



Stay Connected

Southcentral Foundation wants to stay connected with customer-owners through the COVID -19 pandemic by offering information on activities, recipes, and much more. The Wellness Newsletter is a weekly newsletter providing information for customer-owners to help with health and wellness. The newsletter can be found at both the *Benteh Nuutah* Valley Native Primary Care Center Wellness Center and Anchorage Health Education websites.

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Family Fun Trivia

ASHLEY SCHROEDER

1. How many muscles are in the human body?
2. Where do acorns come from?
3. What is the name of molten rock before it has erupted from a volcano?
4. During a professional soccer game, how far does a soccer player run?
5. What famous game, that doesn't involve any kind of ball, was included as part of the Olympics from 1900 to 1920?
6. The destruction of the ancient cities of Pompeii and Herculaneum was caused by what?
7. What do you call baby goats?
8. Why don't birds fall off branches when they sleep?
9. Which country grows the most bananas?
10. In what country did the acoustic guitar originate?
11. What was the name of the first portable camera?
12. What are the lower chambers of the heart called?
13. How many legs does a spider have?
14. How long does a day last on the moon?
15. What unusual thing can bull sharks do?
16. How many times has the Mona Lisa been stolen?
17. How many pounds of bugs do people eat in a year?
18. Ostriches cannot do what normal bird-activity?
19. On average, how many whiskers do cats have on each side of its face?
20. What is the closest star to the Earth?

References:

- <https://sciencetrends.com/100-fun-trivia-questions-for-kids/>
- <https://kids.nationalgeographic.com/games/quizzes/>
- https://icebreakerideas.com/history-trivia/#World_History

See the next page for answers



It's Important to Connect with Elders

ANCHORAGE HEALTH EDUCATION

During these uncertain times amid the COVID-19 pandemic, it is important to continue to connect with Elders as the hunker down order and COVID-19 health mandates have made some social interactions difficult. Fortunately, there are many ways to increase social interactions and assist Elders.

Together, families can look at creative means to connect with Elders and provide ways to be present, even when not in person. Traditionally, families perform subsistence activities together. Summertime yields fish, greens, and berries—stay connected with Elders by continuing traditional activities.

By utilizing today's technology to bridge the generational gaps. Here are ideas, tips, and tools to stay connected with Elders:

- Plan a green and berry-picking trip
- Start a family Facebook group
- Start a family messenger room
- Share/make your own tutorials
- Video chat
- Video sing
- Send video postcards
- Send homemade goodies
- Share memories
- Host a virtual concert
- Have a virtual game night
- Play checkers, Monopoly, etc.
- Share hobbies or interests
- Host arts and crafts night
- Create a family tree
- Send a handwritten letter
- Write stories
- Pick greens and berries
- Be creative
- Play music



Let us be present with Elders during this difficult time and find creative ways that work for your family to be special and unique. Most of all, explore ways to be present, connected, and make special memories. Celebrate new ways to connect!

Family Fun Trivia Answers

ASHLEY SCHROEDER

1. Most experts agree there are approximately 640 muscles
2. Oak trees
3. Magma
4. About six miles
5. Tug-of-war
6. The volcanic eruption of Mount Vesuvius
7. Kids
8. Their legs lock into place to prevent falling
9. India
10. Spain
11. Kodak Brownie
12. Ventricles
13. Eight
14. Twenty-seven Earth days
15. Bull sharks can live in fresh water due to their ability to store salt.
16. Once
17. Five pounds
18. They can't fly
19. Twelve
20. The sun

Berry Goodness

CALLIE BRAY

Berry season is almost here. Harvesting berries is something many Alaskan's look forward to each year as it connects us to the land and subsistence. In addition, Alaska berries are a rich source of antioxidants, minerals, and fiber. Berries help lower the risk of chronic diseases (*diabetes, heart disease, and some cancers*), reduce inflammation, and help boost digestive health. Grab your favorite berry bucket, get picking, and have fun. Here are some Alaska berries to look for:

- High bush or low bush blueberries
- Cranberries or lingonberries
- Cloudberrries or low bush salmonberries
- Crowberries or blackberries
- Currants or high bush cranberries
- High bush salmonberries
- Watermelon berries
- Raspberries



Enjoy these Berry Recipes:

Healthy Akutaq

Ingredients:

- 4 quarts wild berries (salmonberries, blueberries, raspberries, cranberries)
- 1 cup frozen fat-free whipped topping
- 1 package vanilla, sugar-free instant pudding
- 1 cup skim milk

Directions:

1. Make instant pudding with skim milk, following directions on package, and set aside.
2. In a large bowl, mash cranberries, if using. Add other berries and stir in instant vanilla pudding. Fold in frozen whip topping. Serve cold. Enjoy!

Source: *Benteh Nuutah* Valley Native Primary Care Center Wellness Center



Berry Picking Tips:

- Be aware of your surroundings. Remember berries are an important food source of food for other animals like bears. If you see an animal, move to another berry patch.
- Be careful to avoid picking on private property.
- Know your berries. Use a book with pictures of berries and their leaves. Leaf identification will help you avoid poisonous berries. Baneberries are white and red (sometimes both on the same plant). These are very poisonous and can cause cardiac arrest if ingested.
- Do not over pick. Only harvest what you need and thank the land for providing.
- Wash them. All berries should be washed and dried before using or storing.

Berry Good Salad

Ingredients: serves 6

- 6 cups spinach or mixed greens
- 1 cup wild berries (blueberry, salmonberries, and/or raspberries)
- 1 avocado, sliced
- 1/4 cup pumpkin seeds
- 1/4 cup red onion, thinly sliced

Directions:

1. Combine dressing ingredients and whisk until combined.
2. Place all salad ingredients in bowl and lightly toss.
3. When ready to serve toss with some dressing and enjoy.

Source: Callie Bray, *Benteh Nuutah* Valley Native Primary Care Center Wellness Center

Alaska Native Values and Physical Activity

SCOTT HADLEY

I recently had the opportunity to visit with a Tlingit Elder, and we talked at length about Alaska Native values. It came up in our conversation that I could do more to sustain Alaska Native values in my work. This led me ask myself, "How can I incorporate Alaska Native values into my job as an exercise physiologist?" The first thing I did was learn more about many Alaska Native cultures. There are so many beautiful Alaska Native values. Some of my personal favorites shared by several groups are kindness, respect for Elders, sharing what you have, and hard work. Here are a few of the values related to health and physical activity.

Respect for Nature

Hiking, biking, and exploring this beautiful state will help increase your respect for nature. We live in such an amazing place and every time I go outside, I marvel at the beauty Alaska offers. Explore your favorite trail, pick wildflowers, or walk around your neighborhood. While exploring, find something you may not have noticed before.

Care for Human Body

One of the best ways to care for the human body is regular exercise. Well-rounded fitness involves muscular strength, muscular endurance, cardiovascular fitness, flexibility, and balance. If you would like help in any of these areas, call to schedule an appointment with an exercise physiologist.

- Anchorage | Physical Therapy, Occupational Therapy, and Exercise | (907) 729-6683
- Mat-Su Borough | *Benteh Nuutah* Valley Native Primary Care Center Wellness Center | (907) 631-7630

Subsistence Lifestyle

Berry picking, plant foraging, hunting, and fishing are examples of subsistence activities that provide physical activity.

I challenge you to learn more about Alaska Native values. To learn more talk with an Elders and visit <http://www.ankn.uaf.edu/ANCR/Values/index.html>



Health Benefits of Being Smoke Free Series

RUTHI BLATCHFORD

What are the benefits of quitting tobacco? This will be the final week of this series and I want to stress the amazing benefits of quitting tobacco. Good things happen to major systems of the body when you quit tobacco:

- Lower Cancer Risk: Quitting smoking will prevent new DNA damage from happening and can even help repair the damage that has already been done. Quitting smoking immediately is the best way to lower your risk of getting cancer.
- Smaller Belly: Quitting smoking will reduce your belly fat and lower your risk of diabetes. If you already have diabetes, quitting can help you keep your blood sugar levels in check.
- Normal Estrogen Levels: If you are a woman, your estrogen levels will gradually return to normal after you quit smoking. If you hope to have children someday, quitting smoking right now will increase your chances of a healthy pregnancy in the future.
- Normal White Blood Cell Count: Smoking causes individual's white blood cells to rise as a signal from your body that it is constantly under stress. When you quit smoking, your body will begin to heal from the injuries that smoking caused. Eventually, your white blood cell counts will return to normal and will no longer be on the defensive due to nicotine.
- Proper Healing: Quitting smoking will improve blood flow to wounds, allowing important nutrients, minerals, and oxygen to reach the wound and help it heal properly.
- Stronger Immune System: When you quit smoking, your immune system is no longer exposed to tar and nicotine. It will become stronger, and you will be less likely to get sick.
- Strong Muscles: Quitting smoking will help increase the availability of oxygen in your blood, and your muscles will become stronger and healthier.
- Strong Bones: Quitting smoking can reduce your risk of fractures, both now and later in life. Keep your bones strong and healthy by quitting tobacco now.

Content provided and maintained by Smokefree.gov and the National Cancer Institute at the National Institutes of Health.

Reference. Centers for Disease Control and Prevention. Retrieved from: <https://www.cdc.gov/tobacco/campaign/tips/quit-smoking/guide/rewards-of-quitting.html>

Toddler Time Activity: Painted Pasta Necklace

NICOLE NORDSTROM

Materials:

- Pasta (any size/shape that can be threaded)
- Paint (washable paint, or watercolor)
- Paint brushes
- String (something like yarn or thick thread)
- Material to protect your work surface from paint (i.e. cardboard, paper, plastic tablecloth)

Instructions:

1. Set up your work surface by covering it with your chosen material. Have the paint, paint brushes, and cup of water ready. Spread out the pasta.
2. Paint the pasta however you like. Do designs such as stripes or polka dots or paint it solid.
3. Let it dry completely. This could take a couple hours, or let it dry overnight.
4. Once pasta is dry, thread the string through to make a necklace, and then tie the string.



Finish the Proverb Answers

If it ain't broke, don't fix it.

Know which way the wind blows.

For everything, there is a season.

Let not the sun go down on your wrath.

The early bird catches the worm.

Take it with a grain of salt.

A friend in need is a friend indeed.

Beauty is only skin deep.

All that glitter is not gold.

A leopard cannot change its spots.

Let bygones be bygones.





SALMONBERRY

BLUEBERRY



BLACKBERRY

marzo