

Anchorage Native News

August 2025

Yeshjesh T'uh: A Safe Place for Healing and Hope

By Senior Marketing Specialist Emma Irish



Construction is underway at Southcentral Foundation's new behavioral health facility on the corner of Tudor and Elmore Roads.

Southcentral Foundation is committed to supporting community-wide physical, mental, and emotional wellness with the development of Yeshjesh T'uh, a facility that brings hope to people most in need of culturally sensitive, compassionate care. SCF, led by the voice of Alaska Native people, is ready to stand with customer-owners during difficult times including when community members struggle with depression, risk of suicide, addiction, and harms from trauma. SCF understands the importance of accessible mental health support. This building will help reduce wait times and ensure that services reflect and respect the unique values and experiences of Alaska Native peoples.

To address critical gaps in care, SCF is building a new facility designed to meet the community's most immediate behavioral health needs. This state-of-the-art center will provide compassionate, trauma informed and culturally sensitive services for individuals in crisis and individuals seeking recovery.

The new facility is named Yeshjesh T'uh, which means *I am safe place* in Dena'ina Athabascan. Scheduled to open in 2026, it will span 100,000 square feet and sit prominently at the intersection of Tudor and Elmore Roads in Anchorage. More than just a building, Yeshjesh T'uh is a commitment to healing. The building and programs housed within are designed to serve as a welcoming environment where people can feel safe, supported, and encouraged to take the next steps toward wellness.

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Architectural rendering of completed Yeshjesh T'uh building.

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Supporting Infant Feeding Through Connection and Care

By Marketing Specialist Stephanie Smith

August is National Breastfeeding and Infant Feeding Awareness Month, a time to highlight the importance of early nourishment and the care that supports families as they build a strong start during a baby’s first months of life.

Breastfeeding is a learning experience shared by both parent and baby. While breastfeeding is a natural process, it does not always come naturally. With time, encouragement, and the right support, families can develop a rhythm that works for them. Southcentral Foundation lactation consultants guide families through each stage of the journey, offering support with latching, positioning, and milk supply. Lactation consultants also help create personalized feeding plans that align with the family’s evolving goals.

Breast milk is the ideal first food, uniquely designed to meet a baby’s changing nutritional demands. Breast milk contains the right balance of nutrients, antibodies, and enzymes, and it can shift throughout the day and even during a single feeding to support immune health and development. Whether provided for a short time or many months, any amount of breast milk contributes meaningful health benefits for baby. Lactation consultants support all feeding journeys, including exclusive breastfeeding, combination feeding, and gradual weaning.

Support makes a difference. Lactation consultants begin working with families in labor and delivery and continue care through follow-up appointments in primary care. They are part of an integrated care team that works closely with midwives and primary care providers at the Anchorage Native Primary Care Center and Benteh Nuutah Valley Native Primary Care Center to support families.

Returning to work after having a baby can be a significant transition, especially for families that wish to continue breastfeeding. Lactation consultants help ease this adjustment by offering guidance on pumping schedules, milk storage, and how to maintain a milk supply while away from baby.

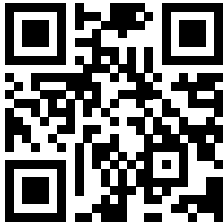
Families benefit most when support starts early. Education before birth, skin-to-skin contact immediately after delivery, and early latch assistance contribute to long-term feeding success. Lactation consultants offer care that is consistent, compassionate, and personalized helping families feel informed and confident as they navigate each stage of infant feeding.

Feeding is more than nutrition, it is connection, comfort, and care.



From first latch to returning to work, Southcentral Foundation lactation consultants provide breastfeeding support to help families navigate each stage of the feeding journey.

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, scan the QR code or visit <https://bit.ly/45AtrkK>.



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Key features of Yeshjesh T’uh will include:

- Adult Crisis Stabilization Center (16 chairs): A short-term clinical service, providing 24/7 same day walk-in access and first responder drop offs for individuals experiencing a mental health or substance use crisis. The focus of this program is immediate assessment, stabilization, medication management, case management and plans developed for discharge to a higher or lower level of care. This 23-hour facility will offer immediate support in a calm, home-like setting. Its goal is to prevent unnecessary emergency room visits and provide a bridge to ongoing care.
- Expanded Withdrawal Management (30 beds): The SCF Detox program will relocate to Yeshjesh T’uh, increasing its capacity and enhancing services with 24-hour medical supervision and medication-assisted treatment to support people withdrawing from substances safely. Services are offered to all members of the community, statewide.
- Outpatient Behavioral Health Services: Provides specialty mental health services for customer-owners who need medication management, increased community case management, and same-day access to additional support. This service ensures continuity of care for individuals transitioning from crisis services and aims to support long-term wellness and recovery.
- Adult Crisis Residential Program: Individuals who need more support to stabilize can transition to this 16-bed residential program for further observation, assessment, and treatment. This program builds upon the work started in crisis stabilization and care teams refine the treatment plan to support individuals transitioning back to the community as quickly as possible. Access to this program will be through the crisis stabilization center or through referrals from other Tribal Health Organizations.

The development of this facility aligns with the national Crisis Now model, which emphasizes a coordinated response to behavioral health emergencies. This includes offering 24/7 access to care, ensuring people in crisis receive help quickly in the least restrictive setting possible, and engaging in peer support to foster hope and connection.

“Implementation of a behavioral health crisis system of care means people experiencing a right now behavioral health crisis get the right care, in the right setting, when they need it,” Michelle Baker, SCF executive vice president for Behavioral Services said. “Each program within this building will work together seamlessly, to ensure individuals receive the right level of care at the right time while supporting the broader behavioral health and substance use continuum.”

Yeshjesh T’uh represents a major step forward in building a more compassionate and responsive behavioral health system in Alaska. By investing in places of healing like this one, our community moves closer to a future where no one has to face a mental health or substance use crisis alone — and where every individual will have the opportunity to feel safe and supported.



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Southcentral Foundation

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Navigating Paths to Wellness Through Conversation

By Southcentral Foundation Corporate Communications



Connect with your primary care team or download the Docket app to ensure your immunizations are up to date.

Every family has their own story, values, and vision for what their journeys to wellness looks like. Southcentral Foundation’s relationship-based Nuka System of Care creates an environment for families to share their beliefs and discuss concerns about decisions that affect their health. When it comes to recommended immunization schedules, families can rest assured knowing their primary care team is available to help navigate the best path to wellness, and immunizations are a great starting point.

Preventable illnesses that were once declared eliminated because of immunizations have been on the rise. There is no better time than now to protect yourself and your family by ensuring your immunizations are up to date.

“Of all the interventions that medicine has ever made, vaccines have been the ones that have saved the most lives. It’s had the greatest impact,” SCF Pediatrician Jonathan Hedges shared.

Although immunization rates across Alaska in the past few years have been low, most immunization rates are on an upward trend since their lowest point in 2021, according to the Alaska Department of Health Vaccine Coverage Report. However, there is still work to be done.

To discuss how you can protect you and your family, start by connecting with your primary care team. Attending recommended appointments ensures you and your family have the opportunity to ask questions or share concerns you may have about immunizations. Getting health care information directly from your primary care team is a great way to ensure you receive accurate medical information. Your team offers a safe space for you to share your beliefs, thoughts, or reservations.

“I appreciate when families bring up their concerns with me regarding vaccines.” Hedges said. “I find that it often opens the door for a conversation for shared decision making as the parents and I work toward our common goal — the health and well-being of their child.”

Alaskans are also encouraged to check their records through their primary care team or through Docket, a confidential resource provided by the State of Alaska. Adults, parents, or guardians can use Docket to review immunization records, print official documents, and determine immunization needs. To get started, or for more information on Docket, visit the Alaska Department of Health website.

Immunizations are safe and effective. When most people are immunized, communities and those most vulnerable to severe disease are safer from life-threatening complications.

To learn more or to schedule an appointment, connect with your primary care team directly, request an appointment through MyHealth, or visit southcentralfoundation.com to find the clinic nearest you.


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.**

Recovery Journeys with Detox and Primary Care

By Marketing Specialist Levi Oyster



If you are ready to start your recovery journey, SCF Detox can support you on the path that works best for you.

Southcentral Foundation offers a compassionate, integrated approach to supporting individuals on their recovery journeys. Whether someone is seeking withdrawal management through SCF Detox or access to medications for addiction treatment through primary care in Anchorage and the Matanuska-

Susitna Borough, SCF provides multiple pathways to care. Recognizing that reaching out for help can be challenging, SCF is committed to making services accessible and welcoming.

The SCF Detox program supports all Alaska residents ages 18 and older, who are ready to take the first step toward recovery. In a safe and comfortable shared space, participants receive 24-hour medical care, connect with caring employees to plan their next steps, and have access to behavioral health counselors. Educational sessions are also available for individuals who want to learn more about recovery and wellness.

“SCF Detox assists with managed withdrawal, or detox, from alcohol and substances in a safe environment over multiple days, using oral medications to stabilize symptoms of withdrawal,” Dr. Dan Hartman, medical director of Specialty Services said.

SCF Detox supports individuals on their recovery journeys with medications for addiction treatment to make the process safer and more comfortable. For those working to overcome opioid use, administering Suboxone can ease cravings and reduce withdrawal symptoms. For people with alcohol use disorder, naltrexone is available to help reduce the urge to drink by lessening the rewarding effects of alcohol or other substances. These tools can be an important part of a personalized recovery plan.

“SCF Detox meets people where they are at, and provides safe, whole-person care for people in their first step into recovery. Our hope is to alleviate the demand for emergency room services for detoxification by providing a quiet, safe, and friendly environment,” Hartman said.

Participants at SCF Detox have semi-private rooms, offering a comfortable space to relax. There is a welcoming dining area where individuals enjoy meals with others if they would like. There are also lounge spaces available for fun activities, which people can join at any time.

“My experience here has changed my mindset toward sobriety. When I first got here, I was freezing cold and had been outside in -12 degrees for hours. I finally hit rock bottom and almost gave up,” one SCF Detox participant shared. “Once my intake was completed and I spoke with the provider, I felt so relieved. All the certified medical assistants were so gentle and kind, waking me up to get my vitals. All the nurses made sure I was comfortable with the meds I was taking. At any time, I was able to ask a question with a resolution from them. I felt safe and comfortable for the first time in a long time.”

Everyone’s path to recovery is unique, sometimes it can take a few tries to find what works best. Multiple avenues are available at SCF to support a healthier community. To meet people where they are at, individuals can go to primary care in Anchorage and the Matanuska-Susitna Borough to receive Suboxone for opioid use disorder and naltrexone for alcohol just as they would to seek any other treatment for their health. These efforts treat the whole person, without stigma, and reduce the need for emergency services. Individuals can acquire medications for addiction treatment without having to go to detox, or afterward as a continuation of care. If you are ready to start your recovery journey, SCF can support you on the path that works best for you.

Southcentral Foundation Detox is a self-referral service, to inquire about admission, call 907-729-6690. For more information about the facility expansion, see article Yeshjesh T’uh on page 2 in this edition of the Anchorage Native News.



Many Southcentral Foundation programs will be closed

Monday, Sept. 1

in observance of Labor Day.


Services will resume Sept. 2.

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




INDIGENOUS PEOPLES’ DAY

Oct. 13



Many Southcentral Foundation programs will be closed Monday, Oct. 13 in observance of Indigenous Peoples’ Day. Services will resume Oct. 14.



NATIONAL DAY OF REMEMBRANCE OF U.S. INDIAN BOARDING SCHOOLS

TUESDAY, SEPT. 30

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This day recognizes, honors, and supports the lost children, survivors, and their families, as we walk toward healing.

Wear orange on Sept. 30 to acknowledge the lived experiences of the children and families who endured any trauma or grief associated with Indian boarding schools.

Ten Minutes Can Save a Life

By Senior Marketing Specialist George Meyer

September is Suicide Awareness and Prevention Month. Support programs and resources are available at Southcentral Foundation for people struggling with thoughts of self-harm and for the families that love them.

Watching a loved one wrestle with these thoughts can leave family members with many questions and deep-seated concerns. Supporting and protecting loved ones with thoughts of self-harm is of major importance for family members. Encouraging loved-ones to seek medical help, including therapy or considering medications, are powerful ways to help them begin the healing process. However, proactively making your home safer through simple steps can have a huge impact any result in positive outcomes.

Suicide is one of the leading causes of preventable death in Alaska and the second leading cause of death nationally for Alaska Native and American Indian people ages 10-34. The reasons are varied, but as of 2018, these people groups were 50% more likely to experience feelings of everything being an effort, all or most of the time, than other ethnic groups. For many, these times can vary in length and intensity; not necessarily leading to thoughts of harming oneself. But, for those who are suffering from hopelessness and depression, those thoughts can be pervasive and challenging to deal with.

Research shows making it harder for someone to find a loaded gun, pills, alcohol, or car keys can save a life. Even a delay of 10 minutes can make the difference and result in a positive outcome, giving someone who is dealing with thoughts of self-harm more time to get support.

"Suicidal crises are often brief and can lead to impulsive, unplanned attempts," SCF Crisis Stabilization Clinical Supervisor Annie Cullings shared. "Means restriction, to include removing or securely storing items someone could harm themselves with, creates time when there is an impulse to act on suicidal thoughts with thoughts of self-harm. The greater the delay, the more likely it is the suicidal crisis will pass."

The following are some preventative steps you can take to make your home safer for someone struggling with thoughts of suicide. It is not an exhaustive list; however, it is a great place to start.

1 Display resources

Getting support is a sign of strength. The 988 Suicide and Crisis Lifeline offers someone to listen and support finding counseling or other care.

2 Open doors

Keep doors open or unlocked when you are worried about someone.

3 Use gun locks, cable locks, and gun safes

Make it safer for those who are having a hard time and might act without thinking.



4 Look for hazards

Look for rope or other hazards in the room. Consider installing a collapsible closet rod.

5 Take keys away

Do not let anyone who is under the influence of alcohol and/or drugs operate any vehicles – cars, trucks, ATVs, or boats.

6 Lock and remove medications

Restrict access to medications to make sure they are only used as prescribed.

7 Secure ammunition

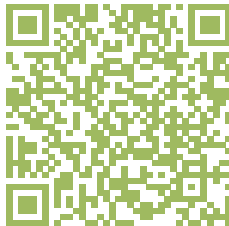
Use ammo boxes to store ammunition separately from guns to ensure it is only used for hunting and protection.

If you are worried about a person's immediate safety, do not leave them alone. Call 911, your health clinic, or go to an emergency room.

If you or someone you know is experiencing thoughts of suicide or struggling with emotional distress, call or text 988, the Suicide and Crisis Lifeline.

For more information

about behavioral health resources at SCF, connect with your primary care provider or scan the QR code.



An illustration of two people, a woman with dark hair and a man with a beard, both looking down. A large blue ribbon is draped around them. The background is a light blue circle with floral patterns.

Shine a Light on Suicide Prevention

Together, we can illuminate the path to healing and suicide prevention.

A square QR code with a black and white pixelated pattern.

Scan the QR code for resources available at Southcentral Foundation.

988

SUICIDE & CRISIS LIFELINE

Screening for HPV: Protecting Health Through Early Detection

By Marketing Specialist Shamika Andrew



Early detection saves lives. Get screened for HPV per your provider's recommended schedule.

Did you know that the human papillomavirus vaccine can save lives? HPV is one of the most common sexually transmitted infections in the world, with millions of new cases occurring each year. While many people with HPV never develop symptoms and clear the virus on their own, some strains of HPV can lead to serious health issues, including cervical cancer, anal cancer, and cancers of the throat, penis, vulva, and vagina. The good news? These conditions are often preventable through routine screening and vaccination.

HPV is a group of more than 200 related viruses, and at least 14 of them are considered high-risk for causing cancer. Most sexually active individuals will contract HPV at some point in their lives, typically without realizing it. While the body usually clears the infection within two years, persistent infection with high-risk HPV types can lead to abnormal cell changes and eventually cancer.

Cervical cancer is the most well-known and preventable cancer linked to HPV. According to the World Health Organization, nearly all cases of cervical cancer are caused by HPV, and early detection through screening has been shown to dramatically reduce incidence and mortality.

The Role of Screening

Routine screening plays a critical role in identifying HPV infections and abnormal cell changes before they become cancerous. The most common screening tools include:

- Pap Test (Pap Smear): Detects abnormal changes in cervical cells that could indicate precancer or cancer.
- HPV Test: Identifies the presence of high-risk HPV strains in cervical cells.

For individuals with a cervix, current guidelines generally recommend screening begin at age 21, with Pap tests every three years. Many health care providers recommend co-testing with a Pap test from age 21 to 24 and an HPV test from ages 25 to 65 every five years or continuing with just the Pap test every three years, depending on the person's health history and provider guidance.

Why Early Detection Matters

The benefits of early detection through screening are numerous:

- Preventing Cancer: Detecting and treating abnormal cells early prevents them from developing into cancer.
- Reducing Mortality: Cervical cancer survival rates are significantly higher when caught early.
- Peace of Mind: Regular screening empowers individuals to take control of their health and make informed decisions.

Who Should Get Screened?

- Anyone with a cervix, especially between the ages of 21 to 65.
- Individuals at higher risk, including those with weakened immune systems or a history of abnormal Pap results, may need more frequent screening.
- Transgender men and nonbinary individuals who retain a cervix should also be included in screening efforts.

Breaking the Stigma

Unfortunately, stigma and misinformation often prevent people from seeking screening. HPV is a common virus, and having it is not a reflection of behavior or character. Talking about HPV and HPV vaccines with your family, provider, or a trusted friend can help break the stigma surrounding the virus.

Pairing Screening with Vaccination

The HPV vaccine, recommended for individuals starting at ages 9 to 12 and up to age 45 in some cases, is another powerful tool in preventing HPV-related cancers. Together, vaccination and screening form a strong defense against HPV and its potential consequences.

HPV screening is more than a routine medical check — it is a life-saving tool that offers one of the most effective ways to prevent cervical and other cancers. By promoting regular screening, reducing stigma, and increasing access to care, we can help ensure more people stay healthy and protected throughout their lives.

If you are due for a screening or unsure of your screening schedule, talk to your provider today. Early detection saves lives.

To schedule an appointment for a screening or for more information, contact your integrated care team.

Nurses Honored with Celebrating Nurses Awards

By Southcentral Foundation Corporate Communications



The Celebrating Nurses event is held annually during National Nurses Week to honor and recognize the invaluable contributions of registered nurses and nurse practitioners. Twenty honorees are selected each year from across the state.

Southcentral Foundation Clinical Specialist Registered Nurses Kelly Jensen and Kindra Ashe were honored at a special ceremony celebrating their positive impact on the lives of Alaskans every day.

Jensen supports Inpatient Pediatrics and Specialty Pediatrics, which include multiple subspecialties. She is a role model, an innovator, and a dedicated caregiver who consistently exemplifies the highest standards of the nursing profession. Her committee work and mentorship of other nurses foster a culture of learning and collaboration. Her leadership in statewide care coordination and the expansion of specialty pediatric services has significantly improved access to

high-quality care for children and families across the state. She uses her clinical expertise to create and refine workflows that improve care for children with special medical needs.

Ashe contributes to the entire Anchorage Native Primary Care Center with clinical best practices, quality and process improvements, and team optimization. She plays an active role supporting the certified medical assistants within Primary Care. She also manages a team of lactation consultant RNs who provide direct care to families across the entire Alaska Native Medical Center, in both inpatient and outpatient services. Her curiosity, clinical expertise, and passion to provide children and their families with the highest level of care and make her an invaluable asset to SCF.



Easy Ways to Enjoy Whole Grains

By Southcentral Foundation Corporate Communications

“The biggest benefit of eating whole grains is the fiber content,” Southcentral Foundation Dietitian Raina Pasiewicz said. “Fiber is best known for helping with digestion and supporting gut health, but it also can help lower cholesterol and promote steady blood sugar, making it a great option for people with diabetes. Whole grains also digest slower than refined grains, which prevents a spike in blood sugar and keeps you feeling satisfied for longer.”

Achieve great health benefits by easily incorporating whole grains into your meals by substituting a few items on your plate, making small adjustments to your recipes, or exploring new foods.

Consuming foods that are or have whole grains:

- May reduce the risk of developing heart disease.
- Supports healthy digestion — all whole grains have fiber.
- May help with weight management.

A grain is a small, hard, dry fruit, harvested for human or animal consumption. Grain-producing plants like wheat, rice, corn, and barley are all used to produce foods like bread, pasta, breakfast cereal, oatmeal, and rice.

Eating grain products with folate before and during pregnancy may prevent neural tube defects — birth defects of the brain, spine, or spinal cord. Folate is vitamin B9, which is important for overall health and growth. It promotes red blood cell formation, cell division, and DNA synthesis. Many whole grains are also fortified with iron which is a common nutrient deficiency.

"If you have a gluten allergy or intolerance, gluten-free whole grains include brown rice, quinoa, corn, amaranth, teff, millet sorghum, and oats," Pasiewicz shared.

To identify whole grains on nutrition labels, review ingredient lists and aim for products with whole grain as their first or second ingredient. Choose foods that include the word whole or whole grain in their ingredients, like whole-wheat flour. Do not be fooled by the color of the product; just because bread is brown does not mean it contains whole grains.



Healthy food options – whole-wheat pasta, legumes, nuts, seeds, cereals, and grains.

If you want to ease your way into adding whole grains to your meals, you can try a gradual approach by making these changes to your usual recipes:

- Substitute half the white flour with whole-wheat flour in your regular recipes for cookies, muffins, quick breads, and pancakes.
- Replace one-third of the flour in a recipe with quick oats or old-fashioned oats.
- Add half a cup of cooked bulgur, wild rice, or barley to bread stuffing.
- Add half a cup of cooked wheat or rye berries, wild rice, brown rice, sorghum or barley to your favorite canned or homemade soup.
- Use whole corn meal for corn cakes, corn breads, and corn muffins.
- Add three-quarters of a cup of uncooked oats (like oatmeal) for each pound of ground beef or turkey when you make meatballs, burgers, or meatloaf.
- Stir a handful of rolled oats in your yogurt, for quick crunch with no cooking necessary.
- Swap whole grain pasta instead of the regular pasta.


“I like to substitute whole grains for refined grains in pasta, rice, and bread. You can make easy swaps for everyday meals without sacrificing taste or convenience,” SCF Health Educator Chenelle Mann said.

You may also incorporate whole grains into your meal options by trying new foods. If you normally use rice as a staple in your meals, try making risottos, pilafs, and other rice-like dishes with whole grains such as barley, brown rice, bulgur, millet, quinoa, or sorghum. If you normally eat sourdough, white, or wheat breads, you can try whole-grain bread. Look for the word whole on the packaging (kids especially like whole-grain pita bread).

Updating your breakfast menu is another way to try whole grains. Look for cereals made with grains like kamut, kasha (buckwheat), or spelt. If you eat oatmeal, swap instant oatmeal with rolled or steel-cut oats for more fiber and start your day in a healthy way.

To learn more about how you can adjust your meals to include whole grains, connect with your integrated care team and ask about scheduling an appointment with a registered dietitian. Whatever phase of life you are in, a dietitian can support your personal nutrition and lifestyle goals. Dietitians at Southcentral Foundation hold a variety of credentials specializing in nutrition for all ages.

Salmon Teriyaki Bowls



Ingredients:

- 4 salmon filets, with skin
- Pepper to taste
- 1 pinch of garlic powder
- 1 teaspoon vegetable oil
- 2-3 cups brown rice
- Sesame seeds
- Roasted seaweed sheets

For the Sauce:

- 1 slice ginger, smashed
- 1/3 cup low sodium soy sauce
- 1/4 cup mirin
- 1/4 cup rice vinegar
- 3 tablespoons honey
- 1 teaspoon cornstarch, mixed into a slurry with 1 teaspoon water

Directions:

1. Start by combining the ingredients for the sauce (except the cornstarch slurry) in a small saucepan and set aside. Next, prepare your salmon. Rinse and pat the salmon dry. Rub with pepper and garlic powder. Start rice and cook according to package directions.
2. Preheat oven to 400°F. Take the saucepan you prepared earlier and bring the sauce to a simmer. Stir in the cornstarch slurry and continue to simmer for 5 minutes, or until the sauce is thick enough to coat a spoon. Remove from heat.
3. Add oil to skillet over medium heat. Place the salmon in the pan skin side down, and brush with small amount of teriyaki sauce (be careful to not let it drip). Sear the salmon for 3 minutes.
4. Brush a bit more teriyaki sauce onto the salmon and transfer to a foil lined baking sheet or leave in skillet if cast iron. After 3 minutes, brush more sauce on salmon and again after an additional 3 minutes.
5. After the final 2 minutes of baking, remove the salmon from the oven (the salmon will have been in the oven for a total of 8 minutes).
6. Serve salmon over cooked rice and drizzle with more teriyaki sauce. Sprinkle with sesame seeds and roasted seaweed. Enjoy!



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Preventing Falls: Staying Strong, Safe, and Independent

By Marketing Coordinator Gwen DeGross

Supporting the health and safety of Elders is a priority and is something that Southcentral Foundation takes seriously. While falls are a leading cause of injury for Elders, they are not an inevitable part of aging. Preventing falls is vital to maintaining independence and quality of life and SCF offers a wide range of resources to assist Elders stay active and safe.

Who is at Risk?

Elders are more likely to fall due to factors such as decreased muscle strength, loss of sensation in limbs, joint and muscle pain, dizziness or loss of balance, vision problems, and the use of multiple prescription medications daily. You may be at risk if you have fallen in the past month, limited or stopped activity for fear of falling, had a difficult time completing usual tasks, or get dizzy when getting out of bed or standing up.

Steps You Can Take Today to Prevent Falls:

Fall prevention is important to improve safety and avoid injury. By working with your integrated care team, you can learn steps and make changes to stay strong, improve balance, and support independence.

“Exercises that customer-owners might want to try at home include sit-to-stand, wall or chair squats, and unilateral heel raises at the kitchen counter,” Dr. Fredrick Lief, SCF integrated physical therapist said. “Group classes in Tai Chi, yoga, and balance training, have shown excellent results in decreasing the risk of falls as we age. Research supports the notion that it is never too late to try and improve one’s balance.”

Stay Active and Hydrated

Regular physical activity supports improved strength and balance. Remember to drink water before and after activities to prevent dizziness and fatigue.

Prioritize Vision and Hearing Care

Schedule appointments with SCF Optometry for vision tests and SCF Audiology for hearing tests. Corrective lenses or hearing aids can significantly reduce your fall risk.



Schedule an appointment with your primary care provider to assess your fall risk.

Make Your Home Safer

Identify and remove hazards, improve lighting, use non-slip rugs, and install grab bars and handrails where needed.

Talk to Your Primary Care Team

Discuss your fall risk with your primary care provider. They can review your chart and connect you to integrated pharmacists for medication reviews, a home visit team for a home safety evaluation and recommendations, and Rehabilitation Therapies and Exercise for strength training.

Fall prevention is more than just safety — it is about staying self-sufficient. Stay strong, stay mobile, and stay independent with support from SCF’s Aging Well services.

For more information and access to educational materials on fall prevention and other topics like this, scan the QR code or visit www.southcentralfoundation.com/aging-well.



SCF Elder Activity Schedule

MONDAY	Behavioral Health Consultant 10 a.m.-noon	Traditional Healing Drum Group with Gilbert “Buz” Daney 10:30-11:30 a.m.	Shopping * 12:30-2 p.m.
TUESDAY	Culture and Traditions 10 a.m.-2 p.m.		
WEDNESDAY	Family Heath Resources 10 a.m.-noon	Behavioral Health Consultant 10 a.m.-noon	Bingo Noon-2 p.m.
THURSDAY	Health Education and Exercise ** Noon-2 p.m.	Teatime with Elders 12:30- 1:30 p.m.	
FRIDAY	Nurse Practitioner Services 10 a.m.-2 p.m.		Elder Jam Noon-2 p.m.

•Please call the Elder Program at 907-729-6500 for transportation. Space is limited.
••Please call SCF Health Education at 907-729-2689 for more information.

SCF Elder Program | 6901 East Tudor Road, Suite 8, Anchorage, AK 99507 | 907-729-6500

Important Phone Numbers

Alaska Native Medical Center907-563-2662	Division of Senior and Disabilities Services.....800-478-9996
AARP907-762-3388	Food Bank of Alaska..... 907-272-3663
Anchorage Police Department (non-emergency) 907-786-8500	People Mover 907-343-4536
Anchor Rides..... 907-343-6543	Salvation Army Meals on Wheels 907-349-0613
Cook Inlet Housing Authority..... 907-793-3000	Southcentral Foundation907-729-4955
Division of Public Assistance800-478-7778	SCF Elder Program Event Hotline 907-729-6588