emergency visits at non-Tribal facilities
- Medications not carried or available at the nearest Tribal health facility

Establishing health insurance can increase your health coverage options. SCF Family Health Resources provides guidance and support with the health insurance enrollment and application process. FHR screens customer-owners for health insurance options and assists and advocates for them throughout the enrollment process. Services provided by FHR are available to customer-owners, their families, and community members and include support with health insurance renewals. Medicaid and Denali



Customer-owners, including their family and community members, can receive guidance and assistance with health insurance enrollment and renewals from Family Health Resources.

KidCare renewals are crucial this year since the emergency status of the COVID-19 pandemic has ended and the criteria to qualify for coverage has returned to pre-pandemic standards.

If the unexpected occurs and your health insurance is in place, you may have more options to address health-related issues as they arise. You may also minimize the financial impact of unanticipated health occurrences by having added health coverage in place.

Applying for and establishing health insurance for yourself and your family can cover some of the items on your back-to-school checklist and others throughout the year.

For more information about Southcentral Foundation Family Health Resources or for assistance with health insurance enrollment and renewals, call (907) 729-4470 in Anchorage or (833) 729-4470 for other areas in Alaska, Hawaii, and contiguous states.

Aging Well — Taking Care While Aging

By Public Relations Specialist Esther Robertson

Across the world, Indigenous communities revere Elders as culture bearers, wise counselors, and leaders. Honoring and caring for Elders is an Alaska Native and American Indian value.

Southcentral Foundation supports the health and wellness of Elder customer-owners. The Aging Well Initiative builds on SCF’s foundation of robust services and resources to optimize care for Elder customer-owners. This includes 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 their specific health priorities.

Integrated care teams work to support the health and wellness needs of customer-owners in a holistic, customer-driven, and evidence-based approach.

“Health care often becomes more complex as we age,” Senior Medical Director Dr. Verlyn Corbett said. “Primary Care is working to improve the way we provide care to adults as they age. The 4Ms framework — Medication, Mentation, Mobility, and What Matters — helps to identify core elements of effective care. Much of this is already incorporated into our services, but this framework allows for a more intentional and efficient approach to the care of older adults.”



Integrated care teams collaborate with customer-owners as they age to create plans to help maintain independence and health.

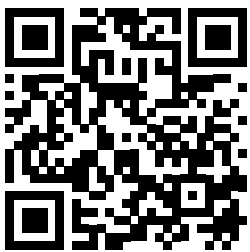
Assistance is available to navigate age-related factors, such as healthy eating, life transitions, hearing, caregiver support, and more. This is accomplished in part by intake questionnaires, meeting and talking with aging adults about health topics, and connecting them with SCF services that match their needs. There are many options on how wellness can be achieved for some, guidance received through the initiative is helping ensure Elders receive the very best care available.

For more information about the Aging Well Initiative, talk to your primary care provider or visit <https://bit.ly/42JLgbS>.

What Matters Most

What matters most will guide your journey to wellness. Your voice is important in meeting your goals and needs.

To learn ways to support healthy aging, scan the QR code or visit <https://bit.ly/AgingWellTrailMap>.



MONDAY

Shopping
12:30-2 p.m.

Please call (907) 729-6500 for transportation. Space is limited.

TUESDAY

Culture and Traditions and RN Clinic
10 a.m.-2 p.m.



WEDNESDAY

Bingo
Noon-2 p.m.



THURSDAY

Health Education and Exercise
Noon-2 p.m.

Please call SCF Health Education at (907) 729-2689 for more information.



FRIDAY

Elder Jam
10 a.m.-2 p.m.

SCF Elder Program | 4501 Diplomacy Drive, Anchorage, Alaska 99508 | (907) 729-6500

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).....	3-1-1	People Mover.....	(907) 343-6543
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