

ANCHORAGE NATIVE NEWS

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Fall | 2024



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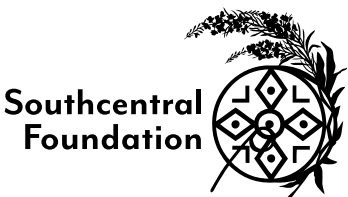
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Prepare for the Unexpected with Advanced Care Planning

By Senior Marketing Specialist Lyla DeTavernier



Customer-owners can start advance care planning conversations and share their wishes with loved ones, friends, and health care teams.

Caring for loved ones often means giving others peace of mind, respecting their wishes, and improving their quality of life. When you have conversations about advance care planning, you are doing all these things and so much more. The following scenario is fictitious but demonstrates how advance care and planning can protect your loved ones’ wishes.

Anna and David Anderson went on their winter cabin trip as they do every year, but this year’s trip ended abruptly. While trail riding, David’s snowmachine hit a tree stump hidden under the snow and he was ejected. After David was evacuated to the hospital, providers determined he had a severe brain injury. He was unconscious and unable to make his own medical decisions. Not knowing when or if David would regain consciousness, Anna found herself in the position of making decisions on his behalf, knowing that he may have limited abilities to interact with others and care for himself.

Luckily, the Andersons were prepared to make these medical choices regarding his care.

Before the accident, Anna and David had conversations about their values and health care wishes. David shared a story about a friend who had a brain injury. He told Anna that if he were ever in a similar situation, he would want to do everything possible to get better, but he would never want to be kept alive on machines if it was determined he may never be able to interact with his loved ones. He also shared that he wanted Anna to be his spokesperson if he was ever unable to speak for himself, since he felt she knew him best.

These conversations led to the completion of a document called an advance health care directive, which is a legally binding document that protects the wishes of your loved ones. It records the medical wishes of advance care planning conversations, protects an individual’s health care rights, and guides families and health care teams when making medical decisions. There are two important parts to an advance health care directive. Part one is choosing a health care agent, also known as a durable power of attorney. Part two is providing instructions for health care, and is known as a living will.

Southcentral Foundation Palliative Medicine Physician Chris Piromalli is a palliative support consultant and an advocate for customer-owners beginning conversations about preparing for the unexpected.

“One of the most important parts of an advance health care directive is picking a health care agent, an individual who you trust and knows you well. This way you can sit down and share your values and medical wishes with this person,” Piromalli shared. “Advance care planning conversations are a gift to the people you love.”

Health care agents do not have to be direct relatives or friends, but they should meet certain criteria. While the Andersons shared their health care wishes during conversation, David discussed his quality of life and addressed situations that would relieve his family from the burden of making difficult decisions on his behalf. He identified Anna as someone who:

- Is well-known to him.
- Understands his medical wishes.
- Is trustworthy to speak as his voice.
- Is easily reachable.
- Is over the age of 18.

While David was in the hospital, Anna was able to reflect on their advance care planning conversations to understand what medical decisions were best for David in this difficult situation.

Advance health care directives support customer-owners in a variety of situations, including wishes regarding CPR, life support, artificial nutrition, and more. Planning can begin as early as age 18.

“I always recommend starting advance care planning conversations early since we never know when an unexpected event may happen. These are lifelong conversations with the people we love,” Piromalli shared. “I recommend reviewing your advance health care directive annually, or when major life events occur to make sure the document accurately reflects your wishes. If you need to make changes, you may complete a new advance health care directive at any time.”

Customer-owners are encouraged to start conversations about their wishes with family members and loved ones.

Those interested in starting advance care planning or completing an advance health care directive can connect with their primary care providers directly or visit www.southcentralfoundation.com/aging-well.

Start Advance Care Planning Conversations

Advance care planning lets your family, friends, and health care team know how you wish to be cared for if you become seriously ill, badly hurt, or unable to make your own decisions.



Scan the QR code or visit southcentralfoundation.com/aging-well to learn more.

Behavioral Health Services Provide Alaska Youth Tools to Navigate Life

By Senior Communication Specialist Erik Judson



Child and Family Outpatient Services provides a comfortable atmosphere for youth to explore and receive support.

For many students, the beginning of a new school year means change. New classrooms, teachers, friends, and activities can be a stressful time for youth. Southcentral Foundation Child and Family Outpatient Services has programs and resources for youth who may be struggling with these challenges.

Two programs offer specialized therapeutic services. The Trails Program provides the opportunity to learn and practice skills that improve relationships with family and peers, while Intensive Home-Based Treatment provides customer-owners who are at risk of out of home placement with positive development and healthy family support within the home setting.

While referrals are the most common way to receive services at CFOS, walk-in clinicians are available every weekday at the CFOS East clinic to determine types of support, and next steps, if needed. Even if a youth is apprehensive or unwilling to attend therapy services, the walk-in clinic offers parents or guardians the opportunity to discuss concerns and work with behavioral health clinicians on a path forward.

“Youth wellness takes place in the context of family wellness,” CFOS Clinical Supervisor Maria Rollins shared. “It’s important to enlist family members as co-therapists, so to speak, because they are really the experts on their children and also their biggest cheerleaders outside the therapy office.”

Rollins encourages families to maintain a relationship of openness and discussion with their youth. Noticing when youth become more isolated, withdrawn, or start to avoid school may reveal early signs of behavioral concerns.

“We have clinicians who provide individual, group, and family psychotherapy services,” Rollins said.

Older youth may have concerns about privacy regarding topics they are not yet comfortable sharing with their parents. Adolescents may wish to discuss depression, anxiety, identity, and fitting in. By providing them with the space to explore concerns, clinicians can support healthy conversations about these topics and provide approaches without leaving family members in the dark.

“The clinician really acts as a diplomat,” Rollins said, “attending to the needs of the youth, but also recognizing and supporting that teen’s relationship with their family is a positive thing. We just need to go about it in a way that honors their trust in us.”

CFOS works collaboratively with customer-owners to develop the best level of support at the time, reviewing treatment plans every three months. There is no timeline for treatment completion for a particular concern, and the team encourages returning to behavioral health support if new stressors come about.

“We really pride ourselves in the support that we provide to youth and families in this community,” Rollins shared.

For more information about behavioral services at Southcentral Foundation, including Child and Family Outpatient Services, visit bit.ly/3t0w0rW or contact your primary care provider.

Domestic Violence Awareness and Action Month

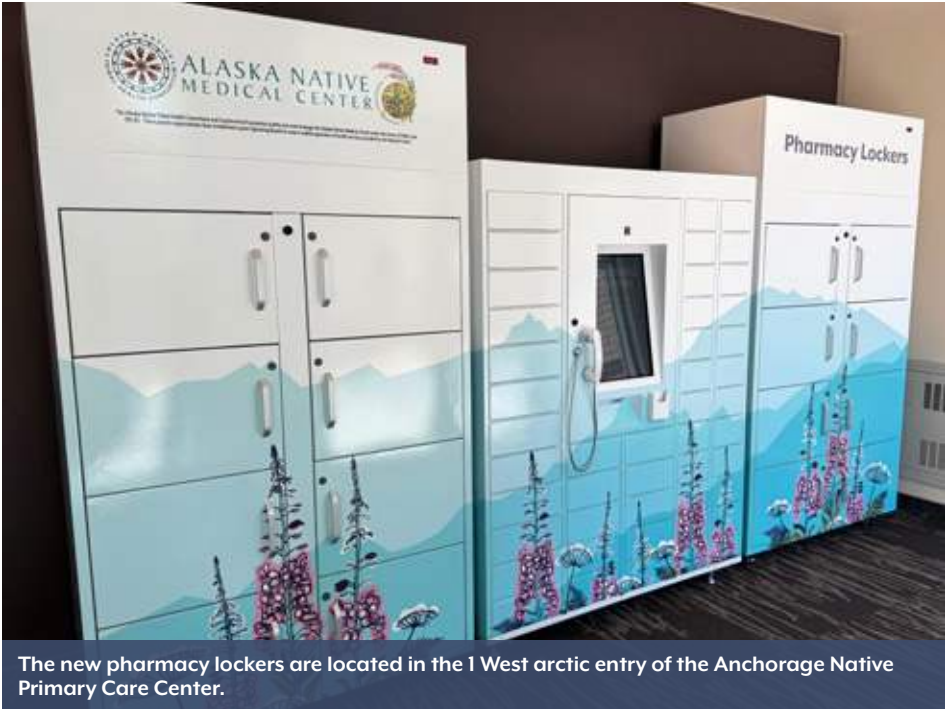
October is Domestic Violence Awareness and Action Month. Take steps to end abuse with Southcentral Foundation by raising awareness on this important topic. SCF’s Family Wellness Warriors will be sharing resources and hosting an observance and walk with local, state, and Tribal leadership. Our culture is our strength. Alaska Native and American Indian values build resiliency, healthy relationships, and help end the cycle of abuse.

For more information, contact SCF Family Wellness Warriors at (907) 729-5440.

If you are experiencing domestic violence and need immediate help, please contact the 24-hour Abused Women’s Aid in Crisis hotline at (907) 272-0100 or contact StrongHeart Native Helpline at 1 (844) 7NATIVE (762-8483).

Southcentral Foundation Introduces Pharmacy Lockers and App to Streamline Prescription Pickup

By Communications Specialist Jesse Holt





The integration of these lockers with Cerner, the electronic health record system, ensures seamless coordination between pharmacy employees and a safe and accurate dispensing process.


Cerner allows real-time tracking of inventory, minimizing the risk of errors and ensuring customer-owners receive the right medications every time. The lockers strictly adhere to state regulations, ensuring no controlled substances are stored within the lockers.


In addition, customer-owners can now request refills via the My MobileRx app, available on the Google Play and App Store. By scanning the QR code located on their prescription bottles, the app will allow users to fill prescriptions online and track prescription fill dates and number of refills remaining. With these improvements, curbside pickup has been discontinued at ANPCC Pharmacy.

See the ad below for more information. To download the My MobileRx app, scan the QR codes below.

 Download on the App Store



 GET IT ON Google Play





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

Phy

(907) 729-2117 or
(877) 320-4321

Pleven

Rur

(877) 365-1104

Pleoeeks



To enjoy the convenience of the pharmacy's new services, ensure your address and phone number are up to date and download the My MobileRx app for online refill requests. If you live where pharmacy mailout services are not available, you may be able to pick up a 30-day supply of medications in-person.

For more information, please scan the QR code.







Infant Feeding Support: Returning to Work

By Southcentral Foundation Corporate Communications



Southcentral Foundation is here to support your infant feeding journey.

August is National Breastfeeding Awareness Month. Breastfeeding is a beautiful way to nourish and bond with your baby, and every journey may look a little different. However, Southcentral Foundation is here to support parents with infant feeding whether that be through breastfeeding, pumping, or formula. Lactation consultants are an excellent resource before and during the infant feeding experience, and for those returning to work, here are some tips that may ease the transition:

- Talk with your employer about your schedule and breaks. Employers are required to provide lactating parents with reasonable break times and a private space.
- Check to see if a lactation station or a quiet place to pump is available.
- Make sure you can store breast milk appropriately by bringing a cooler or a bag to store in the refrigerator.
- Set reminders to pump during the day to keep milk supply up.

SCF supports you in your infant feeding journey and strives to provide resources needed to keep families healthy.

For more information about infant feeding, returning to work, or to schedule an appointment with a lactation consultant, contact your primary care team directly. To view additional resources, visit www.southcentralfoundation.com/services/health-education-and-wellness/motherbabychild/ or scan the QR code.



Know the **BIG 5** and **Thrive**

UTERINE
CERVICAL
VAGINAL
VULVAR
OVARIAN

September Gynecological Cancer Awareness Month

Southcentral Foundation is creating awareness about gynecological cancers: ovarian, cervical, uterine, vaginal, and vulvar.

To learn more about gynecological cancers, talk to your primary care provide or visit

bit.ly/Big5andThrive.

STAY ON TRACK

It is recommended that children and adults follow a vaccination schedule for complete protection. Some immunizations require multiple or regularly spaced doses at various stages of life.

Southcentral Foundation health educators, primary care providers, and pediatricians are available to provide information on how the vaccines work, potential risks, and benefits.

Contact your primary care team for more information.



Join Us

Stop by the following community events to learn more about Southcentral Foundation health and related services.

Aug. 18 **Alaska State Fair**
11 a.m.-9 p.m.
Alaska State Fairgrounds | Palmer

Sept. 7 **Out of Darkness
Community Walk**
10:30 a.m.
West Anchorage High School | Anchorage

How to Smoke Salmon

By Technical Writer Ben Niedbalski

Did you know that Alaska salmon might be the healthiest fish in the world to eat? Rich in vitamins, healthy fats, antioxidants, and protein, salmon fights inflammation and even contains pigments that prevent cellular damage from UV rays!

Smoking salmon is also part of Alaska Native culture, and preparing Indigenous foods maintains a connection with a traditional way of life that works toward a Native Community that works toward SCF's Vision of a Native Community that enjoys physical, mental, emotional and spiritual wellness.

The process of smoking fish is easier than you might think. There are many recipes, techniques, and opinions, but the following basic recipe for hard-smoked salmon will get you started.

First, brine the fish. The salt solution kills bacteria and improves texture and flavor.

For a medium-strength brine, use:

- 1.5 pounds of salt for every gallon of water.
- 1 gallon of brine for every two-to-three pounds of fish.
- A large bowl or camping cooler to soak the fish.

Ensure your fish are completely thawed, clean, and free from blood and slime. To brine more evenly, cut the salmon into one-inch strips. For whole fillets, cut a slit every inch perpendicular to the length of the fillet.

Mix the salt in the water.

Soak the salmon for at least 30 minutes and up to three hours. If it is your first time, soak for a shorter time to ensure the fish is not too salty for your preference. For big fillets or a saltier finished product, soak more than three hours.

Next, rinse your fish and pat dry with paper towels. Place the fish on racks from the smoker. Elevate the racks to improve airflow and use a fan to speed the drying process, especially in humid weather. Wait until the fish

is completely dry. The fish should have a kind of stiff and shiny coating and be a bit tacky.

When the fish is almost dry, heat the smoker and add wood chips of your choice. Alder is an Alaskan favorite, but there are a variety of store-bought types such as apple, mesquite, or hickory. Wood chips will make a thicker smoke, but wood chunks will burn longer.


When the fish is dry, place the racks of fish in the smoker. Slowly raise the temperature over several hours, using a standard meat thermometer to check the internal temperature of the fish. For a smokier flavor, raise the temperature more slowly and leave the fish in longer.

Monitor temperature carefully and check the wood chips periodically to ensure a thick and even smoke. When the temperature stays at 150-160 degrees for 30 minutes, the fish is done.

Hard-smoked salmon is fully cooked and can be eaten immediately. Try it as is, or add to a dip, spread, or even a pasta dish. It can be refrigerated for one-to-two weeks or frozen for long-term storage. Enjoy!



Salmon is rich in vitamins, healthy fats, antioxidants, and protein.




National Day of Remembrance of U.S. INDIAN BOARDING SCHOOLS

MONDAY, SEPT. 30

This day recognizes, honors, and supports the lost children, survivors, and their families, as we walk toward healing from the generational impacts of this time in Alaska Native and American Indian history.

Wear orange on this day to bring attention to this important topic. Join SCF Family Wellness Warriors in connecting with Elders and healing together in story. We heal for those to come.



You are invited to join FWW for Generational Healing learning circle every Tuesday, 1-2 p.m., held virtually on Zoom. For more information, scan the QR code.

Mt. Marathon

Open

In-person Classes



Monday-Frid

4201 Tudore

Southcentral Foundation Physical Therapy, Occupational Therapy, and Exercise is offering open gym and in-person classes for customer-owners ages 18 and older.

Pre-registrouorkout.
Ple (907) 729-6683 for more information.

Physic,,ercise
(907) 729-6683 | southcentralfoundation.com



Scan the QR code or visit/3P tow



Back-to-School Nutrition: Tips to Promote Healthy Lifestyles for Kids, Families

By Southcentral Foundation



Parents and caregivers play a crucial role in guiding children toward healthy food and nutrition choices.

August is National Kids Eat Right Month. This health observance was established by the Academy of Nutrition and Dietetics Foundation to promote healthy lifestyles for kids and families — the perfect time for preparing to get back to school. Parents and caregivers are crucial in guiding children's food and nutrition choices. Being a role model and working together with family members increases the chance of positive changes in food choices. This is a great opportunity to develop new healthy habits the whole family can implement.

Infancy

The most rapid growth and development in the lifespan occurs in infancy. Babies need specific nutrition to grow and develop to their fullest potential by consuming iron-fortified infant formula or breast milk. When babies show signs of readiness for solids, this could be a great food science experiment for the family. For any questions regarding infant feeding or introduction to solids, please contact your primary care team.

Toddlers

During this life-stage food preferences start to occur. Toddlers start to transition from bottle or sippy cup to a regular cup. Most nutrition comes from food, where selective eating can occur. It is recommend fluids mainly come from whole-fat milk (or dairy alternative) and water. Nutrient-dense, bite-sized foods are recommended for this age group. If you have any questions regarding selective eating, please contact your primary care team.

Preschoolers

Parents or caregivers of preschoolers plan meals and snacks so kids can eat from all food groups – dairy/dairy alternatives, meat/meat alternatives, fruits, vegetables, and grains. During this life-stage, kids can become more independent and develop food preferences. Selective eating may still be present. Try to avoid offering separate or special meals when possible.

Grade School

During grade school, independence and food preferences continue to develop. This is a great opportunity to start getting children into food preparation. Developing weekly family menus, grocery shopping, and age-appropriate kitchen tasks allow children to see their meals and snacks from start to finish.

Teenagers

Nutrient inadequacies are common during this life-stage. Calcium, iron, vitamin D, and potassium are the most missed nutrients in teens. Teenage years is the second fastest growth rate during our lifetime. Keep nutritious options available in the household and discuss the importance of breakfast and hydration. For student-athletes, nutrition and hydration are especially important. This can also be an excellent opportunity to teach teens basic cooking skills.

Working with a registered dietitian during any of these life stages can guide families to make long-term changes that reduce a child's risk for chronic diseases such as diabetes or high blood pressure. Registered dietitians also help with managing and improving these chronic conditions. Contact your primary care team to meet with your registered dietitian.



Many Southcentral Foundation programs will be closed

Monday, Sept. 2

in observance of Labor Day.

Services will resume Sept. 3.

For questions, connect with your provider or care team to confirm program closures and hours.



Back-to-School



OPTOMETRY
SALE

July 1-Oct. 1

For ages 26 years and under

- Single Vision Lenses | \$100 without coatings
- Single Vision Lenses | \$150 with Blue light guard and Anti-Reflective OR Transition and Anti-Reflective lenses coatings.
- Single Vision Polycarbonate Only | 20% off all frames (Unless you have insurance with a frame discount, you must only use that discount.



Must be purchased as a package (lenses and frames).

Check, credit cards, and flex spending cards will be accepted. Private insurance is not accepted, unless a frame discount applies.

Aging Well Includes Healthy Eyes

By Technical Writer Ben Niedbalski



Eye health is important to keep your vision at its best through all phases of life.

Aging can bring challenges, but caring for your eye health should not be one of them. Clear vision allows for many good things in life, including watching grandchildren at play, enjoying a favorite television show, or even renewing your driver’s license to maintain your independence. It is a critical part of whole-person wellness.

Eye health is important in all phases of life, but there are more considerations as we age. Ask yourself the following questions:

- When was my last eye exam?
- Is reading or seeing the television becoming more difficult?
- Have I noticed any vision changes? Are things blurry or hazy?
- Do I have any eye pain or irritation?
- Do I have double vision or sudden changes in vision?

Keep in mind that conditions such as diabetes or high blood pressure can also affect vision.

How do I keep my eyes healthy?

- Have regular eye exams.
- Give your eyes a rest. Every 20 minutes, look 20 feet away for 20 seconds, especially if the screen is close.
- Wear UV protected sunglasses or safety glasses when needed.
- Eat a healthy diet rich in traditional foods.
- Monitor and maintain your blood sugar, blood pressure, and cholesterol at healthy levels.

As we age, our view of the world changes, and so does our eyesight. Taking a few steps for eye health will allow a clearer view of the good things in life — like grandchildren!

To discover more about eye health, call your primary care provider or Southcentral Foundation Optometry in Anchorage at (907) 729-8500 or Benteh Nuutah Valley Native Primary Care Center in Wasilla at (907) 631-7800.



For more information, visit:
southcentralfoundation.com/aging-well
or scan the QR code.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Behavioral Health Consultant 10 a.m.-noon	Culture and Traditions 10 a.m.-2 p.m.	Family Heath Resources 10 a.m.-noon	Yupik Drum Group 9-11 a.m.	Nurse Practitioner Services 10 a.m.-2 p.m.
Traditional Healing Drum Group with Gilbert “Buz” Daney 10 a.m.-noon		Behavioral Health Consultant 10 a.m.-noon	Health Education and Exercise** Noon-2 p.m.	Elder Jam Noon-2 p.m.
Shopping * 12:30-2 p.m.		Bingo Noon-2 p.m.	**Please call SCF Health Education at (907) 729-2689 for more information.	
*Please call the Elder Program at (907) 729-6500 for transportation. Space is limited.				

SCF Elder Program | 6901 East Tudor Road, Suite 8, Anchorage, AK 99507 | (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