

Anchorage Native News

October 2025

Southcentral Foundation's New Dena'ina Athabascan Building Names

Dekenagh Heritage Plaza

Deh'i Nutiha

Deh'i Ts'etqi

Deshk'dilgush

Eseni Qenq'a

Gguya Ada

Kisht'a Car T'uh

K'kuyaqa Niltu

K'qan Qenq'a

Luq'u Nakenu

Nateya

Nildela Qenq'a

Nildghuligi

Nil Nuch'udex

Nu ch'ghednu

Nuqali

Qenq'a Yet Dnesh

Qeyeghu Nughedeti

Quyana Qenq'a

Sheshq'a

Shesh T'qelani

Yagheli Car T'uh

Yagheli Shesh Qenq'a
Anchorage Native
Primary Care Center

Yeshjesh T'uh

Scan the QR Code for a complete list of
building names and pronunciation.



Embracing Culture and Language to Honor the Past and the Future

By Southcentral Foundation Corporate Communications

Dena'inaq Etnena Ch'tiyux.

We are walking on Dena'ina Land.

To honor the language and culture of the Dena'ina Athabascan people, Southcentral Foundation named buildings in Anchorage in the Dena'ina Athabascan language. By incorporating Indigenous language in more of the places we live and work, we acknowledge the Dena'ina people, the original caretakers of this land who called this place home for thousands of years.

"Today, about half the entire state's population lives within the traditional homeland of the Dena'ina," Aaron Leggett, president of the Native Village of Eklutna said.

"When I was growing up in Anchorage, people didn't know about Dena'ina," Leggett shared. "Alaska Natives, even Athabascans, didn't know much about our people who still live in this now urban place. I have called us invisible many times, but we are working to change that."

When asked how SCF could better embrace culture in day-to-day operations, employees overwhelmingly shared a desire to incorporate language into the places where they work. With support from the Alaska Native Heritage Center Dene Cultural Advisory Committee, SCF explored how to do this in a thoughtful, respectful way. In preparation for the naming ceremonies, cultural specialists from the Traditional Healing Clinic blessed each building with song and prayer.

Embracing culture by reclaiming language supports whole-person wellness, a value SCF strives to honor throughout the Nuka System of Care.

"We know that connection to culture, to language, to land, is at the root of wellness for people, families, and communities," SCF President and CEO April Kyle shared.

By embracing the culture of the land we call home, customer-owners can see themselves reflected where they receive health and related services. Future generations will see their culture and heritage reflected when entering SCF locations in Anchorage.

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Following the naming of Yagheli Shesh Qenq'a Anchorage Native Primary Care Center, Steven Holley leads the Ida'ina K'eljeshna dancers in a procession to the next naming ceremony. Southcentral Foundation employees and Tribal leaders joined together for two days of ceremonies to name SCF buildings in Anchorage in the Dena'ina Athabascan language.

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

4501 Diplomacy Drive
Anchorage, Alaska 99508





Southcentral Foundation Buildings and Their New Dena'ina Athabascan Names



Yagheli Shesh Qeq'a Anchorage Native Primary Care Center Good Medicine House



Alaska Native people say something is good medicine when it makes you feel well. Laughter is good medicine, being in healthy loving relationships is good medicine, being connected to culture and the earth is good medicine, being mentally, emotionally, spiritually, and physically in balance is good medicine. In Dena'ina Athabascan, yagheli means good, shesh means breath and/or wellness, and qeq'a means house. Inside Yagheli Shesh Qeq'a Anchorage Native Primary Care Center, we hope you experience good medicine.

Services: Primary Care Clinics, Audiology, Specialty Pediatrics, Pharmacy, Radiology, Laboratory, WIC, and Traditional Healing



K'kuyaqa Niftu For the People's Grandchildren



K'kuyaqa Niftu means for the people's grandchildren in Dena'ina Athabascan. The programs that are found in this building, while diverse, are all in support of healthy families and children to embrace a future where the Alaska Native Community enjoys mental, physical, emotional and spiritual wellness.

Services: Family Dental, OB-GYN, Child and Family Developmental Services, and Alaska's Cleft Lip and Palate Program



Nateya Our Strength



Nateya means our strength in Dena'ina Athabascan. The programs in the building work in partnership to support strong families and strong bodies.

Services: Rehabilitation Therapies and Exercise, Health Education, and Complementary Medicine



Nildghuligi Fireweed



Nildghuligi means fireweed in Dena'ina Athabascan. Fireweed is a plant used as a traditional medicine for restoring balance. Fireweed is the first plant to bloom after a forest fire burns the land or it has been logged, and it helps restore and stabilize the soil. Fireweed is also a part of the Southcentral Foundation logo and acknowledges SCF's beginnings on Fireweed Lane in Anchorage.

Services: Fireweed Dental, Behavioral Health, and Optometry



Nuqali Big Steps



Nuqali is a word shared by Dena'ina Athabascan Elder Helen MacLean, which means to take big steps. With each step, a lot of ground is covered. People entering Nuqali often arrive for new hire orientation or training, taking big steps in their education, career, or wellness journeys.

Services: Development Center, Learning Institute, Family Wellness Warriors, Data Services, and Research



Qu yana Qeq'a Thank You House



Qu yana is the Yup'ik and Sugpiaq word for thank you, and Qeq'a means house in Dena'ina Athabascan. Gratitude is a cultural value, and Qu yana Qeq'a is a house full of gratitude, for each other and for the opportunity to gather in support of each other.

Services: Integrated behavioral health and primary care services for adults with severe or persistent mental illness



Protect Your Family This Season: Make the Flu Vaccine Part of Your Annual Routine

By Southcentral Foundation Corporate Communications



Every fall brings change with new schedules, colder weather, and the start of flu season. Adding a flu vaccine to your annual fall routine is a simple step to stay healthy and keep loved ones safe. Getting a flu vaccine in October gives your body time to build protection before influenza activity peaks, typically between December and February. It allows your immune system to develop antibodies in advance, giving you a head start when flu season arrives. Early vaccination also means protection lasts through the busiest months of holiday gatherings and travel.

“Everyone six months and older should get a flu vaccine by the end of October. This gives your body time to build immunity before flu activity peaks between December and February,” Southcentral Foundation Integrated Pharmacist Theresa Castellanos said. “It is especially important to get vaccinated well before the holiday season, when families gather indoors and travel increases, creating more opportunities for illness to spread.”

When a vaccine is introduced, the immune system responds by producing antibodies the same way it would if fighting the actual illness. This practice helps the body recognize and respond more quickly if exposed later. Even if you do catch the flu, being vaccinated can lessen symptoms, reduce complications, and shorten recovery time.

Flu vaccines can often be added to existing medical visits. If you are feeling unwell and unsure if you should receive a flu vaccine at a prescheduled appointment,

contact your primary care team who can guide you on whether to wait or proceed. Customer-owners living in Anchorage can also visit flu vaccine clinics on Saturdays in October. For details, visit the SCF events calendar at southcentralfoundation.com/events/flu-vaccine-clinic-2025/.

Immunizations have transformed preventive care. Making the flu vaccine part of your annual fall routine helps you stay healthier, spend more time with family, and protect the community for seasons to come. Each flu vaccine administered lowers the chance of spreading illness and helps safeguard those most vulnerable, such as infants, Elders, and people with chronic conditions. They prevent serious complications and hospitalizations, reduce missed work, or school days, lower health care costs by avoiding preventable illness, and build community immunity that helps stop outbreaks.

To check if your immunizations are up to date, download the Alaska Department of Health Docket app at docket.care or visit SCF MyHealth at southcentralfoundation.com/myhealth. To schedule your flu vaccine, use MyHealth, or contact your primary care team directly.



Flu vaccines, like the one administered here by Southcentral Foundation Integrated Pharmacist Theresa Castellanos, provide important protection before the holiday season.

Great American Smokeout Nov. 20

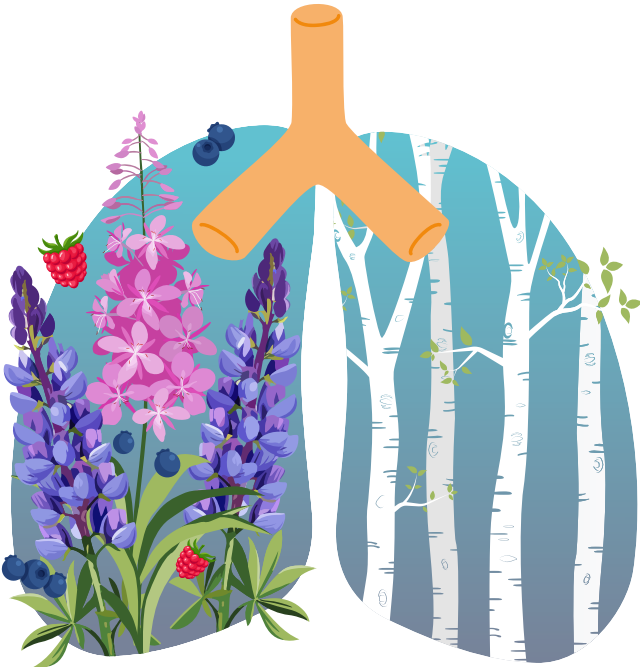
Yagheli Shesh Qenq’a Anchorage
Native Primary Care Center

9:30 a.m.-1:30 p.m.

Please join during the Great American
Smokeout event to:

- Learn about the impacts of nicotine and tobacco.
- Meet with tobacco treatment specialists.
- Be entered for a random prize drawing.

Interested in the Quit Tobacco program? Talk with
your primary care provider for a referral.





Diabetes Prevention: Lose to Win

By Marketing Specialist Levi Oyster



Exercise, nutritious diet, and stress management all contribute to preventing diabetes.

Are you a customer-owner who has questions about diabetes prevention? SCF providers, specialists, and dietitians can guide and support you. One service available to customer-owners is The Lose to Win Program, an evidence-based diabetes prevention program that focuses on healthy lifestyle changes with accountability along the way. Setting health goals can be easy for some, and daunting for others, the Lose to Win team is here to partner with you every step of the way.

Diabetes is when the sugar level in the bloodstream is higher than normal. Individuals can experience increased thirst, hunger, fatigue, blurred vision, have a hard time chewing and swallowing food, among other symptoms. If left untreated, diabetes can also lead to serious health problems. Contact your primary care provider if you experience any symptoms.

Diabetes is both preventable and treatable, and many resources and services are available to support individuals and families in reducing risk and managing the condition. With early awareness, healthy lifestyle choices, and access to care, people can live long and fulfilling lives. In Alaska, more than 41,000 adults — about 7.6% of the state’s population — are living with diabetes, and Alaska Native

and American Indian adults experience type 2 diabetes at three times the rate of other groups.

Lose to Win is a 17-week program designed to provide guidance and tools to promote positive lifestyle changes among participants. This is a team effort, supported by SCF health educators, dietitians, behavioral health consultants, and exercise physiologists.

Throughout the program, participants explore a variety of diabetes prevention skills and techniques. Classes are held weekly at the Yagheli Shesh Qenq’a Anchorage Native Primary Care Center Learning Kitchen where health educators share cooking demonstrations on how make nutritious meals at home while learning about healthy eating. You will also track food, set health goals, and find ways to eat nourishing meals when out and about.

Exercise and stress management are also paramount to diabetes prevention. While exercise is important for everyone, activity benefits people with diabetes by lowering blood glucose levels and boosting the body’s sensitivity to insulin, helping to better regulate overall blood sugar. Lose to Win participants learn easy ways to incorporate activity into their daily routine from exercise physiologists. Additionally, the team exercise physiologist leads 30 minutes of exercise every week before the class.

While stress is not a direct cause of diabetes, it can significantly impact it by affecting blood sugar levels. Stress hormones can cause blood sugar to rise, making diabetes management more difficult. Behavioral health consultants work with participants to adapt stress management techniques into their daily lives.

Lose to Win holds two cohorts a year, each spring and fall. Visit southcentralfoundation.com or contact the Lose to Win team for information about the next cohort.

If you or a customer-owner you know are interested in joining the next session, email the Lose to Win team at scflosetowin@southcentralfoundation.com or call Southcentral Foundation Health Education at 907-729-2689 for more information.

Southcentral Foundation invites CIRI shareholders and descendants interested in serving on the Southcentral Foundation Board of Directors to apply.

Incorporated in 1982 under the Tribal authority of Cook Inlet Region, Inc., Southcentral Foundation employs more than 3,000 people in more than 80 programs.



Interested candidates are invited to submit a letter of interest outlining their experience and/or knowledge. The Southcentral Foundation Board of Directors will make recommendations to the CIRI Board of Directors, who appoint SCF directors.

Learn more and apply at southcentralfoundation.com.

Seeking Representatives and Alternates

for Upper Kuskokwim Health Advisory Council and Life House Advisory Health Council.

Health councils advise on health care services provided at local clinic locations.

The purpose of the council is to advise the Southcentral Foundation Board of Directors and SCF leadership on matters related to the provision of health care services.

Letters of interest and inquiries should be directed to Kira Bouwens or Brandon McIntire by using the contact information listed below.

Tribal Relations | 907-729-4945
SCFtribalrelationsandvillageinitiatives@scf.cc



Recovery, Resilience, and a New Purpose: The Journey of Kacy Gonzales

By Senior Marketing Specialist Emma Irish



Kacy Gonzales at Benteh Nuutah Four Directions Outpatient Treatment Center.

For Kacy Gonzales, a 32-year-old father from Wasilla, life before recovery was a mix of dedication, service, and quiet struggle. A proud father of a 13-year-old son and a 12-year-old daughter, Kacy served in the Alaska Air National Guard for 14 years as a Security Forces member in law enforcement. His professional life was built on discipline, protection, and commitment to others. Yet privately, he was facing a struggle that was steadily taking over his life — a damaging relationship with alcohol.

“I started planning my life around alcohol,” Gonzales recalled. “It became more of a liability than a leisure. Alcohol no longer served me, and I knew I needed to make a change.”

That moment of clarity came Oct. 27, 2024. After years of sidestepping the problem, Gonzales decided one night that he was done. He would reclaim his life and his future.

The early days of sobriety brought challenges — chief among them, the need to step away from relationships and environments that no longer supported his goals.

“Addressing that you do have a problem can be a struggle. Seeking the help you need and deserve is a hard first step,” Gonzales said.

But for Kacy, even those challenges carried a positive weight. The withdrawal symptoms passed, and in their place came the empowering rhythm of consistency and healthy repetition.

His support system was key. His family stood by him and a counselor helped Kacy navigate not only recovery but also the realities of living with post-traumatic

stress disorder as a service member. And Howard Correll, chemical dependency counselor with the Benteh Nuutah Four Directions Outpatient Treatment Center became a pivotal guide.

“I couldn’t have done it without him,” Gonzales said.

Spirituality became a cornerstone of his recovery, and Benteh Nuutah Four Directions played a significant role in deepening that connection.

“This process has allowed me to become very in tune with my spirituality and helped me identify who I want to be,” Kacy shared. “The sense of community there — meeting people at all stages of recovery, sharing stories, offering mentorship — was transformative. It brings people together and keeps you going. Everyone has something to contribute.”

Daily routines became anchors for his new life: constant prayer, grounding and breathing exercises learned at Benteh Nuutah Four Directions, and a commitment to applying these tools in every aspect of his day. These habits were not just about personal stability, they became skills Gonzales could pass on to others.

In sobriety, Gonzales’s life has flourished. He has not relapsed, and he has poured his energy into building a future filled with purpose. He started his own business and is just two classes away from earning his master’s degree in management, which he will complete by the end of this year.

“Everything in my life has gotten better through my recovery journey. The sun shines brighter, the grass is greener, and I’m so grateful for every moment I have,” he shared.

What gives him hope now is simple yet profound: “The air in my lungs and the opportunity to affect positive change around me every single day.” His message to anyone starting their own recovery journey is equally straightforward: “Stay the course, trust the process, and believe in yourself. You won’t regret it.”

Kacy Gonzales’s story is one of courage, service, and transformation. By choosing recovery, he didn’t just reclaim his own life, he found a way to help others reclaim theirs. And in doing so, he discovered that the strength to change was within him all along.

If you or a loved one are struggling with substance misuse, Southcentral Foundation Behavioral Health can support you on your journey to wellness. For assistance please call SCF Detox at 907-729-6690, Anchorage Four Directions at 907-729-6300, or Benteh Nuutah Four Directions at 907-631-6300, or call your primary care team. Visit bit.ly/3t0wOrW to learn more.

OCTOBER IS

Domestic Violence Awareness and
Action Month

We heal in circle. We heal in story. We heal for those to come.

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 1-844-762-8483.

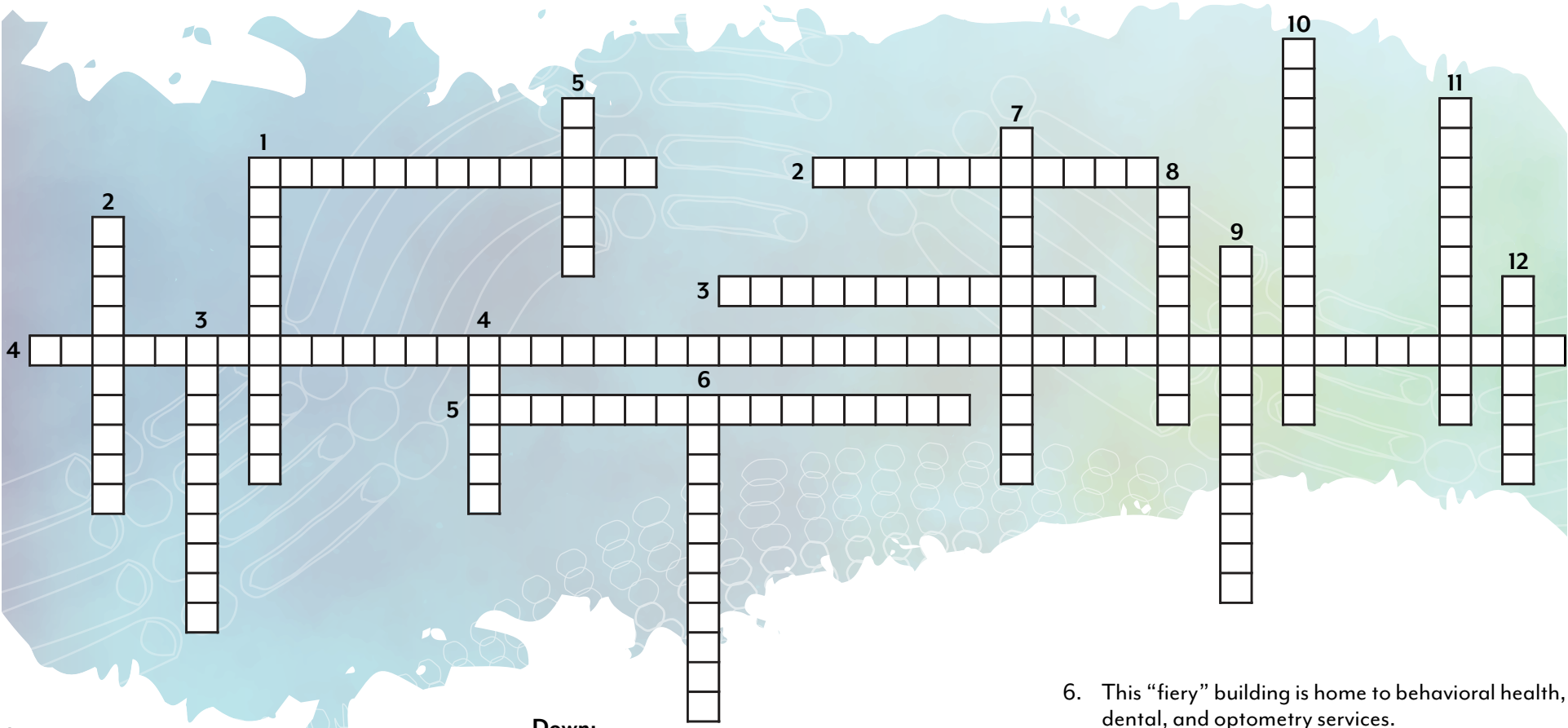
This project was supported in part by Grant No. 15JOVW-22-GG-03347-TRIB awarded by the Office on Violence Against Women, U.S. Department of Justice. The opinions, findings, conclusions, and recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the U.S. Department of Justice.

Scan the QR code to
view the Family Wellness
Warriors learning
circle schedule.





Building Names Crossword



- Across:**

 1. This is a Good Car Place for parking at 4 Across.
 2. We Listen to Each Other in this location down Tudor from the Alaska Native Health Campus.
 3. Many Cars will fit in this parking area for 9 Down.
 4. This Good Medicine House holds all the primary care clinics.
 5. You may “find your way” to navigate the Four Directions at this building.
- Down:**

 1. The newest building added to Southcentral Foundation, this facility will be a Safe Place for those in crisis.
 2. SCF offices are Working for You in this building.
 3. Our Whole Family can access resources in this location, a short distance from campus.
 4. Big Steps in learning and development happen in this building.
 5. Rehabilitation Therapies and Exercise support developing Our Strength in this building.
6. This “fiery” building is home to behavioral health, dental, and optometry services.
 7. You may be Doing Your Best in Life with support from some of the offices in this building.
 8. This name means Baby Love, home of the employee day care center.
 9. This building is For the People’s Grandchildren.
 10. SCF is embracing Heritage with this building’s programs.
 11. We give thanks to those who support downtown services at this building.
 12. You might find Support in this building.

New Building Names Crossword Answers:

Across: 1. YAGHELI CAR T'UH 2. NIE NUCH'UDEK 3. KISHT'A CAR T'UH 4. YAGHELI SHESH QENQ'A ANCHORAGE NATIVE PRIMARY CARE CENTER 5. QEYEGHU NUGHEDELI
Down: 1. YESHJESH T'UH 2. NU CH'GHEBNU 2. LUQ'U NAKENU 4. NUQAL 5. NATAYA 6. NIFDGHULIGI 7. SHESH T'QEFANI 8. GUYA ADA 9. K'KUYAQ NIFTU
10. DEKENAGH PLAZA 11. QUYANA QENQ'A 12. SHESHQ'A

Culture Connects:

American Indian and Alaska Native Heritage Month

●●—●●

Nov. 5 | 11 a.m.-2 p.m.

Yagheli Shesh Qenq’a Anchorage Native Primary Care Center

Join Southcentral Foundation for Culture Connects, a celebration of Alaska Native traditions, wellness, and community. Experience cultural activities, traditional foods, and fun for the whole family.



ALASKA NATIVE HEALTH CAMPUS

Southcentral Foundation

Alaska Native Medical Center

Alaska Native Tribal Health Consortium

Other

1. Education and Development Center

4115 Ambassador Drive

2. Inuit Building

4141 Ambassador Drive

3. Patient Housing at ANMC and ANTHC Parking Garage

4001 Tudor Centre Drive

4. Centers for Disease Control and Prevention

4055 Tudor Centre Drive

5. Nuqali

4085 Tudor Centre Drive
Formerly: Nuka Learning and Wellness Center
Education and Training Spaces

6. Gguya Ada

4145 Tudor Centre Drive
Formerly: Bird Ridge Building
Employee Daycare Center

7. Dekenagh Plaza

4155 Tudor Centre Drive
Formerly: Heritage Plaza
Administrative Offices

8. Shesh T'qelani

4175 Tudor Centre Drive
Formerly: Mt. Yukla Building
Administrative Offices

9. Nateya

4201 Tudor Centre Drive
Formerly: Mt. Marathon Building
Rehabilitation Therapies and Exercise, Health Education, Complementary Medicine

10. Nildghuligi

4341 Tudor Centre Drive
Formerly: Fireweed Mountain Building
Dental, Behavioral Health, and Optometry Services

11. Alaska Native Tribal Health Consortium Diplomacy Building

4500 Diplomacy Drive

12. Yagheli Car T'uh

4450 Diplomacy Drive
Formerly: Flattop Mountain Parking Garage

13. Yagheli Shesh Qenq'a Anchorage Native Primary Care Center

4320 Diplomacy Drive
Formerly: Anchorage Native Primary Care Center
Primary Care Services

14. Healthy Communities Building

3900 Ambassador Drive

15. Alaska Native Tribal Health Consortium Corporate Office Building

4000 Ambassador Drive

16. Alaska Native Medical Center Hospital

4315 Diplomacy Drive

17. Sheshq'a

4160 Tudor Centre Drive
Formerly: Mt. Natazhat Building
Information Technology Services, Home Based Services

18. Nu ch'ghednu

4501 Diplomacy Drive
Formerly: Mt. Ahklun Building
Administrative Offices

19. University Lake Medical Building

3801 University Lake Drive, 2nd Floor

20. K'kuyaqa Niitu

4441 Diplomacy Drive
Formerly: Dr. Katherine and Dr. Kevin Gottlieb Building
Family Dental, Child and Family Developmental Services, OB-GYN, and Alaska's Cleft Lip and Palate Program

21. Kisht'a Car T'uh

4441 Diplomacy Drive
Formerly: Denali Parking Garage

22. ANMC Pulmonology Clinic, Pulmonary Function Lab and Sleep Center

3976 University Lake Drive, Suite 100

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

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