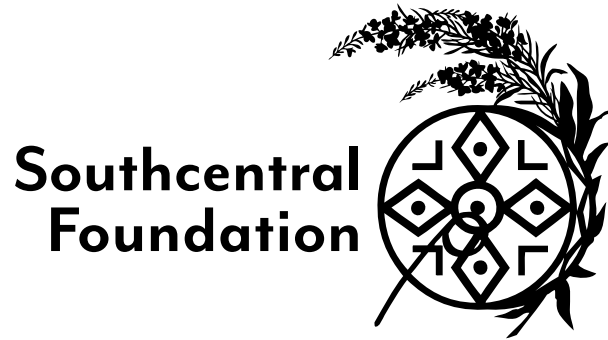




Staying Active and Connected During a Pandemic - Page 4



Southcentral Foundation Offers Convenient Telehealth Visits - Page 5

From Human Resources to the Vice President Leadership Team, introducing April Kyle

April Kyle began her career at Southcentral Foundation during a period of rapid growth for the organization. She was hired in 2003 as the manager of employment and recruitment and quickly advanced into more senior positions. By 2010, Kyle was named the director of human resources. After five years in this role, contributing to SCF's innovations and best practices for hiring, training, promoting and rewarding "best fit" employees within the entire Nuka System of Care, she joined the Vice President Leadership Team as vice president of behavioral services.

Kyle has worked closely with internal and external partners to support SCF's workforce and build greater capacity to serve the Alaska Native Community. SCF Leadership, employees, and customer-owners have appreciated her expertise and deep understanding of the Alaska Native



SCF Interim CEO April Kyle shares remarks at the grand opening of SCF's Four Directions Clinic in November 2018.

health care system from the customer-owner perspective. She was one of the first graduates of SCF's Executive Leadership Experience, as well as a member of the Alaska Native Executive Leadership Program's inaugural class at Alaska Pacific University and the Alaska Journal of Commerce's Top Forty Under 40 class of 2013.

A CIRI shareholder of Athabascan descent, Kyle was born in Eagle River and spent summers in the village of Ninilchik where her father was raised. With the support of The CIRI Foundation's educational scholarships and grants, she received her bachelor's degree at Montana State University. Kyle later earned her master's at the University of Washington Foster School of Business. Her passion for family and her children helped shape SCF's family friendly policies and a balanced approach to employee wellness.

One Month In: A Letter From Our Interim CEO

Dear customer-owners and community members,

I am humbled by the trust placed in me to serve Southcentral Foundation as Interim CEO. I am committed to supporting successful leadership transition while our Board of Directors conducts their selection process for our next permanent CEO.

As a CIRI shareholder of Athabascan descent, I experience our health care system from both the customer-owner and employee perspective. I value the strength and resilience of Alaska Native people and I believe wholeheartedly in our ability to work together to achieve wellness. Over these last 17 years working at SCF, I have developed a great appreciation for the dedication of Southcentral Foundation's board, workforce, customer-owners and partners. SCF is fortunate to have strong, caring people working at all levels of the organization.

Relationship building and communication with our community will continue to be priorities. Your involvement is essential to providing the highest quality, customer-owned services. We have an incredible legacy to build on and I look forward to continuing to support our shared successes in the years to come.

With heartfelt thanks,

April Kyle, MBA

Interim CEO



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Celebrating Lisa Wade as a “Champion for Kids”

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If you have questions, comments, wish to submit articles, or be added to our mailing list, please contact the Public Relations department.

SCF reserves the right to edit all submissions for clarity, length, and content.

Every article will be considered for publication depending upon space available.

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Vision

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

Mission

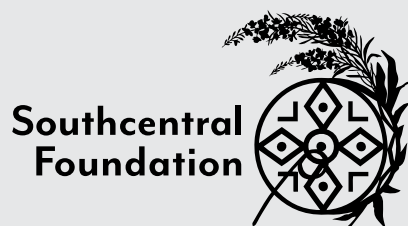
Working together with the Native Community to achieve wellness through health and related services.

Board of Directors

- James Segura (Chairman)
- Charles G. Anderson (Vice Chairman)
- Karen Caindec (Secretary/Treasurer)
- Charles Akers (Director)
- Roy Huhndorf (Director)
- Dr. Terry Simpson (Director)
- Thomas Huhndorf (Director)

Interim CEO

April Kyle, MBA



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Alaska Children’s Trust has selected Lisa Wade, of the Chickaloon Village Traditional Council, as one of two recipients of this year’s Southcentral Champion for Kids Award.

The award recognizes Alaskans who work to build and maintain safe, supportive, and nurturing communities for children. Wade is a mother; Tribal citizen; Tribal Council secretary; and Education, Health, and Social Services Director for Chickaloon Village Traditional Council. She has dedicated her work and community activities to supporting the growth and development of Alaska’s youth.

Wade views children as our most sacred resource and the Tribal school, Ya Ne Dah Ah School, as the heart center of the community. She pours time and energy into the success of the school, supporting the preservation and rejuvenation of Ahtna Athabascan language and traditions. Wade is dedicated to developing compassion-informed prevention strategies that fit the needs of the children and families in the community. Working together with other Tribal leaders, she has helped adopt a trauma-informed approach to Chickaloon Village Traditional Council’s operations and meetings, along with all practices at the local school and community health center. A key contributor to numerous boards and committees statewide, she has helped create long-term systemic change. She has been heavily involved in movement-building around trauma and resilience, and has led presentations, trainings and discussions that help create healthier communities in Alaska and beyond.

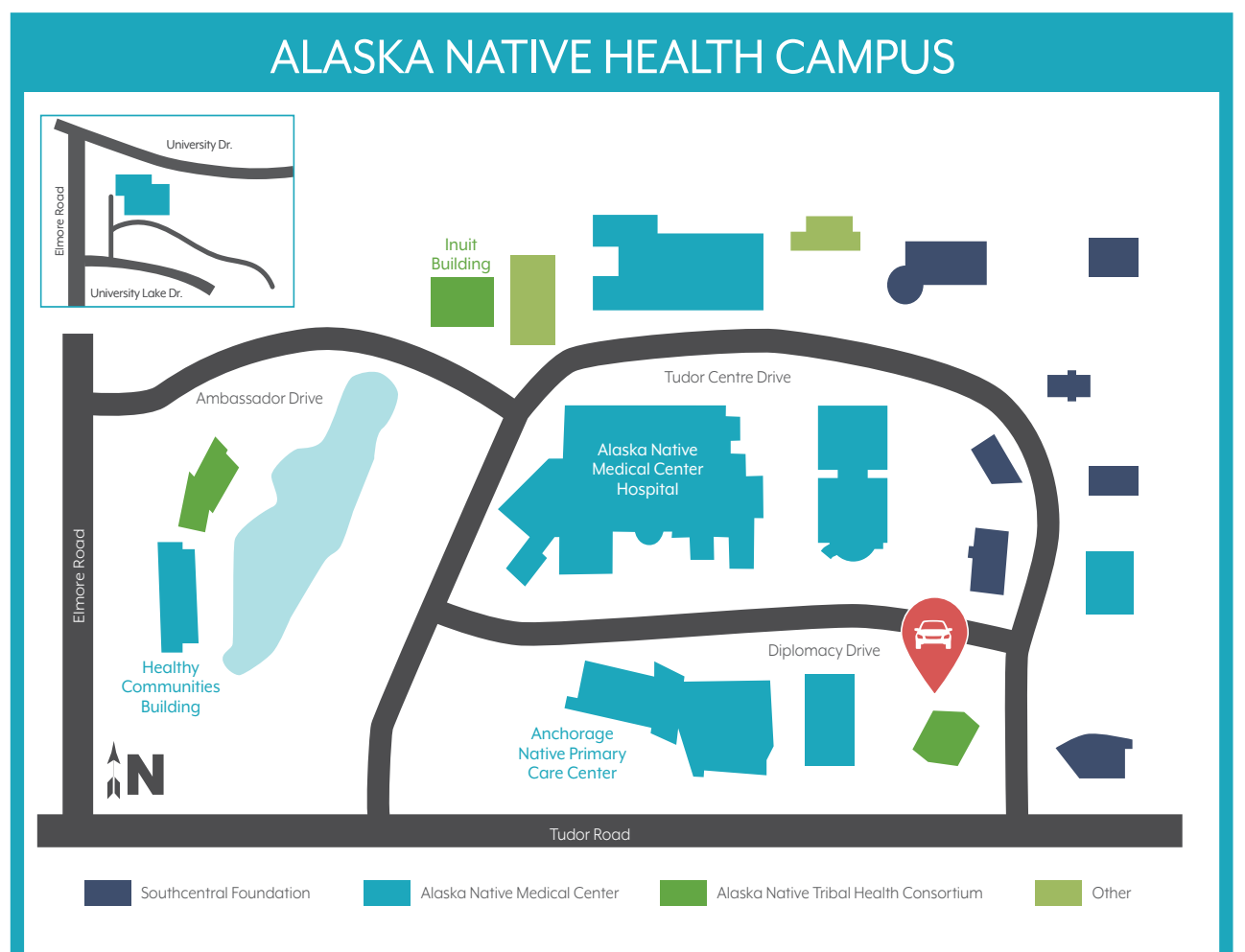
Alaska is a safer, more caring place for children because of champions like Wade. The awards will be presented virtually this year.



Lisa Wade accepts a Partnership Award at the 23rd Annual Gathering.

COVID-19 Testing Has Moved

COVID-19 testing on the Alaska Native Health Campus has temporarily been relocated: Beginning Monday, Aug. 24, the ANMC COVID-19 drive-thru and walk-up nasal swab testing site has relocated to the parking lot at 4500 Diplomacy Drive, on the east side of campus near the corner of Tudor Road and Tudor Centre Drive.



Honoring Myrtle Anelon



SCF Public Relations

Southcentral Foundation joins the Anelon family in mourning the loss of one of Nilavena Subregional Health Clinic's greatest advocates, Mrs. Myrtle Anelon. She passed away surrounded by family on July 21, in Anchorage, Alaska. Anelon was 80 years old.

Born and raised in Iliamna, Alaska, Anelon had deep roots in the Iliamna Lake area and was committed to caring for others. She came from a large family, one of 16 siblings, and learned about hard work at a young age when she helped her family haul fish across mudflats when she was six years old.

Anelon had many roles throughout her life, such as a volunteer health aide, postmaster, business owner, and fisherwoman, but cherished her familial roles the most — wife, mother, gram, and great-gram. She was also a devoted member of the Russian Orthodox church.

According to her family, her motto was, "to always be good to others." Her efforts to help establish a health clinic in her community is an example of how she lived by this motto in her own life. She was an inspiration for the creation of the Nilavena Subregional Health Clinic and her memory will carry on in the hearts of those who knew her.

DHHS Secretary Visits Southcentral Foundation

Denise Bingham

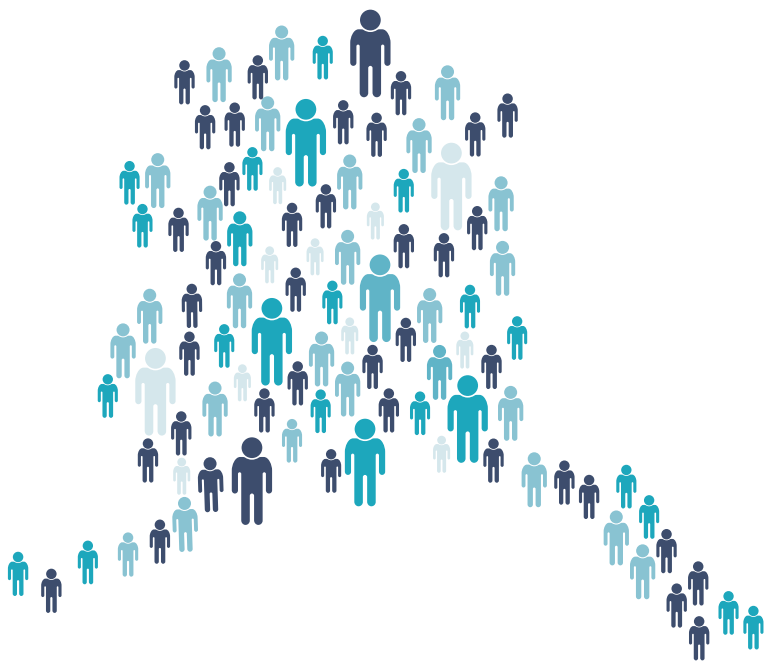
Southcentral Foundation welcomed U.S. Department of Health and Human Services Secretary Alex Azar for a site visit Aug. 12. Azar met with SCF interim CEO April Kyle and SCF Vice President of Medical Services Dr. Doug Eby. The secretary toured the Anchorage Native Primary Care Center, SCF's drive-thru pharmacy, Learning Kitchen, and I North Primary Care Clinic. During the tour, Eby shared SCF's approach to telehealth, improvements to pharmacy services, and additional ways SCF continued delivering care during the COVID-19 pandemic.



U.S. Department of Health and Human Services Secretary Alex Azar toured the Anchorage Native Primary Care Center with Southcentral Foundation interim CEO April Kyle and SCF VP of Medical Services Dr. Doug Eby.

Azar also visited Cook Inlet Tribal Council's Clare Swan Early Learning Center and the Alaska Native Medical Center during his visit to Anchorage.

"The state of Alaska and Alaska Native communities have much to be proud of in how you've responded to COVID-19 and the challenging everyday circumstances we see here in Alaska," Azar shared at a press conference in Anchorage.



ALASKA NATIVE PEOPLE SHAPING HEALTH CARE

SHAPE YOUR FUTURE.

START HERE!

➔ 2020 CENSUS ←

PREVENT

GERMS

Wash your hands with soap and water



- After coughing or sneezing
- When caring for the sick
- Before, during and after you prepare food
- Before eating
- After toilet use
- When hands are visibly dirty
- After handling animals or animal waste

Staying Active and Connected During the COVID-19 Pandemic

SCF Public Relations

While a sense of normalcy has been rare in recent months, many Southcentral Foundation departments are working to provide services for customer-owners as consistently as possible. Services such as SCF's Physical Therapy and Exercise began offering an online option via Zoom, allowing customer-owners and employees to participate in exercise classes from the comfort and safety of their homes.

Though there is no replacement for in-person interaction, the reach for this service has gone beyond Anchorage and Matanuska-Susitna Borough participants. Rural customer-owners have joined in and

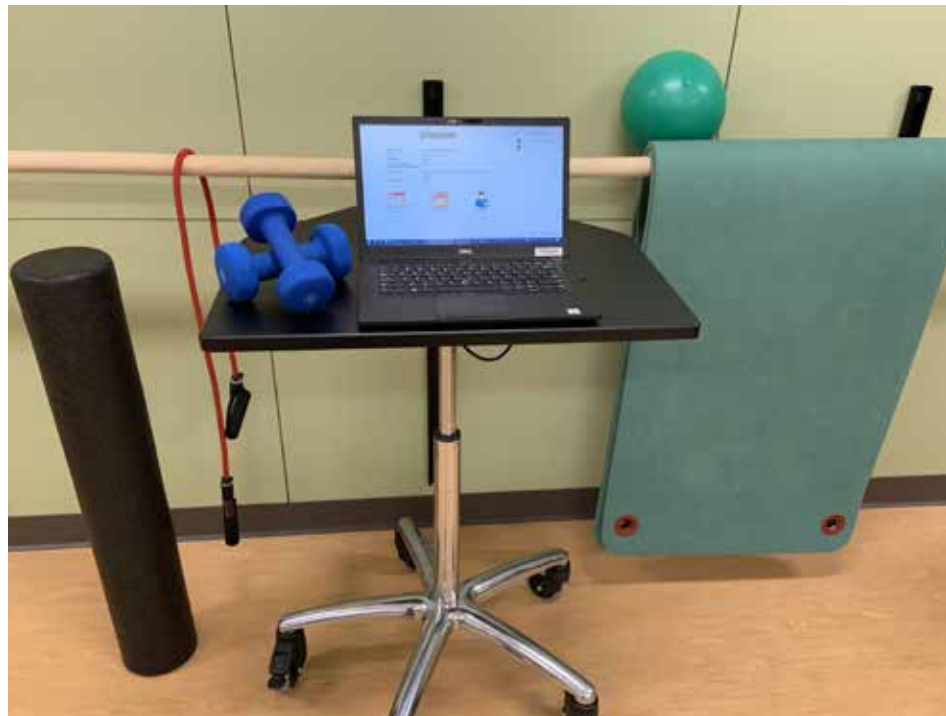
connected with SCF physical therapists and class instructors and thanked employees for the opportunity in a time where rural visits may be difficult.

"People have shown a lot of gratitude and appreciation for hosting the classes," said Senior Exercise Physiologist Sara Tansey. "They have also expressed gratitude for clearing spaces in our homes to allow for classes. There's been a lot of fluctuation in online participation over the time the virtual classes have been offered, but this is to be expected during the summer when people are more able to get outside for their physical activity."

SCF Physical Therapy and Exercise aims to provide something for everyone at various times throughout the day, including Morning Stretch, Basic Yoga, Boot Camp, Pilates, and more. A variety of classes and activities for every skill level are offered for customer-owners to participate in.

To join a Zoom class, follow these simple steps:

1. Visit Zoom.us in your browser on the day and time of the desired class.
2. Select "Join a Meeting" in the top left corner of the screen.
3. Enter the meeting ID for the desired class (meeting IDs are published with the class schedule).
4. Enter the meeting password: Exercise
5. Get moving!



SCF Physical Therapy and Exercise instructors set up their equipment in preparation for the next online class

View the class schedule by visiting the SCF Physical Therapy and Exercise page at southcentralfoundation.com. For questions or feedback, contact SCF Physical Therapy and Exercise at (907) 729-6683.

As we all take precaution to avoid the spread of germs, Southcentral Foundation would like to remind customer-owners that the pharmacy offers mail-out services. Avoid waiting in lines by calling the refill hotline.



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

Please call seven days in advance

Rural Clinic Refills
1-877-365-1104

Please call two weeks in advance



Domestic Violence Awareness Month Updates

Due to the COVID-19 pandemic, Family Wellness Warriors Initiative will host free webinars in observance of Domestic Violence Awareness Month, with free CEUs available. Stay tuned for upcoming details!

For a copy of the New Generations Project at-home family activity booklet, please email

NewGenerations@southcentralfoundation.com.

For more information, call FWWI at (907) 729-5440.

Southcentral Foundation Offers Convenient Telehealth Visits

Jerry Markus

Imagine seeing your health care provider in the comfort and privacy of your own home, office, car, or even miles away while you are fishing or at a cabin. As long as you have a good Wi-Fi connection or cellular signal and a smartphone, computer, or tablet, you can see your health care provider for anything from a minor illness, chronic condition management, behavioral support, or preventative care visit.

This is now a reality at most Southcentral Foundation clinics using a new, secure video telehealth program on Zoom, a cloud-based video and audio-conferencing platform. Customer-owners can use the platform with a computer, laptop, mobile device, or tablet. Primary Care Provider Allison Critchlow reported that Elders have been especially enjoying the face-to-face experience Zoom provides. “These are customer-owners that I had had some phone visits with but then we switched to Zoom. They stated that they haven’t been able to get out much and to be able to actually see the provider on their computer screen was therapeutic in itself.”

Customer-owners with children or unpredictable schedules have also found telehealth visits to be convenient for them. “[It eliminates the stress of] finding transportation and childcare. Customer-owners appreciate being able to show . . . conditions that otherwise would need to be seen in person. [Zoom is] easy to use and saves time,” says Primary Care Provider Elizabeth Harding.

If needing assistance in joining a telehealth visit, Zoom’s help center (support.zoom.us/hc/en-us) is a terrific resource for guides and video tutorials. “It is very easy to set up! Customer-owners have been very happy and grateful that they can connect virtually,” noted Anna Pfhal, a Primary Care Provider. Ask your provider team about this option the next time you call for a visit.

Here are some great reasons to use a telehealth visit:

- No risk of exposure to other illnesses

- Convenient and comfortable setting
- Eliminate travel time and cost
- No waiting rooms
- No arranging of childcare
- No need to take off time from work, since the visit can be done during a break time
- You can include who you want in the visit, even if they are miles away
- Choice of connection options — phone, computer, or tablet
- Improves access — other health care providers can easily join the visit
- Reduces costs to the system — helping to improve and expand services

If a telehealth visit isn’t a suitable option for you, SCF clinics have practices in place to make your in-person visits safe. SCF is performing verbal screenings with every customer-owner who enters a clinical building. During the screening, individuals are asked about recent travel, recent contact with people who are sick, and potential symptoms of COVID-19. Once customer-owners are cleared to enter the building, a wristband is provided to signify successful completion of the screening and a face mask is provided if they do not already have one.

When in a clinical building, face masks are required and must be worn correctly, covering the mouth and nose at all times. With both employees and customer-owners wearing a mask, everyone can feel more comfortable visiting SCF clinics when they need to see a provider. Social distancing is practiced when possible, and frequently touched surfaces are sanitized often.

Visit southcentralfoundation.com or use the reference below to locate the clinic’s phone number in your area and schedule your telehealth visit today.

Clinic Contact Information:

In an emergency, please dial 9-1-1.

To contact the Alaska Native Medical Center Emergency Department, please call (907) 729-1729 or visit 4315 Diplomacy Drive, Anchorage.

	PRIMARY	AFTER HOURS/URGENT
Anchorage Native Primary Care Center	(907) 729-3300	(907) 729-1729
Benteh Nuutah Valley Native Primary Care Center	(907) 631-7800	(907) 729-1729
C’eyiits’ Hwnax Life House Community Health Center	(907) 631-7665	(907) 891-3750 / 911 Urgent
Eklutna Village Clinic	(907) 688-6031	911 Urgent
Indian Creek Health Clinic	(907) 583-2461	(907) 230-4899
Igiugig Community Health Clinic	(907) 533-3207	(907) 533-6020
Kokhanok Community Health Clinic	(907) 282-2203	(907) 282-4121
McGrath Regional Health Center	(907) 524-3299	911 Urgent
Junior “Doc” Gregory Memorial Clinic Nikolai Clinic	(907) 239-2328	(907) 293-2328
Nilavena Subregional Health Center	(907) 571-1818	(907) 571-7111
Nondalton Community Health Clinic	(907) 294-2238	(907) 294-2238
Pedro Bay Community Health Clinic	(907) 850-2229	(907) 850-4019
Lake Clark Wellness Center and Port Alsworth Health Center	(907) 781-2256	(907) 891-3750
St. Paul Community Health Center	(907) 546-8300	(907) 546-4202 / 911 Urgent
Takotna Clinic	(907) 524-3299	(907) 298-2214

Know the Warning Signs of Ovarian Cancer

By Ashley Schroeder

Cancer occurs when cells in the body grow at an uncontrolled rate and ovarian cancer occurs when these cells grow in the ovaries. According to the American Cancer Society, ovarian cancer is the fifth most common cause of cancer death among women and all women are at risk for developing it. There are certain factors, however, that may increase a woman's risk of developing ovarian cancer, including a personal or family history of breast, ovarian, uterine, or colorectal cancer, having a history of endometriosis, not having a full-term pregnancy or having a history of fertility problems, and being age 40 or older, although younger women can also be affected.

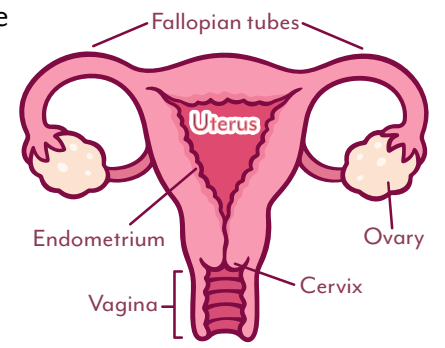
Although women are recommended to have an annual well-woman exam to maintain their reproductive health, there are no current medical tests used to screen for ovarian cancer. Diagnostic testing can be done if a woman is symptomatic, but symptoms are often mild and easily overlooked, mirroring symptoms caused by other medical problems, such as irritable bowel syndrome, gallstones, or thyroid issues. Ovarian cancer is often not diagnosed until an advanced stage, which can make it difficult to treat, because of the wide array of conditions with similar symptoms. It is important for every woman to be aware of what is normal for her own body and to talk to her provider about the possibility of ovarian cancer when something is not normal. Women should contact their provider if any of the following symptoms are present: abnormal bleeding or discharge, pain and/or pressure in the low-abdomen, back pain, bloating, constipation, feeling full very quickly after only eating a small amount, pain during sex, an urgent or more frequent need to urinate, nausea, and/or vomiting.

While there is no single test to screen for ovarian cancer, there are tests available that can help detect its presence, such as an ultrasound, a rectovaginal exam, and a CA-125 blood test. Any one test alone may not be completely accurate, but a combination of the three can give a clearer picture of the presence of cancer in the ovaries. For example, according to Ovarian Cancer Research Fund Alliance and the CDC, the CA-125 blood test only detects about 50% of early-stage ovarian cancers, 70% of advanced-

stage ovarian cancers, and is accurate in post-menopausal women who already have a detectable mass growing in their abdomen. The CA-125 blood marker can be elevated for certain non-cancerous conditions.

Although most risk factors are genetic or biological, some lifestyle factors may lower a woman's risk of developing ovarian cancer, including having a baby, taking birth control pills for more than 5 years, and breastfeeding for a year or longer. It is also important to eat a healthy diet, be tobacco-free, and exercise, all habits that promote overall health and wellness. Contact your provider to discuss your risk factors or if you have any concerns about ovarian health.

During the month of September, Southcentral Foundation recognizes Gynecological Cancer Awareness month by providing activities, events, and resources surrounding ovarian, cervical, uterine, vaginal, and vulvar cancers as part of the Know the Big 5 and Thrive campaign. Keep an eye out for more information about ways to get involved and start a conversation about gynecological cancers.



The ovaries are just one part of the female reproductive system that is prone to cancer.

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Know the BIG 5 and Thrive



September is Ovarian Cancer Awareness Month

and we are dedicated to educating the Alaska Native community about gynecological cancers: ovarian, cervical, uterine, vaginal, and vulvar cancers.

Stay informed and stay tuned for upcoming educational events, activities, and resources.

Benteh Nuutah
Valley Native Primary Care Center | Wellness Center
(907) 631-7630
southcentralfoundation.com



I WEAR A MASK TO PROTECT



FAMILY
ELDERS
OTHERS
MYSELF

Supporting Native Youth in Charting the Best Path Forward

By David Clark

With nearly one-fifth of Alaska's population identifying as Alaska Native and American Indian, the need for culturally responsive health care services is critical.

Southcentral Foundation leads the way in culturally responsive health care and has a facility specifically for Alaska Native and American Indian youth in crisis. Located in Anchorage, The Pathway Home provides services for Alaska Native and American Indian youth who want to work toward improving their quality of life by helping them to address emotional and behavioral challenges they may face. Founded in 2001, TPH is a 36-bed residential treatment facility for young men and women between the ages of 13 and 18.

TPH is unique in that it operates under a whole-person wellness model, embedding therapeutic methods into daily routines, including activities designed to provide youth with structure and teach them life skills while addressing emotional needs. Services address clinical, residential, recreational, and educational needs unique to each customer-owner that comes to TPH.

Customer-owners are supervised by trained behavioral support employees and have access to an on-site clinical therapist to help achieve individual wellness goals through individual, group, and family therapy.



Cultural activities, such as mask carving, are an essential part of the therapeutic process for many of The Pathway Home's customer-owners.

Youth participate in group therapeutic activities designed to teach them important life skills relating to mental and behavioral health: recreation as a coping skill, anger management, healthy communication and social skills, and more.

Residents are also expected to work toward completing their high school diplomas, which is achieved through a partnership with the Anchorage School District that provides instruction for core graduation

requirements, as well as access to electives that teach useful skills.

While at this facility, there are many opportunities to participate in Alaska Native cultural activities, including volunteering to support Elder community members, practicing subsistence activities, as well as learning Alaska Native dance, storytelling, and language. The core of this treatment model is to help youth achieve culturally centered healing while providing guidance through the therapeutic process to prepare them for the future.

To learn more about TPH, visit <https://bit.ly/TPHYouth>, or call (907) 729-5020.

Hand Washing

1.
Wet



2.
Lather



3.
Scrub
at least
20 seconds



4.
Rinse



5.
Dry



If soap and water are not available, alcohol-based hand sanitizer may be used.

Southcentral Foundation Learning Circles



In response to the COVID-19 pandemic, Southcentral Foundation will continue to evaluate learning circle services in the coming months, and schedules may be subject to change. Currently, Family Wellness Warriors Initiative is offering the following learning circles virtually through Zoom video conferencing:

Creating Wellness

Mondays, Wednesdays, and Fridays (10 - 11:15 a.m.)

Meeting ID: 919 6815 1995

Na Tia Sukan: Recovery Support

Monday - Friday (1 - 2:15 p.m.)

Meeting ID: 929 1269 8799

Community and Connection

Tuesdays, Wednesdays, and Thursdays (8:30 a.m. - 9:15 a.m.)

Meeting ID: 928 7414 7782

Wellness Matters Night

Thursdays (5:30 - 7 p.m.)

Building Women's Confidence

Meeting ID: 980 3562 5870

Na Tia Sukan: Recovery Support

Meeting ID: 959 7381 1073

Relaxation and Stress Reduction

Meeting ID: 290 027 9397

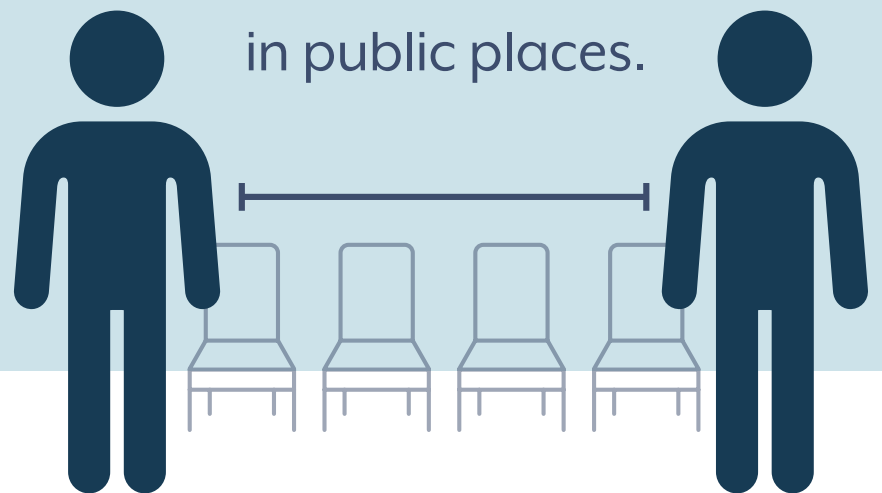
Creating Wellness

Meeting ID: 960 8036 9746

southcentralfoundation.com/learning-circles

Practice Social Distancing

Stay at least **6 feet** away from other individuals in public places.



RAISE Program Goes Virtual in 2020

Shamika Andrew

Southcentral Foundation's RAISE Program went virtual for the first time in 2020. Due to the COVID-19 pandemic and for the safety of interns and employees, in-person meetings, activities, and trainings were moved to Zoom or in-person small group activities.

The RAISE Program is an internship available for Alaska Native and American Indian youth ages 14 - 19 years. The 10-week summer session was held from June to August with skill-building classes and summer school options almost completely online.

The summer internship offered two activities each day. One activity focused on workforce development, life skills, culture, summer school, and college/career portfolio development. Another activity included self-directed and parent supervised tasks. Interns chose from a variety of suggested activities that aligned with family goals and interests. During the self-directed activities, interns wrote a summary about their activities and what they learned.

Interns learned how to write a cover letter and resume and attended both the Administrative Support Training Program boot camp and mentorship training. During these trainings, guest speakers from across SCF presented and shared their experiences working in the health care field and discussed different career options interns can explore at SCF.

Kuspuk making classes, one of the few in-person activities held at the RAISE Program this summer, were held in small groups while participants practiced social distancing. This activity was a highlight for RAISE interns and everyone who participated took home the kuspuk they made.

"Making kuspuks makes me feel more involved in learning about my culture and I really enjoyed making mine," shared Summer Osterback.

Interns also attended virtual culture classes through the Alaska Native Heritage Center where they wrote poetry, painted, made birch bark baskets, and attended creative writing classes.

"Making kuspuks has helped me realize that I can incorporate my own individuality while also connecting to my culture and I just love that," summer RAISE intern Adrian Hanson said.

With the interns going virtual for their summer internships, the new format allowed them to connect with their families while learning job skills.



Summer RAISE intern Gillian Cruzaley-Phillips is wearing a kuspuk she made at the RAISE Program.

There are a variety of activities that can be done at home

Get an early start on winterizing your home, play board games, visit a virtual museum, do home projects, video chat with loved ones, meditate, find and make new recipes, make some arts and crafts, catch up on sleep, and read.



Helping Manage Stress During the COVID-19 Pandemic

SCF Behavioral Health Consultant Dustin Bergerson

Living through the global pandemic has proven to be difficult for many as COVID-19 has impacted work environments, social situations, and economic conditions within our communities. The ongoing uncertainties about COVID-19 may have impacted many individual's mental health in the form of stress. Stress can manifest itself through changes in one's behavior, body, emotions, or thoughts. These changes are noticed in a number of ways.

The body often communicates stress through stomach aches, headaches, and loss of appetite. Behavioral changes can include increased substance use, restless sleep, and wanting to be alone. Changes in emotions may involve feeling sad, increased irritability, and caring less about things. One's thoughts might also be impacted by trouble remembering, feeling confused, and difficulty concentrating.

Identifying these symptoms is the first step in developing strategies to reduce the impact of COVID-19 related stress. The second step is to identify ways to relieve stress. For many, this involves taking the time to take care of one's self. This can include several different approaches. A few techniques to help reduce stress are to set limits on how much time is spent reading or watching news about the pandemic, focus on things that are going well, get regular physical exercise, make good nutrition choices, avoid use of alcohol and other drugs, meditate, engage in hobbies, stay connected to others, and talk about your feelings with loved ones and friends.

When these techniques or increased self-care do not lower or eliminate stress, professional help may be appropriate. Primary care providers and behavioral health consultants at the Anchorage Native Primary Care Center are available to provide support. Working with your primary care team can help you identify other techniques that are appropriate for your specific situation. Feel free to reach out and connect with your primary care team.

10th Annual Nuka System of Care Conference Held Virtually

SCF Public Relations

Health care professionals from around the world gather in Anchorage each year to learn about Southcentral Foundation's innovative Nuka System of Care model. However, due to the COVID-19 pandemic, and out of an abundance of caution, the 10th Annual Nuka System of Care Conference was held virtually from July 27 to 31.



Fireside chats provided insights into SCF's customer-driven, relationship-based approach to care.

Nuka is the name given to SCF's award-winning and globally recognized health care system. The Nuka System of Care provides medical, dental, behavioral, traditional, and health care support services to more than 65,000 Alaska Native people. During Virtual Nuka Week, participants learned about SCF's customer-driven, relationship-based approach and the methods developed to address the challenges brought by COVID-19.

Conference sessions explained the groundwork for SCF's Nuka System of Care, shared lessons learned, and best practices during these rapidly changing and challenging times. Topics included leadership, clinical operations, workforce development, change management, business operations, community engagement, behavioral health, and pain management.

Live interactive sessions were replicated to ensure participants in different time zones had an opportunity to meet SCF's subject matter experts, ask questions, and network with other participants in a discussion forum. Sessions were also recorded and made available for participants.

Participants took part in a virtual tour of SCF, including the Anchorage Native Primary Care Center, learning how workspaces are designed to enhance relationships and remove barriers that could interrupt networking and connections with customer-owners and families.

Through continued collaboration and the sharing of best practices, attendees gained insights from the system of care designed and built by Alaska Native people.



The 10th Annual Nuka System of Care Conference was held digitally for the first time.

Breastfeeding Tops List of Feeding Options for Newborns

SCF Public Relations

When parents learn they are expecting, many may have questions arise and begin planning before the newborn arrives. An important choice is how the newborn will be fed. Breastfeeding is an ideal option for some. Providing breast milk for the newborn can provide many health benefits for both the mother and infant.



Breastfeeding provides numerous benefits for both the mother and newborn.

A mother's breast milk is unique to her newborn's needs. At birth, breast milk provides building blocks for the immune and digestive systems. These building blocks include many things: stem cells, hormones, immunity factors like antibodies, and probiotics (organisms that help with digestion and immunity in the digestive tract). Breast milk contains living cells that help the breastfed newborn to be less likely to get sick with respiratory and ear infections. Breast milk also helps protect against asthma, obesity, Type 1 diabetes, sudden infant death syndrome, gastrointestinal infections (diarrhea/vomiting), and necrotizing enterocolitis (NEC is the death of tissue in the intestine) for preterm

infants. Breastfeeding has health benefits for the mother as well. According to the Centers for Disease Control and Prevention, breastfeeding can lower a mother's risk of high blood pressure, Type 2 diabetes, ovarian cancer, and breast cancer.

Southcentral Foundation Lactation and Infant Feeding Specialist Kris Caldwell shares, "Breast milk is the perfect biologically designed food and the Lactation and Infant Feeding Team is available to support parent's feeding goals via exclusively breastfeeding, exclusively pumping, or a combination of breastfeeding and bottle feeding."

Keeping an open line of communication with your medical provider about infant feeding is important for the health of your baby. To make informed decisions about feeding your baby, ask your provider any questions you may have. There are resources such as lactation consultants, nurses, medical providers, and dietitians available at SCF that can help support you in all types of infant feeding strategies.



Communicate with your medical provider to learn more about the benefits of breastfeeding.

To speak with an SCF lactation consultant, please call (907) 729-5420.

Suggested Schedule for

Well-Child Checks and Vaccinations

If you have any concerns or need to schedule an appointment, please call your provider.

BIRTH

Hepatitis B
Newborn metabolic screener

NEWBORN

Jaundice screening
Weight check

2 WEEKS

Pediatrician visit
Weight check
Mother postpartum screening

2 MONTHS

DTaP
Hepatitis B
PedVax Hib
Mother postpartum screening

Polio Vaccines
PCV13
Rotavirus

4 MONTHS

DTaP
Hepatitis B
PCV13
Mother postpartum screening

Polio Vaccines
PedVax Hib
Rotavirus

6 MONTHS

DTaP
Hepatitis B
Polio Vaccines
Mother postpartum screening

PCV13
Rotavirus

9 MONTHS

No routine vaccinations due,
well child check only.

12 MONTHS

DTaP
Hepatitis A
MMR
PCV13

PedVax Hib
Varicella
Iron and lead screening

15 MONTHS

No routine vaccinations due,
well child check only.

18 MONTHS

Hepatitis A
Autism screening

2 YEARS

No routine vaccinations due,
well child check only.

30 MONTHS

No routine vaccinations due,
well child check only.

3 YEARS

Annual physical exams begin

4 – 6 YEARS

DTaP
Polio Vaccines
Diagnostic hearing test before starting school

MMR
Varicella

11 – 12 YEARS

HPV
Meningococcal
Tdap

- Developmental screening and growth measurements each visit from newborn – 18 years.
- Influenza vaccine annually 6 months – 18 years.
- Dental and vision exams annually beginning at 12 months.
- Physical exams and school physicals annually age 3 – 18 years.

The most common side effects from immunizations are fever, soreness and swelling at the site. MMR or varicella vaccines occasionally cause rash 1 – 3 weeks after immunization.

Reap the Benefits of Fall Harvesting

Esther Robertson

There is no place better to practice social distancing than the great Alaskan outdoors. Harvesting the bounty of native plants is a great way to enjoy the fresh autumn air while connecting with your culture. When foraging for edible plants, practice safety precautions, be aware of wildlife, and gather plants sustainably.

Be sure to properly identify any plants you intend on picking. Picking the wrong plant may result in serious health problems. There are many poisonous plants that look similar to those that are edible. A best practice is to only gather food you can positively identify. When harvesting plants, also be sure to pick away from roadways, and avoid picking in areas where there are herbicides, pollution, pesticides, and fertilizers.

One seasonal plant in the fall is chickweed. Chickweed is edible and may be eaten fresh or sautéed, added in a soup, used as a tea, or blended in a smoothie. It may also be used as a topical astringent, pain reliever, or for skin care. Chickweed is high in vitamins A, B, and C; iron; and calcium. It is also high in fiber, which can help improve the absorption of nutrients in the digestive system. There are no significant studies on using chickweed when pregnant or nursing. Please use at your own discretion.



Chickweed is a native plant of Alaska rich in vitamins, minerals, and fiber.

Alaskan Tropical Green Drink

Ingredients:

- 1 cup pineapple chunks
- 1 cup frozen mango
- 1 cup fresh spinach
- 1 cup chickweed puree*
- 1/4 cup dry nettles
- 2 cups coconut water
- 2 - 4 cups water

Directions:

Chickweed puree*:

In a blender or food processor, add fresh chickweed with enough water and blend to make a smooth consistency. Use immediately, or freeze in ice cube trays for future use.



Alaskan Tropical Green Drink:

- Add all ingredients to blender. Blend until smooth. Serve immediately.
- Optional: Add sweetener of your choice.

Southcentral Foundation's Traditional Healing Clinic Hosts Annual Plant Symposium Virtually

Esther Robertson

Southcentral Foundation's Traditional Healing Clinic hosted the annual Tikahtnu Plants Symposium in a virtual setting due to the COVID-19 pandemic. Attendees enjoyed a two-day session of sharing and receiving traditional plant knowledge used by generations of Alaska Native people across the state. Local plants are historically an essential food source and medicine for Alaska Native people — the symposium shares plant knowledge and uses for plants that are potentially growing in our backyards.



Jacqualine Qataliña Schaeffer demonstrating how to make cottonwood bud cream.

A panel of Alaskan plant experts discussed select plants and how to identify them, gave examples of plants that are edible and how to detect poisonous look-a-likes, explained what parts of plants are used for healing, and discussed ethical harvesting practices. More in-

depth information was also discussed among the panelists, where they shared knowledge of plants specific to different areas of Alaska.

The theme of the symposium focused on the different trees found in Alaska. The birch tree was featured at this year's event and was reviewed in detail followed by a virtual demonstration using birch syrup to make granola snacks. Cottonwood was another plant discussed in detail and plant experts demonstrated how cottonwood oil may be used.

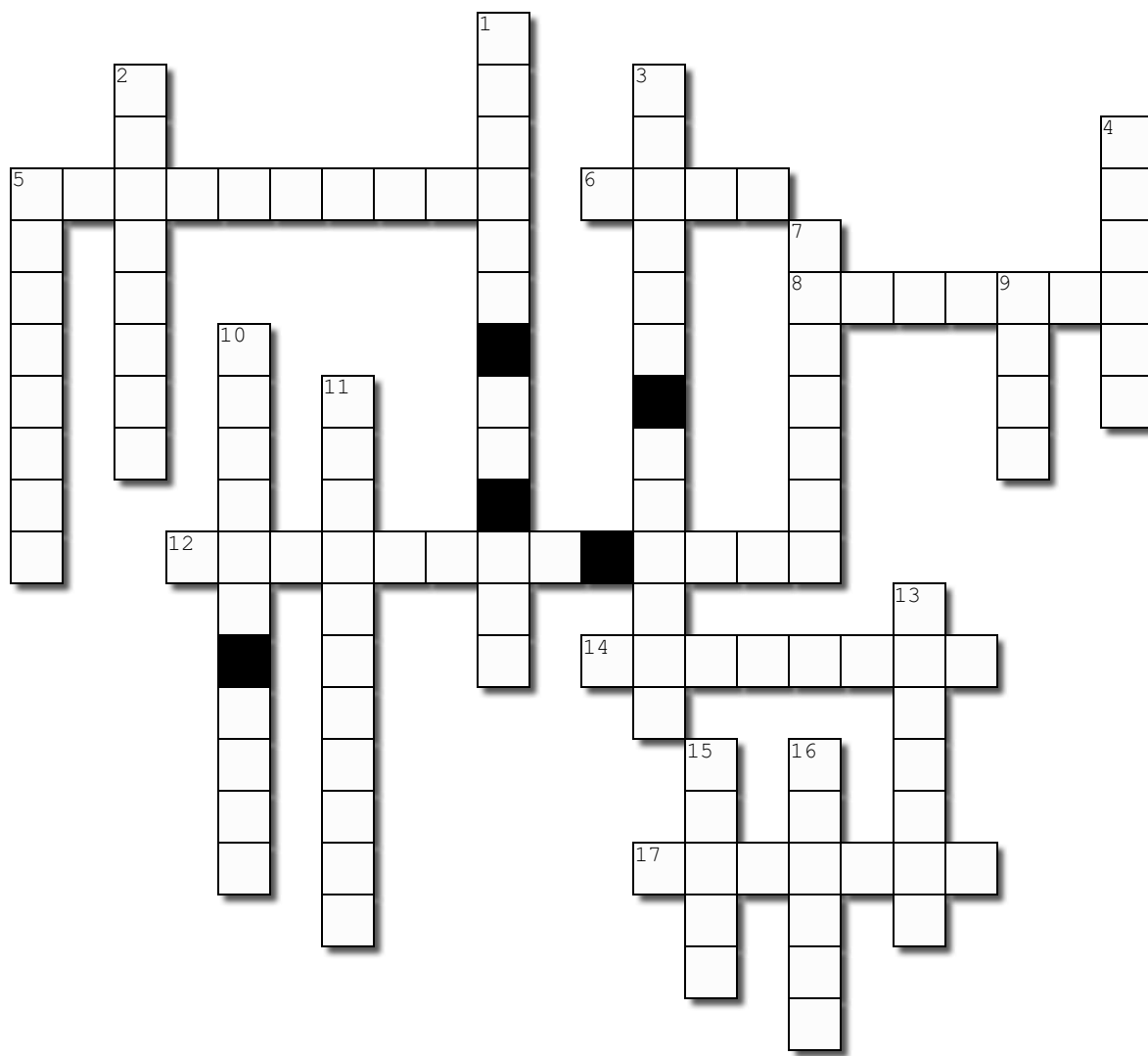
The live demonstration provided knowledge of healing plants and ways to incorporate them into things you may already consume. While many plants have healing benefits, there are cautions that must be considered, especially when using them for consumption.

SCF's Traditional Healing Clinic looks forward to next year. In addition to holding an annual plants event, SCF continuously promotes and shares knowledge about indigenous plants. The SCF Traditional Healing Clinic Garden at the Anchorage Native Primary Care Center is an example of SCF's effort to preserve and share traditional plant knowledge. SCF's Traditional Healing Clinic Garden can be viewed from the walkway and has signage for each of the plants.



Dr. Allison Kelliher showing her spruce pitch oil, which she used to make spruce pitch lip balm.

Elder Drum Crossword Puzzle



Down

- 1. A flower to remember
- 2. Blooms after a fire
- 3. Preserved Alaskan snack
- 4. The Great One
- 5. Ancestry
- 7. A type of bear
- 9. Northern wildcat
- 10. Prickly and tall plant
- 11. Tundra blues
- 13. Travels in herds
- 15. Herbal balm is also this
- 16. Season

Across

- 5. Gathering food
- 6. A species of salmon
- 8. Traditional clothing
- 12. Local name for Mount Susitna
- 14. Oily fish
- 17. Popular Anchorage hiking trail



Answer Key

Down 1. forget me not 2. fireweed 3. smoked salmon 4. denali 5. heritage 7. grizzly 9. lynx 10. devils club 11. blueberries 13. caribou 15. salve 16. autumn

Across 5. harvesting 6. coho 8. regalia 12. sleeping lady 14. hooligan 17. flattop

Out of an abundance of caution and in accordance with the Centers for Disease Control and Prevention guidance on social distancing for higher risk populations,

SCF has suspended all in-program activities at the Elder Program.

For more information, call the Elder Program at (907) 729-6500.

Autumn Safety Tips

Get a flu vaccine



Be wary of tripping hazards



Dress warm, wear layers



Stay hydrated



Eliminate fire risks



Important Phone Numbers

Alaska Native Medical Center..... (907) 563-2662	Food Bank of Alaska (907) 272-3663
American Association of Retired Persons (AARP)..... (907) 272-1444	People Mover (907) 343-4536
Anchorage Police Department (non-emergency)..... (907) 786-8500	Salvation Army Meals on Wheels (907) 349-0613
Anchor Rides..... (907) 343-2550	Senior Benefits (907) 352-4150
Cook Inlet Housing Authority..... (907) 793-3000	Southcentral Foundation (907) 729-4955
Division of Public Assistance (907) 269-6599	SCF Elder Program Event Hotline..... (907) 729-6588