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Wonderland

Warm Hearts and Healthy Habits

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A Family Inspired: Raise Spans Beyond Academics

By Technical Writer Uinita Mauigoa

Family and community are values deeply woven into the tapestry of Alaska Native and American Indian cultures. Elders keep cultural knowledge alive while children carry it into future generations, perpetuating prosperity of the people.

With vision spanning far beyond academics and skills, Southcentral Foundation's Raise Program shares many aspects of Alaska Native and American Indian cultures such as values, ways of knowing and communicating, and descentance. As interns from diverse backgrounds come together, they learn the importance of building connections, relationships, and communities. A family of siblings who all work for SCF bring to life what this looks like: Wil Everett, Cheyenne Mann, Chenelle Mann, Bryce Mann, and Brock Mann.



Siblings, formerly part of the Raise Program, (from left to right) Bryce Mann, Chenelle Mann, Brock Mann, Cheyenne Mann, and Wil Everett work at SCF.

Formerly Raise participants, all five siblings expressed that the program provided an enriching, nourishing environment, inspiring them to pursue careers at SCF. The siblings have American Indian heritage from the Ramapough Lenape Nation in New Jersey and the Tohono O'odham Nation Tribe in Arizona. Tohono O'odham means, "desert people."

Cheyenne, supervisor at Anchorage Native Primary Care 2 West, shared that as a Raise intern during 2012-2015, her favorite aspect was being introduced to the health care field while making cultural connections. She formed many lasting connections during Skills Friday and the retreat to Spirit Lake.

"I chose to work for SCF to join a team that places value on relationships, as well as the voice of the customer-owner," Cheyenne shared.

Cheyenne created an inspiring ripple effect among her siblings who all joined Raise.

Chenelle, supervisor for Physical Therapy, Occupational Therapy, and Exercise, graduated from Raise after participating from 2013-2016 and echoed her sister's sentiments of the importance of learning cultural values. During her time as an intern, she gained supportive relationships with employees and experienced many opportunities for growth, inspiring her to build a career with SCF.

Wil, manager for Pediatrics Outpatient Services, shared that a career at SCF was an easy choice after learning the way SCF invested in its future and employees. He recalled time as a Raise supervisor for the summers of 2013-2016 and how it was much more than work.

"I was able to guide and support a group of Alaska Native and American Indian youth at a critical point in life, as they were learning who they are and what they wanted to be," Wil said.

After seeing how much his siblings enjoyed their time with Raise, Bryce, administrative support for Child and Family Developmental Services, shared that he joined the program as an intern from 2015-2019.

Bryce learned about and gained an appreciation for the many different Alaska Native and American Indian cultures and the similarities that weave everyone together.

"Joining SCF was ultimately to support our Native Community in different ways," Bryce shared.

The same seeds of the values of culture and community were planted within Brock, administrative support for Anchorage Native Primary Care 1 West, who joined Raise as an intern 2017-2019 and 2021.

Brock's face lit up as he described the confidence he gained as an American Indian youth participating in Raise and following his siblings' footsteps. He shared that he decided to pursue a career at SCF to serve the most important aspect he learned at Raise: Community.

This family will be expanding its legacy as sister, Shayna Everett, a nurse in New York City, plans to return to pursue her career with SCF. Shayna shared that of all companies she worked for, SCF by far exceeds in putting the customer-owner first without sacrificing employee needs. She served as a leader for Raise from 2013-2016 and was inspired to attain a second degree as the program also emphasized mental health and culture, not just academics.

The Raise Program encourages alumni to stay connected through the Raise Facebook page, emailing, or calling. There is an event for Raise alumni, Feb. 23, 1-3 p.m. on campus where alumni can share story to continue inspiring future generations. All former Raise interns can RSVP to Lauryn Baldwin at lbaldwin@southcentralfoundation.com. Applications for Raise winter internship open until Jan.31, summer internship opens February 2024.

To learn more about Southcentral Foundation's Raise Program, call (907) 729-5015.

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

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Vision

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

Mission

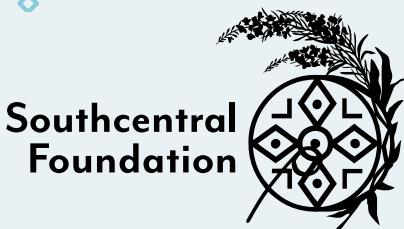
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Keep Your Body Moving to Beat the Winter Blues

By Public Relations Specialist Shamika Andrew

There are many fun activities you can do while embracing the cold and soaking up the limited sunlight during winter. It can be hard to stay active with colder temperatures and fewer hours of daylight. Keep your body moving to beat the winter blues. After all, it's only cold if you are standing still.

- Ice skating — Lace up your ice skates and go skating with your family and friends.
- Snowshoeing — Take a winter stroll in your neighborhood or on a snowy trail.
- Sledding — Grab your sleds and see which family member can sled down the hill fastest.
- Skiing or snowboarding — Gear up and hit the slopes of Hilltop Ski Area in Anchorage, Alyeska Ski Resort in Girdwood, or Skeetawk in Palmer.
- Snow tubing — Enjoy some tubing at your favorite sledding hill or visit Arctic Valley Tube Park for a thrilling ride.
- Ice fishing — Catch your dinner at one of the many stocked lakes in Anchorage or the Matanuska-Susitna Borough including Delong Lake, Mirror Lake, Sand Lake, Goose Lake, Jewel Lake, Big Lake, or Finger Lake. Enjoy catching arctic char, grayling, pike, and even landlocked salmon.
- Shoveling — Clearing your driveway and walkways free of snow and ice keeps you safe and offers heart-healthy benefits. Be neighborly and offer to clear your neighbor's walkway and driveway for extra health benefits.
- Walking — Take a midday stroll to feel the sun on your face and breathe in the fresh air.
- Cross-country skiing — Hit the many trails in town to classic ski, or challenge yourself skate skiing.



Ice fishing is a winter activity that can bring joy and feed your family.

- Hit the gym — Indoor activities like yoga, Pilates, swimming, and weightlifting are accessible year-round. Southcentral Foundation has indoor group fitness classes available in Anchorage and the Matanuska-Susitna Borough.
- Fat-tire biking — Layer up and enjoy some cardio and fresh air.

Before heading out to enjoy outdoor activities, take safety steps to prepare yourself. Check the weather and temperature and dress accordingly for rain, snow, and cold temperatures. Ensure you are visible during darker hours by using reflective tape or safety lights. Let someone know where you are going when recreating outdoors. Keep a charged cell phone with you in case of an emergency. Be aware of your surroundings when out in the wilderness. When doing outdoor chores, work slowly and lift with your legs when shoveling your driveway or lifting other heavy items. If venturing onto frozen lakes or rivers, check to make sure the ice is safe to walk on. Set reasonable limits on the amount of time spent outside for young children to prevent hypothermia and frostbite.

To stay motivated and keep moving this winter, find activities you enjoy, or buddy up with a companion. Stay active to keep the winter blues away. From snowshoeing to winter hikes, there is plenty of fun to go around. Grab your coats and embrace the season!

Cross-Country Skiing Class

Wednesdays, January-April
12:10-1 p.m.
Mt. Marathon Building

- ❁ Meet in the Mt. Marathon Building lobby, all abilities welcome.
- ❁ Please sign up at the Mt. Marathon Building front desk when you arrive.
- ❁ Bring your own skis and come dressed ready for the outdoors.

Physical Therapy, Occupational Therapy, and Exercise
(907) 729-6683 | southcentralfoundation.com

UPCOMING HOLIDAY CLOSURES

Southcentral Foundation will be closed

FRIDAY, DEC. 22
AND MONDAY, DEC. 25

in observance of the Christmas holiday.
Services will resume Tuesday, Dec. 26.

MONDAY, JAN. 1

in observance of New Year's Day.
Services will resume Tuesday, Jan. 2.

MONDAY, JAN. 15

in observance of Martin Luther King Jr. Day.
Services will resume Tuesday, Jan. 16.

Wishing you and yours

a happy and safe holiday season!

IF YOU NEED IMMEDIATE MEDICAL ATTENTION, PLEASE CALL 911.



Southcentral Foundation, Iditarod Area School District Join to Improve Health Care Services for Children in Rural Alaska

By Southcentral Foundation HRSA Coordinator Laura Kotelman and SCF HRSA Coordinator Callie Bray

Southcentral Foundation and the Iditarod Area School District are excited to announce a collaborative effort and SCF's receipt of the Health Resources and Services Administration Grant for School-Based Services Expansion. The grant, awarded to SCF for the first time, opens the door to crucial improvements to health care accessibility for children living in rural Alaska.

The primary objective of the grant is to establish new access points for high-quality primary health care services, including behavioral health services, at three IASD schools: McGrath School, Takotna Community School, and Top of the Kuskokwim School in Nikolai. The schools serve a total of 54 children in communities where SCF operates community health centers.

IASD acknowledges the significance of this initiative, as none of the schools currently have school nurses or counselors. They rely entirely on SCF's community health centers for essential health care services. The establishment of these school-based service sites is expected to provide convenient access to vital health care, promote mental health well-being, and offer preventive care to children and adolescents in McGrath, Takotna, and Nikolai.

One of the key outcomes of this collaboration will be expanded behavioral health services, which is anticipated to improve health outcomes, including a reduction in depressive episodes and suicide risk



Fifty-four children and adolescents in Takotna, McGrath, and Nikolai will benefit from the grant for school-based expansion.

among adolescents. By providing health care services within the school setting, SCF aims to eliminate the stigma often associated with clinic visits and contribute positively to physical and mental health, and academic performance.

Under this grant, SCF will deploy a registered nurse and a behavioral health consultant to each of the three schools on a part-time basis, with telehealth follow-up services. A registered nurse will be based in McGrath and will travel quarterly to Nikolai's Top of the Kuskokwim School and Takotna Community School. SCF's behavioral health

employees will also visit each school quarterly to provide vital school-based behavioral health counseling services, with telehealth follow-up.

IASD is committed to providing operational support by allocating office space for SCF to provide health care services at each of the schools and maintaining open lines of communication to ensure seamless operations. Together, IASD and SCF aim to enhance the health and well-being of the children served, ensuring they have access to the care they need for healthy futures.

For more information on the Grant for School-Based Services Expansion, please contact SCF Administrator Heather Goecke at HGoecke@southcentralfoundation.com.

Ways to Recognize and Care for Seasonal Affective Disorder

Common Symptoms

- Sleeping too much or too little.
- Little motivation to do things you usually enjoy.
- Feeling down about yourself.
- Poor concentration or ability to focus.
- Appetite changes.
- Increase in unsafe coping skills.
- Increase in thoughts of suicide or self-harm.

Caring for yourself and others with SAD

- Get outside in the daylight, every day.
- Schedule an appointment with a behavioral health consultant. No referral needed.
- Discuss the use of ultraviolet lights/SAD lights with your provider.

If you are experiencing any SAD symptoms, contact your primary care team to speak with a behavioral health consultant, or for a referral to Behavioral Health.





Scholarships Available for Alaska Native and American Indian People Pursuing Health Care Careers

By Southcentral Foundation Public Relations and Corporate Communications

The future at Southcentral Foundation looks bright with more Alaska Native and American Indian health care professionals on the horizon. SCF is committed to hiring fully qualified employees in all positions and increasing the number of Alaska Native and American Indian individuals in all job categories. To support this initiative, SCF offers clinical initiatives scholarship opportunities for Alaska Native and American Indian people who are interested in the following careers:



Certified Medical Assistant

Part of integrated care team with full-time provider, registered nurse case manager, and case management support. Provides support in clinical and administrative settings to improve productivity and access. Scholarship applications remain open on southcentralfoundation.com.



Dental Health Aide Therapist

Provides culturally competent dental care and prevention services to rural Alaska and improves access for Alaska Native people. Scholarship applications open on southcentralfoundation.com until Jan. 31.



Nursing

Uses sound clinical judgment for high-quality assessment, care, and documentation. Builds relationships with customer-owners and interdisciplinary team members. Scholarship applications currently closed, will reopen May.



Behavioral Health

Provides relationship-based care and services and promotes wellness. Scholarship applications currently closed, will reopen May.



Southcentral Foundation offers scholarship opportunities for Alaska Native and American Indian people pursuing health care careers.

Clinical initiatives scholarship recipients are supported during their educational journeys with formal mentorship and cohort activities. Mentors provide support and strategies to help recipients succeed in academic training and throughout their clinical careers.

Each clinical initiatives scholarship includes a service obligation. For every one year of program funding scholarship recipients receives, they will work in their newly trained professions at SCF for one year. There is a cap of eight years for service obligations.

SCF employee benefits include an employer-matched 401(k), health insurance, annual merit increases based on performance, paid time off, and more.

If you have questions or would like more information about the clinical initiatives scholarship programs, contact the Development Center at (907) 729-8541, or scan the QR code.





Green Beans with Maple Vinaigrette

Ingredients

- 3/4 cup pecans
- 2 tablespoons apple cider vinegar
- 1/8 teaspoon Kosher salt
- 1/8 teaspoon ground black pepper
- 1/4 cup olive oil
- 2 tablespoons Dijon mustard
- 2 pounds green beans
- 1 tablespoon pure maple syrup

Directions

- Heat oven to 400 F degrees.
- Spread the pecans on a rimmed baking sheet and bake, tossing once, until toasted, 6-8 minutes.
- Let cool, then roughly chop. Meanwhile, bring a large pot of water to boil.
- Add the green beans and cook until just tender, 4-5 minutes. Drain and run under cold water to cool.
- In a large bowl, whisk together the oil, vinegar, mustard, maple syrup, salt, and pepper.
- Add the green beans and pecans, and toss to combine.

Nutrition Information

Serving Calories: 190 Carbohydrates: 12g Protein: 3g Fat: 15g Saturated Fat: 2g Sodium: 125mg Fiber: 25g Sugar: 6g Vitamin A: 15% Vitamin C: 25% Calcium: 4% Iron: 6%



Protect yourself and others this holiday season.

Get your flu, COVID-19, and RSV vaccine to prevent respiratory illnesses and reduce your risk. These vaccines are recommended for most people 6 months and older if eligible.

Contact your primary care team to schedule an appointment.

Scan the QR code to find the primary care clinic nearest you.





Year in Review

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



Southcentral Foundation Pharmacy expanded to 10 dispensing windows with added privacy and three check-in windows.

The new Family Dental Clinic opened on the second floor of the Dr. Katherine and Dr. Kevin Gottlieb Building March 6. The new clinic has 28 closed treatment rooms. There are eight integrated dental care teams providing comprehensive dental care, including services such as exams, fillings, dental hygiene services, and specialty services.

Southcentral Foundation hosted behavioral health resource fairs at Anchorage Native Primary Care Center and *Benteh Nuutah* Valley Native Primary Care Center May 18. Programs offered materials, wellness activities, and more to promote services available to support individuals on their mental health journeys.



Southcentral Foundation's Family Wellness Warriors hosted an awareness event and walk April 21 to bring attention to the impact of child abuse and sexual assault in Alaska and efforts to bring hope and healing to families across the state.



Sixty Raise Program interns made lasting memories during a three-day retreat at Salamatof Native Association Inc.'s Spirit Lake.

In October, community members in Takotna celebrated the grand opening of the new Takotna Clinic building. The new clinic offers dedicated primary care, dental, behavioral health, and optometry space, as well as dedicated provider housing on site.



In-person activities returned to the Elder Program including daily hot lunch service, exercise classes, learning circles, games, gardening, and the opportunity to visit with friends and family.



U.S. Surgeon General Vivek Murthy hosted a meet and greet in Anchorage on the Alaska Native Health Campus with U.S. Public Health Service Commissioned Corps officers June 26.



The annual Nuka System of Care conference was held in Anchorage June 15-16. Over 130 people from around the world attended. Sessions were on customer-ownership, relationship-based care, integrated care, behavioral health integration, strategic planning, workforce development, and more.



Southcentral Foundation attended the Celebrate Pride Festival in Anchorage June 24.





Southcentral Foundation opened a Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) office located on the first floor of the Anchorage Native Primary Care Center.



A naloxone drive-thru training and distribution community event was held Sept. 16. After a five-minute training, attendees learned how to recognize signs of an opioid overdose and administer naloxone. Participants received a free opioid overdose response kit.



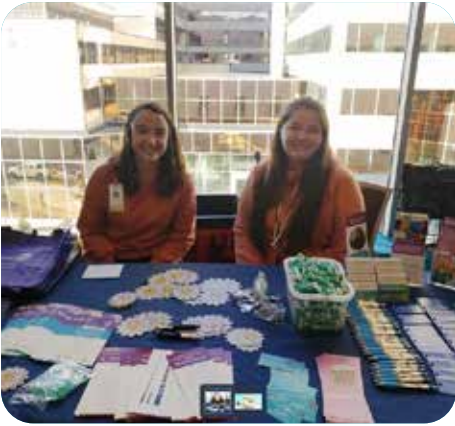
Nilavena Regional Health Center, serving approximately 1,200 community members, celebrated its 20th anniversary in August.



Southcentral Foundation sponsored Healthy Futures Day at the Alaska State Fair Aug. 20. This was an opportunity to share information about SCF and celebrate the health of generations to come.



Southcentral Foundation, in partnership with the Center of Indigenous Innovation and Health Equity, hosted a Traditional Foods Gathering Aug. 28-29. Attendees celebrated the ways Alaska Native and American Indian people have built relationships with plants and animals throughout the land, sea, and sky.



Southcentral Foundation participated in the 2023 Alaska Federation of Natives Convention Oct. 19-21. The theme for the convention was Celebrating Our Unity.



Southcentral Foundation held drive-thru flu vaccine clinics in October at Anchorage Native Primary Care Center and *Benteh Nuutah* Valley Native Primary Care Center. Each flu season is different, making it essential to receive a flu vaccine annually.



The Traditional Healing Clinic remodel was completed to include 14 treatment rooms, new classrooms for Tribal Doctor Training Program participants, new lobby space, and a gathering room for culture classes.



Benteh Nuutah Four Directions Outpatient Treatment Center hosted a Recovery Month celebration and open house Sept. 14 in Wasilla. This program is open to all adults in the community and offers integrated mental health and substance use outpatient services.



Healing and Women’s Health in Corrections

By Public Relations Specialist Levi Oyster

Southcentral Foundation’s Family Wellness Warriors meet people where they are, and part of their efforts is bringing healing to residents of Hiland Mountain Correctional Center. Of the 357 HMCC residents, 174 are Alaska Native or American Indian women. With 49% of the population being Indigenous people, it is important for SCF to grow this partnership.

FWW continues to grow its efforts to foster a therapeutic community inside of HMCC. Part of this has been obtaining a separate residential wing for participants.

“As a part of *Nu’iju* Healing Place, women at HMCC can apply for this program and are admitted after a screening process by a FWW clinician,” SCF’s FWW Learning and Development Associate Tyler Young said. “FWW was able to secure a separate wing at HMCC so the women who are admitted can focus on their healing journeys with limited distraction. There are 20 beds available for women in *Nu’iju*.”

Engaging with the Native Community speaks to FWW’s Recovery and Reentry team’s mission. They support the *Nu’iju* Healing Place program by having a daily presence through learning circles and training intensives. Learning circle topics include mindfulness and relaxation, co-dependency, healthy boundaries, and recovery support. In addition, this past May they hosted the first Arrigah House — a culturally connected training intensive that explores the impact of stories, including adverse childhood experiences and generational and historical cycles of harm.

“One thing I can see as a success right now is the fact that six women took the initiative and volunteered to become learning circle leaders for the learning circles and Arrigah House trainings moving forward,” Young shared.

In addition to mental and spiritual wellness, FWW partnered with SCF’s Health Education to bring resources for physical well-being to HMCC residents. Partners for Progress invited SCF to participate in their Women’s Resource Fair Nov. 11 to provide outreach about women’s health services.



Family Wellness Warriors employee connects with a resident of Hiland Mountain Correctional Center.

Health Education’s effort at the fair focused on sharing information about the five main types of gynecological cancers: ovarian, cervical, vaginal, vulvar, and uterine. Health educators consulted with residents about gynecological cancer symptoms and their personal cancer risks. Upon checking in with residents about screening due dates for mammograms, Pap smears, and colonoscopies, health educators referred residents to schedule the necessary appointments with their providers. Health Education plans to increase access to resources for HMCC residents in the future.

At the event, FWW connected with residents and community partners to discuss the *Nu’iju* program and the services FWW provides outside of HMCC.

“The partnership at this event is important to me because it can be a real opportunity for these women to plan out their next steps so they can move forward in life,” Young stated. “It’s meeting them where they are, as they are about to get released from prison and essentially saying, ‘We want to help and support!’”

For more information about Family Wellness Warriors trainings and to view a learning circle schedule, visit <http://bit.ly/39nDnDB>. For more Health Education resources, visit southcentralfoundation.com/services/health-education-and-wellness.

WINTER CAN BE DARK.
Find your light.
Support is available.

If you or a loved one is experiencing thoughts of suicide or self-harm, reach out 24/7 to the 988 Suicide and Crisis Lifeline. Available via call, chat, or text.

Southcentral Foundation
Behavioral Health
southcentralfoundation.com
(907) 729-2500
Monday-Friday, 8 a.m.-6 p.m.



988lifeline.org

By Senior Public Relations Specialist Tara Carey

Many medical needs can be met using Indian Health Service, but third-party health insurance coverage for you and your family can include added benefits that are otherwise an out-of-pocket expense. For 10 years, the Tribally-Sponsored Health Insurance Program, supported by the Alaska Native Tribal Health Consortium, has assisted individuals and families obtain health coverage when other options are not available to them.

Tribal health care providers like Southcentral Foundation benefit from customer-owners using health insurance to help cover the costs of the high-quality services offered. Since IHS only covers roughly 50% of those costs, being able to bill third-party insurance to cover the balance is key in being able to secure funding for more programs that support health services such as:

- For the last 10 years, T-SHIP provided health coverage to over 3,000 Alaska Native and American Indian customer-owners when other coverages weren't available to them. There is no expense to the customer-owner.

With some individuals and families losing Medicaid coverage during the renewals, T-SHIP is another resource for customer-owners to qualify for health coverage to keep their health care options in place.



Schumaker shared, “Knowing that we had a policy to cover us during what was a very stressful time in my life meant the world to me. I am so grateful for this program. T-SHIP was instrumental in keeping us healthy.”

T-SHIP celebrates its successes in providing health insurance for individuals and families who qualify, keeping families healthier and giving them more options in how, when, and where they access health care services.

Pinecone Reindeer Ornament

Materials needed:

- A pinecone
- Ribbon or string
- Two brown felt squares
- Googly eyes
- A red pom-pom
- Pipe cleaner (any color)
- Glue
- Scissors



Instructions:

- Source: onelittleproject.com

Thank You
TO OUR FUNDERS!

Qaḡaasakung Quyanaq 'Awa'ahdah Mahsi'
Igamsiqanaghalek Hāw'aa
Quyana T'oyaxsm Chin'an Tsin'aen Gunalchéesh
Quyanaa Thank You



The Gift of Nourishment for Mind, Body, and Spirit this Holiday Season

By Technical Writer Uinita Mauigoa

When holiday stress strikes, try these small moves to create a big difference in your mood:



Express gratitude:

Offer thanks, whether it be at home, work, the grocery store, or a potluck to spark positivity.



Look in the mirror:

Focusing on the actions of the person staring back at you will make you too busy to worry about the actions (and follies) of others.



Find a quiet spot:

Stepping away from stimulation to soak in quietness can relieve tension in the body and mind.



Breathe fresh air:

A stroll outside to breathe in fresh air increases oxygen levels in the brain, which increases serotonin levels.



Share a hug:

Hugs with a trusted, safe person or animal can have a calming effect.



Laugh out loud:

Watch, read, or think of something funny and literally laugh out loud to release feel-good endorphins.



Get moving:

Take stairs, park farther away, run errands, shovel snow, do chores, and make it count.



Listen to music:

Studies like those by the National Institutes of Health find that music can decrease cortisol, which fuels stress, while increasing the happy hormone, dopamine.



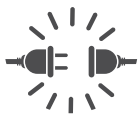
Smile and wave:

These friendly gestures can brighten someone's day and yours too!



Dust yourself off:

Accept that we all make mistakes, get back up, dust yourself off, and most importantly, keep going!



Unplug social media:

Social media can require time, energy, effort, and focus, which can be a lot. Restore your reserves by taking a break.



Help others:

Look around, and you will see many little opportunities. Offering a smile, holding a door open, or listening to a child are some examples.





Upcoming Virtual Nuka Conference

By Southcentral Foundation Learning Institute

Southcentral Foundation is pleased to announce the Virtual Nuka Conference, which will be held Feb. 14-16, 2024. Attendees from around the world will have the opportunity to share the successes and lessons learned from the Nuka System of Care. Nuka is a relationship-based system that was designed and built by Alaska Native people and has received worldwide recognition for the high quality of care it provides.

The conference will share the systems and processes that have helped make the Nuka System of Care a success and offer insights into how attendees can improve their own health care systems.

Sixteen interactive sessions will be featured on a variety of topics, including:

- Integrated primary care teams
- Improvement and innovation
- Integrated behavioral health services
- Workforce development
- Culturally appropriate care
- And more

An optional session of SCF's Introduction to Core Concepts training will precede the conference Feb. 12-13. This is a two-day virtual training that uses principles from SCF's Core Concepts training, which is based on the Alaska Native value of sharing story and listening to others share theirs. The training teaches communication and relationship-building skills that will help attendees form strong relationships with their customers and others at their organizations. These relationships can significantly improve quality of care.

To learn more or register for the Virtual Nuka Conference, visit <https://events.bizzabo.com/541184>. If you have questions about Southcentral Foundation's Nuka System of Care, contact the SCF Learning Institute at (907) 729-NUKA (6852) or SCFNukaEvent@southcentralfoundation.com.

We work to promote wellness that goes beyond absence of illness and prevention of disease.

Southcentral Foundation's

VIRTUAL NUKA CONFERENCE

FEB. 12-16, 2024

Luq'u ts'il Nlihdanlggash

Everyone Coming Together

Join Southcentral Foundation, family, and friends for *Luq'u ts'il Nlihdanlggash* — a recurring celebration of culture and community at the Anchorage Native Primary Care Center. *Luq'u ts'il Nlihdanlggash* is a Dena'ina Athabascan phrase which translates to “everyone coming together.”

Visit the SCF website calendar for upcoming event details on:

Feb. 1, May 1, Aug. 1

Scan the QR code for more information or visit:
<https://bit.ly/3h8jqUG>

Elders Celebrate Harvest Time with a Potluck

By Public Relations Specialist Stephanie Smith

Elder Program participants embraced the arrival of autumn with the return of the annual Fall Harvest Potluck. Over 300 Elders gathered for a day of community, culture, and camaraderie.

This eagerly anticipated program kicked off the first of two events held at the Nuka Learning and Wellness Center, marking the return of the Fall Harvest Potluck and Elder Christmas Party since 2019.

One of the first Elders to arrive to the Fall Harvest Potluck shared, “Thank you so much for holding this event and having us here, and it means so much that SCF puts this together for us.”

Elders from all corners of the state converged to share traditional dishes, dance to live music courtesy of the Pilot Bread Band, and enjoy each other's company. Guests of the potluck received a welcome gift and had the chance to win door prizes, adding an extra layer of excitement to the event as names were drawn.

Accompanying the potluck was a micro-health fair hosted by SCF departments. Participants had access to health information and services. Adding to the cultural tapestry of the day, Alaska Native artists displayed and sold their artwork.

Customer-owners who may not see each other during the year make a point of connecting on this occasion. The prevailing sentiment among Elders was one of appreciation. They expressed gratitude for events during the holiday season. While the Fall Harvest Potluck and Elder Christmas Party are the Elder Program's flagship events, monthly potlucks are held at the Elder Program's primary location at 6901 E. Tudor Rd., Suite 8. These gatherings provide opportunities for connection and community throughout the year, bringing together Elders to celebrate, share cultural traditions, prioritize health, and foster a sense of belonging and togetherness.

As the days have grown shorter, the Elder Program remains a beacon of warmth and community in Anchorage, Alaska.



For more information about potlucks and other activities at the Elder Program, call (907) 729-6500.

MONDAY

Behavioral Health
Consultant
10 a.m.-Noon

Shopping•
12:30-2 p.m.

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



TUESDAY

Culture and Traditions
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

Nurse Practitioner
Services
10 a.m.-2 p.m.

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
American Association of Retired Persons (AARP) (907) 762-3388
Anchorage Police Department (non-emergency)..... (907) 786-8500
Anchor Rides..... (907) 343-6543
Cook Inlet Housing Authority (907) 793-3000
Division of Public Assistance (800) 478-7778

Division of Senior and Disabilities Services (800) 478-9996
Food Bank of Alaska (907) 272-3663
People Mover (907) 343-4536
Salvation Army Meals on Wheels (907) 349-0613
Southcentral Foundation (907) 729-4955
SCF Elder Program Event Hotline..... (907) 729-6588