



# Qik'rtarmiut Asiitmen Kodiak Native Wellness News

## Kodiak Area Native Association

Promoting wellness & knowledge for Kodiak's Native People



SUMMER - KIAK 2013



Participants play laptuk (Alutiiq baseball) at the Alutiiq Language Immersion Campout at Holiday Beach, courtesy of Brittany Emerick (read more on page 4)

## Health Reform Makes Tribal Enrollment Essential

by ANTHC and SCF Public Relations

Beginning January 1, 2014, every American must demonstrate health care coverage under the Affordable Care Act. This means if you do not already have coverage (e.g., Medicaid, Medicare, Denali KidCare or private insurance) you will be required to purchase health insurance or face a penalty when filing your taxes. The tax penalty could be as much as \$695 per adult and \$347.50 per child.

Alaska Native and American Indian people are exempt from the requirement to purchase insurance if they can show evidence of:

- a) Enrollment in a federally-recognized tribe, or
- b) Alaska Native Claims Settlement Act (ANCSA) shareholder status.

Even with this exemption, Alaska Native and American Indian people may choose to purchase insurance. Alaskans will have a new option of purchasing health insurance through the federal marketplace as early as October 2013 for plan coverage effective January 1, 2014. Some Alaskans will qualify for premium subsidies based on income. For instance, an individual earning up to \$57,400 or a family of four earning up to \$117,760 may receive financial assistance when purchasing insurance.

For more information on the Affordable Care Act, please visit [www.healthcare.gov](http://www.healthcare.gov).

### Q: How do I enroll in a tribe?

A: Tribal enrollment rules are different for every tribe. You are most likely to qualify for tribal enrollment in the village where your family comes from. Contact your family's tribe(s) to learn about what is required for enrollment. Tribal addresses can be found at [www.ncai.org/tribal-directory](http://www.ncai.org/tribal-directory). You can also contact the Bureau of Indian Affairs, Alaska Regional Office, at (800) 645-8465, option 1.

### Q: Does my Certificate of Indian Blood (CIB), issued by the Bureau of Indian Affairs (BIA), count?

A: While the CIB is an important document, you will still need to show proof of tribal enrollment to qualify for the exemption from the tax penalty.

### Q: Does it have to be a card or can it be a letter?

A: The tribe may choose to issue an enrollment card or provide a letter that verifies tribal status.

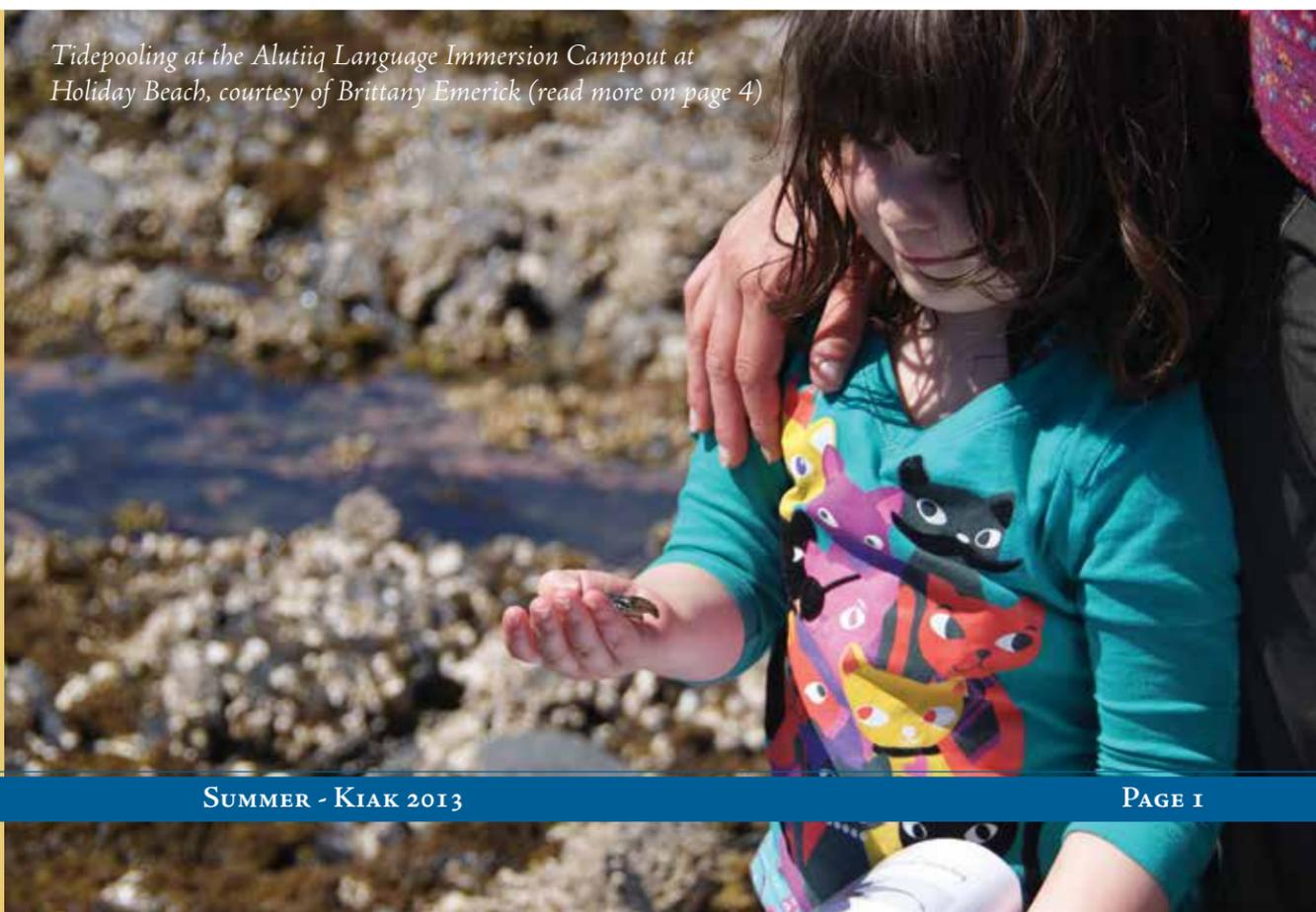
### Q: Do I have to establish blood quantum?

A: Some tribes may require a minimum blood quantum, so it is important to contact the tribe. ■

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Tidepooling at the Alutiiq Language Immersion Campout at Holiday Beach, courtesy of Brittany Emerick (read more on page 4)



## President's Letter



Summer Greetings from KANA!

This last quarter was filled with exciting change and transition. KANA has migrated our Electronic Health Record (EHR) to CERNER, a complete healthcare information technology system. I'd like to thank you for your patience as we work through this transition, and apologize for any inconveniences that may arise. Both the Alaska Native Medical Center (ANMC) and the Southcentral Foundation implemented Cerner as their EHR in 2012. Utilizing the same EHR

as ANMC allows our healthcare providers to access and transmit information directly to/from ANMC with increased security and efficiency. The benefits from this EHR transition are numerous, and should result in increased coordination and quality of care.

Additionally, KANA is engaged in a formal accreditation process with the Accreditation Association for Ambulatory Health Care (AAAHC). AAAHC serves as an advocate to ensure the delivery of high quality health care exists through the development of nationally recognized standards. KANA will be evaluated by AAAHC to ensure that the quality of our healthcare services meets national standards and is in compliance with applicable federal, state and local laws and regulations. This is an enormous undertaking for KANA and its staff, but it has been identified as a priority by management and KANA's Board of Directors to confirm that our outstanding services and high quality health care are in alignment with industry best practices.

Finally, I'm pleased to share that the Alaska Native Tribal Health Consortium (ANTHC) has secured the land and financing to construct a 170-unit patient housing building immediately to the North of the Alaska Native Medical Center (ANMC). As the President and Chairman of ANTHC, this has long been a priority for many of us who represent patients who travel to Anchorage for care at ANMC. In addition to the housing, an adjacent parking structure will also be constructed. The housing facility will be connected to ANMC via a skybridge to ease access. At this point, a community kitchen is also planned. Patients requiring accommodations, such as our expecting mothers will be afforded a safe and convenient location immediately adjacent to their hospital.

Your continued input and involvement in developing KANA's services is instrumental to ensuring that our journey forward results in improved services and a greater quality of life for those we serve. I appreciate your time and welcome you to contact me at any time to provide feedback.

Respectfully,

Andy Teuber  
President and CEO



## Fitness Bulletin

# KANA Fitness Center Offers a Variety of Support

Whatever you are looking to do to increase or to maintain your fitness level, the Fitness Center is here for you. We can help you plan a course of action, teach you the skills needed to perform to the best of your abilities, and give you encouragement to set and reach your goals.

The Strong Ones is an exercise group that meets three times a week: Monday and Wednesday at 5:30PM and Saturday at 10:30AM. The purpose of the class is to make people better at life. This means that we perform functional movements that are a part of daily life. Each exercise can be adjusted so that anyone can do it. In our group we have a variety of people who come together to get a good workout that challenges them without causing themselves harm in a friendly and encouraging atmosphere.

Fight Night is a class held twice a week: Tuesday and Friday at 5:30PM. The purpose of this MMA style class is to introduce people to the basics of Akido, Judo, Muay Thai, Boxing, and Ju-Jitsu in a fun and supporting environment. Five different types of punching bags are utilized in addition to exercises to target strength, balance, agility, speed, and power. Classes are done in a circuit format with rounds on the bags and rounds of cardio.

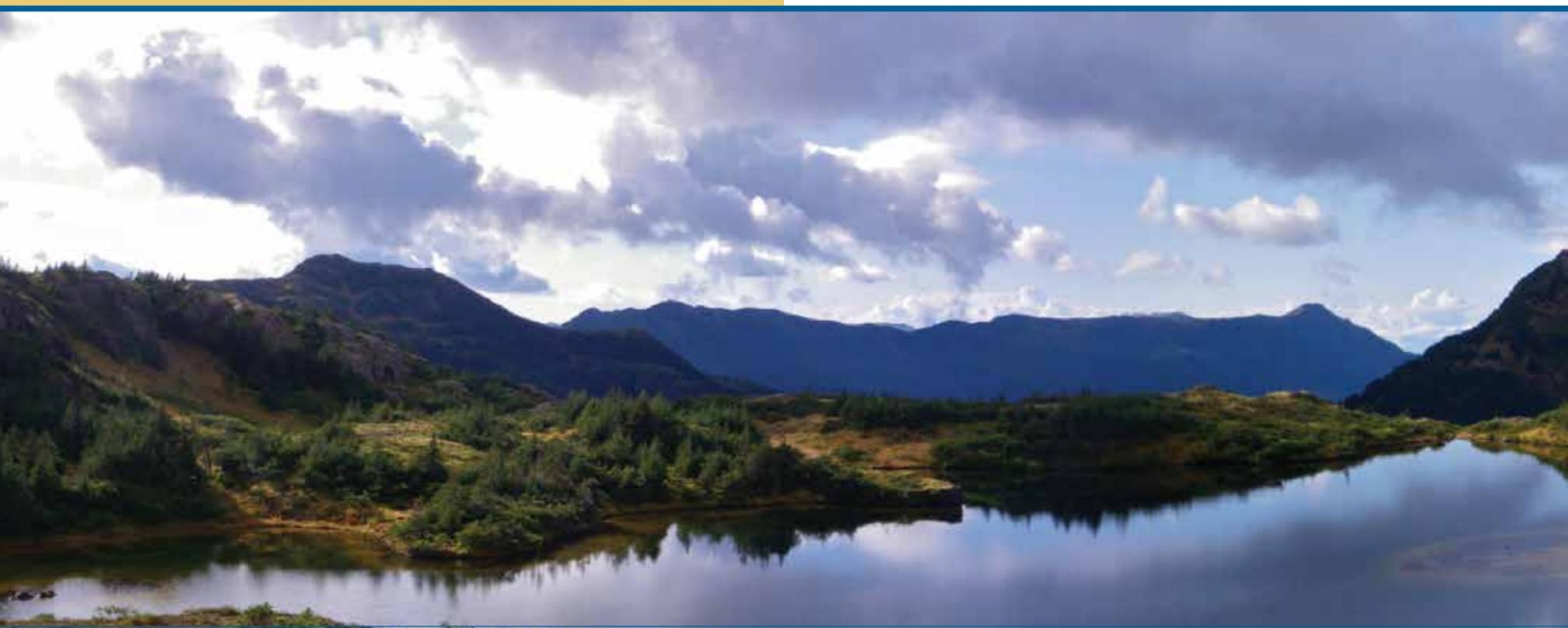
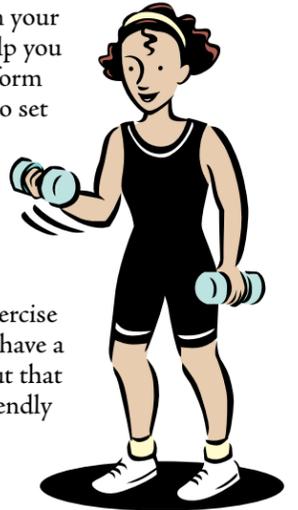
In addition to classes, the Fitness Center has a library of books that cover a variety of topics including: Tai Chi, Yoga, powerlifting, functional movement, nutrition, running and cardio routines, martial arts, exercise and its interaction with diabetes, high blood pressure, and obesity and much more. These books can be loaned out to members for recreational reading.

The KANA Fitness Center also has a DVD lending library of instructional DVDs that cover: Yoga, Tai Chi, cardio exercises, TRX, Powerlifting, Circuit Training, Pilates, Kettlebell training, The Spartacus Workout, Step Aerobics, P90x, and Richard Simmons. We have an audio visual system here and space available to do the exercises in the gym, or we can loan out the DVDs similar to the books.

Fitness Center staff create monthly contests which challenge members to complete a certain amount of exercises, complete a workout in a set amount of time, or another format designed to test their exercise potential. We also have two annual triathlons to test our members' cardio aptitude consisting of a 2,000 meter row, 5 mile bike ride, and a 1 mile walk or run. We encourage everyone to participate and compare their times to the previous years.

When it comes to equipment, the fitness center is not unadorned. We have 17 cardio machines including: treadmills, bikes, elliptical machines, steppers, rowers, a VersaClimber, and a NuStep. We have a wide range of free weights in the form of dumbbells, kettlebells, medicine balls, and barbells and weights, with three lifting stations. In addition, we have strength building equipment including a universal machine, chin/dip assist, leg press, GHD machine, Captains Chair, chin up bar, and TRX bands. When it comes to flexibility and mobility, we have foam rollers, yoga mats and larger mats for stretching, SPRI bans, and TheraBands to aid stretching.

Getting started may seem intimidating, and stepping in the door is half the battle, so start easy and ask us as many questions as you need to in order to get on the right path to create a healthy and active lifestyle. ■



## Community Services Update



Salmonberry blossom, courtesy of Patrick Saltonstall

## Summer Youth Employment & Training Program (SYETP)

The Summer Youth Employment and Training Program (SYETP) is a part of the Workforce Investment Act (WIA) and is designed to provide our native youth with work skills and experience in preparation for successfully joining the work force. With few employment opportunities in rural communities, youth are limited in their ability to prepare for the expectations of the workplace. SYETP provides the funding to pay the wages for part time work over six weeks during the summer. This allows employers, who would otherwise be unable to hire additional workers, the opportunity to employ, train, and mentor the youth with expectations of maintaining employment. Over the course of the summer, youth learn how to be on time and work ready, fulfill job expectations, complete tasks, enhance customer services skills and maintain a work schedule.

KANA's Community Services staff identifies what each youth is interested in career wise, and then provides them with work experience that is applicable, if possible. Some village youth work for their tribal organizations where they learn the basics of administering services and government functions. Others have worked at local lodges and trail building operations. This exposes youth to employment opportunities and the workforce needs in their own communities. Kodiak area youth have worked with employers such as KANA, the Salvation Army, Blockbuster and Orion's where they gain experience in customer service and public interaction.

The process is a stepping stone, educating each youth on filling out employment applications, providing necessary documentation and interviewing skills. The program has been a success, providing as many as thirty youth with employment each summer. The youth are gaining important work experience that can be a springboard to more opportunities in the future. KANA appreciates the collaboration and partnerships created each year to ensure our Youth are tomorrow's success! ■

## Tribal Vocational Rehabilitation (TVR) Program

KANA's Tribal Vocational Rehabilitation (TVR) Program is a dynamic program with the mission of providing culturally relevant services to Alaska Natives and American Indians who experience limitations and barriers to obtaining or maintaining employment. These services are consistent with individual strengths and are designed to help the individual significantly improve his or her life situation by preparing them to engaged in gainful employment, including self-employment, subsistence, and business ownership. TVR services include but are not limited to: employment counseling and preparation; resume development; job search assistance; on the job training, pre-employment workshops; college preparation, and vocational preparation that assist eligible individuals prepare for, achieve and maintain employment. Services are tailored to meet the varied needs of the individual.

To qualify for the KANA TVR Program you must have a medical, physical, emotional or cognitive condition which causes substantial barriers to successful employment, as well as be an enrolled member of a federally recognized tribe and reside within the KANA service area. Once you make initial contact an Intake Interview will be set up in which the TVR process and eligibility requirements will be explained to you. When eligibility is determined, your TVR Counselor will work with you to develop your Individual Plan for Employment that will guide the services that you require to accomplish your goal.

Contact us today if you or someone you know might qualify and a TVR Counselor will arrange an appointment, 907-486-1361 or 800-478-5721 extension 1361. You may also stop by our offices located on Near Island at 194 Alimaq Drive in Kodiak to learn more about the program and how it might assist you in obtaining employment. ■

*Kodiak National Wildlife Refuge  
on Afognak Island near Foul Bay,  
courtesy of Patrick Saltonstall*



# Spotlight on Culture Alutiiq Language Summer Camps



Mary Haakanson and Florence Pestrikoff at Holiday Beach, courtesy of Brittany Emerick

This summer, two Kodiak-based culture camps taught Alutiiq language through cultural activities to participants of all ages. Both camps engaged a group of fluent Elders and learner/teachers who supported novice and intermediate learners in Alutiiq language immersion activities.

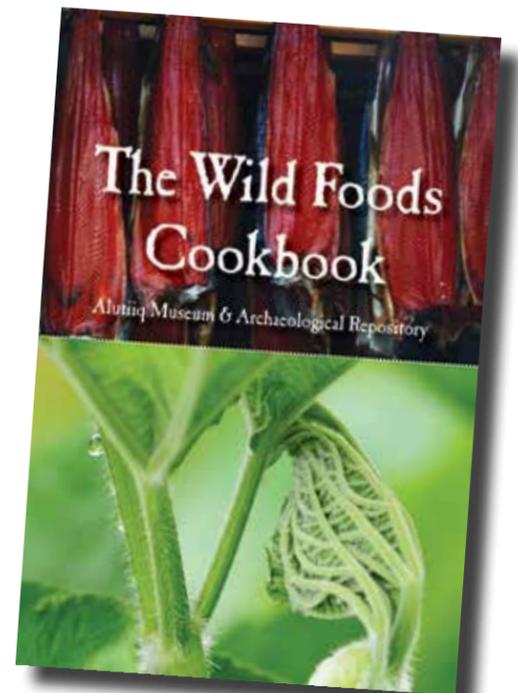
The first campout on June 17-18 at Holiday Beach was sponsored by Kodiak Island Borough School District for students and families, with additional support from the Alutiiq Language Program at Native Village of Afognak, and from Sun'aq Tribe of Kodiak. This 2-day campout focused on beach games, and traditional harvest and processing activities, such as tidepool gathering, alder bark salve making, maskette wood carving and *taariq* (banya scrubber) collection. About half of the 30 participants chose to camp overnight, with the rest driving out as day-campers both days.

The second camp was held June 26 to July 2 at Dig Afognak through the Alutiiq Language Program at Native Village of Afognak. The 7-day Alutiiq Language and Music Camp at Dig Afognak offered many diverse cultural enrichment experiences and opportunities to speak the Alutiiq language within camp life and to sing and dance Alutiiq songs. Many presenters supported the camp, including language teachers, Alutiiq dance instructors, traditional crafts artists, and Indigenous language advocates from visiting tribes in Oklahoma. Youth and Elders worked together to create three new Alutiiq songs about camp: a morning/evening song, a chore song, and a meal song.

As the growth of the Alutiiq language revitalization movement continues to gain momentum, participants look forward to developing similar place-based learning opportunities. ■

# A New Alutiiq Wild Foods Recipe Book

The Alutiiq Museum is completing the *Neq'rkat: The Alutiiq Wild Foods Project* this summer, funded by a National Park Service grant. Staff worked with traditional food harvesters and cooks from around the island to document, share, and perpetuate tribal subsistence traditions as a way of promoting healthy, culturally-valued subsistence practices. Although wild foods are well known on Kodiak, many younger tribal members have little experience harvesting, processing, or preparing these foods. The Alutiiq Museum focused on 12 widely available wild foods and recorded knowledge of food processing and preparation to be showcased in an upcoming video, as well as within a recipe booklet to be published in August. Copies of the book and DVD will be available for free through the Museum store and partner organizations. ■



## Alutiiq Crossword Puzzle - Salmon Season

To complete this puzzle, find keyword answers in Alutiiq for each clue at right. See word translations and correct spellings under the puzzle. Puzzle solutions on page 7.

Puzzle by Alisha Susana Englartaq Drabek

### AKITMEN (across)

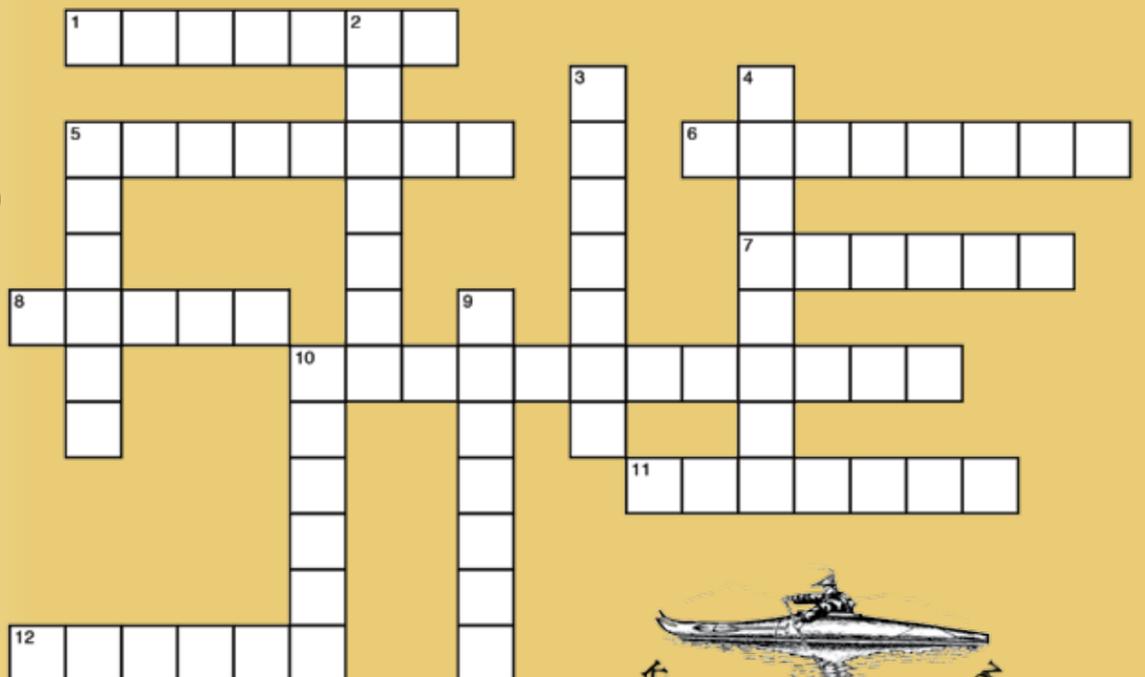
1. salted salmon
5. smoked salmon (N)
6. silver salmon (coho)
7. dog salmon (chum)
8. roe; fish eggs
10. fisherman
11. red salmon (sockeye)
12. dried fish

### ACITMEN (down)

2. pink salmon (humpy)
3. salmon; fish (general)
4. king salmon
5. smoked salmon (S)
9. salmonberry
10. fish rack

### Vocabulary found in this puzzle:

aamasuuk — king salmon; alagnaq — salmonberry; alimaq — dog salmon; initaq — fish rack; iqallugsurta — fisherman; iqalluk — salmon or fish; niklliq — red salmon; paalkaaq — smoked salmon (N); paliik — smoked salmon (S); sisut — roe or fish eggs; sulunaq — salted fish; tamuuq — dried fish; qakiiyaq — silver salmon



"To Elevate the Quality of Life of the People We Serve"

## Elder Profile

# David Capjohn, Sr.

David Capjohn, Sr. was born on August 1, 1945, in Shearwater, where his parents Irene (Inga) and Willie Capjohn worked during the summer season at the cannery. In the Fall, they returned to Old Harbor where he and his sister and brothers were raised. His mother Irene originally came from the village of Woody Island, moving to Old Harbor when she married David's father. After many years of illnesses, his father died when David was quite young. After that, his mother Irene had a hard time raising the kids on her own, but David looks back on the lessons he learned as a child with appreciation.

The most important lesson that David felt that he learned as a child was to be kind and helpful. His mother and grandfather taught him these values, always showing him the right way to live. Today, David feels that "people aren't helpful anymore," compared to how life used to be. He says, "kids today aren't like we were. They don't want to help anybody, but instead ask for money first." When he was growing up he says, "Everyone worked together, especially during the holidays." He tells about how during Easter the men would always help each other turn over skiffs and gravel the road around and to the church. Everyone would do their part to make sure the village and the church were in good order after the snow had melted, ready for spring.

As David grew older, he was sent to Mount Edgumbe Boarding School in Sitka. He experienced a rough first year being away from home, and chose to stay home the following year. However, he quickly realized that dropping out of school would be a big mistake, and he chose to reapply to finish his high school career. After graduation he traveled to Kansas to attend trade school in carpentry. The skills he learned continue to benefit him and his community, as he has contributed to many construction projects in Old Harbor, including several homes, the Old Harbor School and the KANA facility.

Starting as a boy of 12 or 13 years old, David's main occupation has been as a commercial fisherman. He began learning with his father in beach seining. Then, in 1996 he bought his own salmon seine boat, the Lady Jean. David greatly enjoyed his career as a fisherman, and still loves getting out on the water to fish. He feels that living a subsistence lifestyle is one of the main things that young people today need to know how to do. Unfortunately, he sees today how fisheries regulations have contributed to a reduction in subsistence living. He says, "When I grew up, I didn't know what a license was. We would just go out and catch what we needed." He thinks that the licensing process has reduced these practices, due to so many restrictions being placed on individuals and families. He hopes that people will continue to try to live close to the land and eat wild foods, despite the barriers that impact us today.

After returning from trade school to Old Harbor in 1965, he made his own home there until 1978 when he moved his family to Kodiak for a few years. Their time in Kodiak didn't last long, as they all missed Old Harbor too much, and moved back.

David, Sr. and his wife Mary Jean raised a son David, Jr. and two daughters, Irene and Emily. Today, Irene lives in Washington, and Emily lives in Kodiak, working as an aide at Kodiak Middle School and raising her son Dylan with her partner Alexis Kwachka. David tragically lost his son David, Jr. last year at a young age. David now lives part of the year in Kodiak for health reasons, but he is thankful that he is still able to spend his summers in Old Harbor.



David Capjohn, courtesy of Sven Haakanson, Jr.

David's mother, Irene Capjohn, helped raise his daughter Emily until she was 13, while his wife Mary Jean worked as a teacher's aide for the Old Harbor Preschool. As David's mother Irene didn't speak English, but mostly spoke Alutiiq, Emily got the opportunity to learn to understand Alutiiq from her grandmother. David believes that "children today should be taught Alutiiq language in the school, and should be encouraged to speak the language." He goes on to say, "As long as the kids get interested, it should be taught in the schools as a regular course. It's not fair that we don't have it in [all] the schools." He enjoys speaking Alutiiq with his friends and is hopeful for the Alutiiq language teaching efforts that are growing.

In decades past, the language was spoken socially as people used to visit and get together more frequently. David believes that the shift from this social lifestyle came around 1972 when the telephone and television were first introduced in Old Harbor. After that, people didn't go visiting anymore or "you couldn't even see anybody," as they were always busy watching a TV program. In this

way, he feels that "technology is ruining us." He sees that as a community we are suffering many negative effects caused by technological influences on traditional ways of life, which offer a much more healthy way of living.

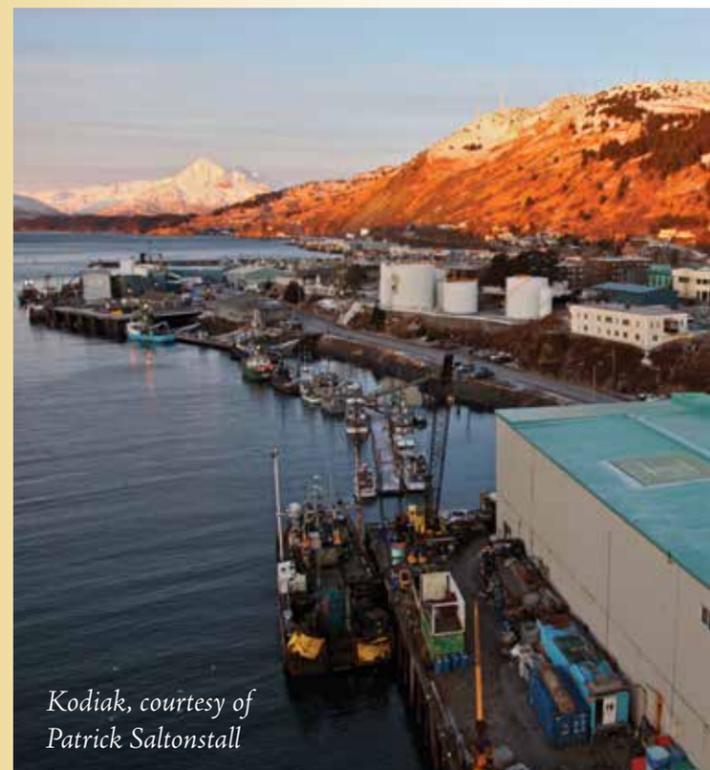
While David is shy, he is not ashamed of speaking his mind. His advice to people today on how to live a healthy life is to "listen to our Elders; and try to learn what they know." He points out that Native people who live off the land recognize that, "It's a different way of looking at life." The concepts of wealth and happiness are not the same when viewed from a western perspective or what is shown on TV. While he believes it is true that "in order to survive you need to change with what goes on," it doesn't mean that people should sacrifice the lifestyles that have sustained generations before. When looking at how he is capable of living off the land and is able to provide well for himself, he says, "I'm not poor, I have everything I need." ■

## Kodiak Rural Regional Comprehensive Economic Development Strategy (CEDS) 2013

The Economic Development Program updated KANA's Comprehensive Economic Development Strategy (CEDS Document). Copies of the CEDS Document and Update Request Forms were distributed to city and tribal offices in March.

The Economic Development Program received requests for updates to the Strategy Committee and Background sections.

These updates can be viewed online at KANA's website, [www.kanaweb.org](http://www.kanaweb.org). ■



Kodiak, courtesy of Patrick Saltonstall

## Nutrition

# Worried about Type 2 Diabetes? ...Walk After Every Meal

Alitak beach, courtesy of Patrick Saltonstall

by Nanci Hellmich, USA TODAY, June 12, 2013,  
Contributed by Shanna Moeder, Registered Dietitian

### A New Study Shows the Benefits of Walking for 15 Minutes After Every Meal

#### Key Highlights

- Walking after every meal is as beneficial for blood sugar as a 45-minute walk
- Taking a 15-minute walk after dinner helps control post-meal blood sugar
- The timing of exercise is important, study shows

If you're at risk for developing type 2 diabetes, then take a 15-minute walk after every meal. A study released June 12, 2013, shows that moderately-paced walks after meals work as well at regulating overall blood sugar in adults with pre-diabetes as a 45-minute walk once a day. And there's an added benefit of walking after every meal, especially dinner: It helps lower post-meal blood sugar for three hours or more, the research found.

Walking after a meal "really blunts the rise in blood sugar," says the study's lead author Loretta DiPietro, professor and chair of the department of exercise science at the George Washington University School of Public Health and Health Services.

"You eat a meal. You wait a half-hour and then you go for a 15-minute walk, and it has proven effective in controlling blood sugar levels, but you have to

do it every day after every meal. This amount of walking is not a prescription for weight loss or cardiovascular fitness — it's a prescription for controlling blood sugar," she says.

Currently, almost 26 million children and adults (8.3% of the population) in the USA have diabetes, and about 79 million Americans have pre-diabetes. In diabetes, the body does not make enough of the hormone insulin, or it doesn't use it properly. Insulin helps glucose (sugar) get into cells, where it is used for energy. If there's an insulin problem, sugar builds up in the blood, damaging nerves and blood vessels.

The research, published in the June issue of *Diabetes Care*, shows that the timing of walks is important for providing health benefits, DiPietro says. Walking is beneficial because the muscle contractions "help to clear blood sugar," she says.

After dinner is a good time to get up and walk with your partner, a neighbor or your dog, she says. If you can't go outside, then march in place for 15 minutes, she says.

After lunch, many employees go and sit down for another four hours, but based on these findings, companies and businesses should make it easier for employees to go out and take a walk after lunch, says Tim Church, director of preventive medicine research at the Pennington Biomedical Research Center in Baton Rouge.

John Anderson, president of medicine and science for the American Diabetes Association, says it makes sense that a short walk would lower post-meal blood sugar. "What we don't know is if it is going to make a big difference over time in people's

progression from prediabetes to diabetes — any more than the standard exercise advice of walking 30 minutes a day five days a week."

Other research shows that amount of exercise and a weight loss of 5% to 7% helps reduce the risk of developing the disease, Anderson says.

DiPietro says the results of this study may also apply to pregnant women who are at risk for gestational diabetes, and the findings may also be helpful to people who aren't able to walk for 45 minutes at a time but are able to do 15 minutes.

The government's exercise guidelines recommend that:

- Adults get at least 2½ hours of moderate-intensity physical activity each week, such as brisk walking, or 1¼ hours of a vigorous-intensity activity, such as jogging or swimming laps, or a combination of the two types, to get the most health benefits from exercise. These aerobic activities should be done in at least 10-minute bouts.
- To get even more health benefits, people should do five hours of moderate-intensity physical activity each week or 2½ hours of vigorous activity.
- Adults should do muscle-strengthening (resistance) activities at a moderate- or high-intensity level for all major muscle groups two or more days a week. This should include exercises for the chest, back, shoulders, upper legs, hips, abdomen and lower legs. The exercises can be done with free weights or machines, resistance bands, calisthenics that use body weight for resistance (push-ups, pull-ups, sit-ups), or carrying heavy loads or doing heavy gardening such as digging or hoeing. ■

### Quinoa Fruit Salad

Quinoa is a complete protein and high in fiber. It can be cooked and eaten like rice but it is healthier than rice. It is quick to cook and then you can flavor with any ingredients that you have like a pasta salad.

#### Ingredients

- 1 cup Quinoa
- 2 cups Water
- 1 ½ cup Blueberries (frozen or fresh)
- 1 lime (for juice) or about 3-4 Tbsp of Lime Juice
- 1 ½ cup mango, cubed (frozen or fresh)
- 2 Tbsp Mint (optional if have)
- 1 ½ cup Strawberries, sliced (frozen or fresh)
- 3 Tbsp Honey or Agave Nectar

#### Directions

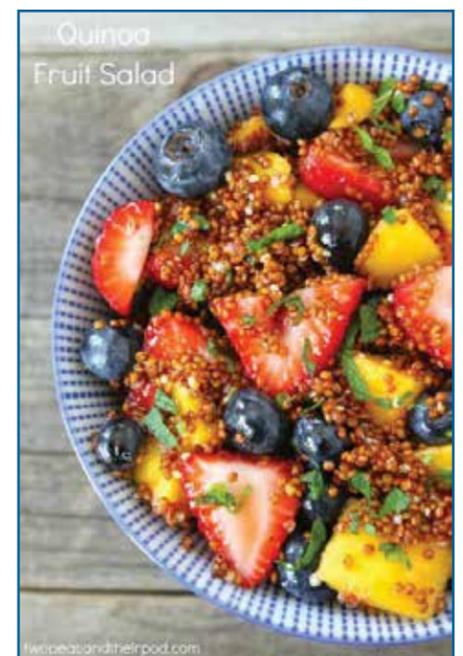
Using a strainer, rinse the quinoa under cold water. Add quinoa and water to a medium saucepan and bring to a boil over medium heat. Boil for 5 minutes, turn off heat to low and simmer for about 15 minutes or until water is absorbed. Remove from heat and fluff with a fork. Let quinoa cool to room temperature or put in fridge till ready for it as this dish will taste great chilled.

To make Honey Lime dressing put ingredients in a medium bowl: lime juice, honey and mint together and whisk until combined.

In a large bowl, combine the quinoa, fruit and honey lime dressing; mix until combined. Garnish with additional mint if desired, serve at room temperature or chilled. Frozen fruits may get soft and mushy. Experiment with recipe to find what kind of fruits you enjoy (fresh, frozen or canned that is drained and cut up). Other great fruit ideas are blackberries, salmonberries, peaches, kiwi, raspberries, pineapple, grapes, apples, etc.

Or if don't want a sweet dish, make quinoa with 2-4 Tbsp of balsamic vinegar, 2-3 Tbsp of olive oil and then vegetables, cheese and dry fruits such as onions, garlic, zucchini, cucumber, pickles, olives, bell peppers, feta cheese, raisins or raisins, etc.

### Something the whole family can make together



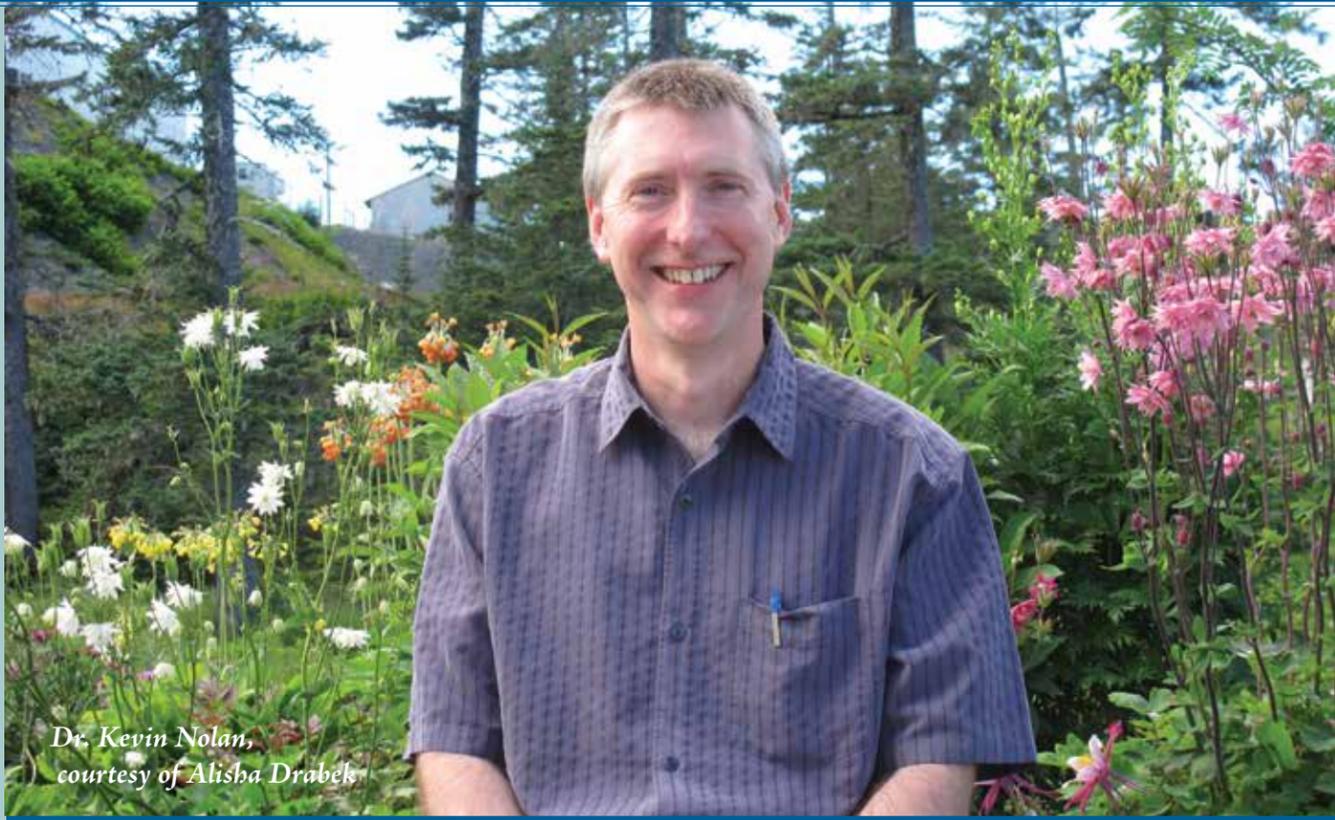
Recipe courtesy of [www.twopeasandtheirpod.com](http://www.twopeasandtheirpod.com)

## Provider Profile

### Dr. Kevin Nolan

### CHAP Director

Dr. Kevin Nolan was born in Michigan in 1965, and moved to Texas during his teen years where his parents still live today. He has traveled and lived in many different places, including several other states, England, the Caribbean, and Israel. Throughout his life he has had many jobs, but his interest in medicine has been a constant. "I taught first aid in the Boy Scouts and I used to be a paramedic in Denver for a number of years." He explains, "I tried a lot of other jobs in between but I kept gravitating back to medicine. I have a long list of careers that I know I don't want to do. I know I don't like to do roofing, taxiing, carpentry... I was a chef for a while in England."



Dr. Kevin Nolan,  
courtesy of Alisha Drabek

After deciding to become a doctor, he started medical school at age 29, and went on to earn his degree from St. George's University School of Medicine, graduating in 1999. First meeting his wife Jen in medical school in 1995, they were later married in Sedona, Arizona on Memorial Day weekend in 2000. He completed his Family Practice residency in Arizona at Phoenix Baptist Hospital, and began work as a physician in northern New Mexico.

His first trip to Kodiak was in 2004 to work for a three-week period at KANA as a visiting physician. He remembers, "It was rainy and foggy the entire time period, but it was still captivating." A year later they moved to Kodiak when stationed here with the Coast Guard. Dr. Nolan and his wife have two sons, Aidan, age 10, and Ian, age 9. Both boys go to school at East Elementary, and engage in after school activities at the Kodiak Baptist Mission, where they have participated since preschool. "I've had many

chapters in my life, and I'm in the family chapter now. That's why we stayed here," he explains when reflecting on what a good place Kodiak is to raise a family. "I've been looking for a place like Kodiak all my life," he says.

The beauty of Alaska and the wide open spaces were a major draw for them. Both his wife and he enjoy aviation, which was a major motivating factor in their choice to move to Alaska. They love engaging in many of the outdoor activities that other Kodiak residents like to do as well, such as fishing, subsistence, camping, and kayaking.

Making the choice to stay in Kodiak, Dr. Nolan transferred in December from the Coast Guard where he was responsible for caring for active duty personnel in aviation, including pilots, rescue swimmers, air crew, and retirees, in addition to coordinating medevacs for the State of Alaska. He explains, "When it was time to

rotate out of Kodiak, we didn't really want to go. My wife loves her practice in town, and her colleagues love working with her."

He looked for a good job locally and was pleased to find an opportunity at KANA. The Community Health Aide Program (CHAP) Director position had been open since last summer, and KANA had just signed an agreement with Veterans' Affairs (VA), which included a new obligation to serve non-Beneficiary veterans starting in January 2013. After he joined KANA to serve in both of these part-time positions, he was also recently appointed as KANA's Interim Medical Director. Dr. Nolan is pleased to fill this temporary role following Dr. Onders' departure, as he is eager to help carry the administrative workload so as not to affect his other colleagues who are busy seeing KANA Beneficiaries full-time. ■



#### KANA Newsletters Available Online

Past KANA Newsletters are available to read online at: <http://www.kanaweb.org/html/events/publications.php>

Like us on Facebook

## Alutiiq Crossword Solutions

### for page 4



For help with pronunciation of Alutiiq words, talk with a fluent speaker, or visit the Alutiiq Museum's Alutiiq Language website at [www.alutiiqmuseum.org](http://www.alutiiqmuseum.org) (select Alutiiq Language from the side menu). You will find both an Alutiiq Alphabet page to help build Alutiiq literacy and also an archive of past Alutiiq Word of the Week publications, many of which feature audio recordings. In addition you can visit the [www.alutiiqlanguage.org](http://www.alutiiqlanguage.org) website dictionary for recordings of words.

## We want to hear from you!

### Comments & Suggestions

If you have a comment or suggestion for the Kodiak Area Native Association, please let us know. We welcome the opportunity to better serve the needs of our Beneficiaries. Thank you.

Name (optional) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Quyanaasinaq!

Clip and drop off this card at the KANA reception desk, or mail to:

**Kodiak Area Native Association**  
3449 Rezanof Drive East, Kodiak, AK 99615

## Community Connection

The Kodiak Area Native Association cordially invites the community to attend a Public Forum:

Wednesday, August 28th, 2013 from 5:00 pm – 6:30 pm  
KANA Health Center Conference Room, 3449 Rezanof Drive East, Kodiak

Saturday, October 12th, 2013 during the Annual Meeting  
Kodiak Harbor Convention Center, 211 East Rezanof Drive, Kodiak

Wednesday, December 18th, 2013 5:00 pm – 6:30pm  
KANA Health Center Conference Room, 3449 Rezanof Drive East, Kodiak

*Purpose:* A public forum opportunity for beneficiaries and families to provide feedback, ask questions and participate in the planning and evaluation of services provided at KANA.

*In Attendance:* KANA staff, providers, management and tribal leaders. Light refreshments will be provided.

Please contact Heather Carlson for more information: 907-486-9885

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## Notice of Annual Membership Meeting of the Kodiak Area Native Association

The Annual Meeting of the Kodiak Area Native Association will be held this year on Saturday, October 12, 2013, for the purposes of electing four (4) Directors to the Board, and to conduct such other business as may properly come before the meeting.

Registration will begin at 9 a.m. followed by Call to Order of the meeting at 10 a.m. at the

Kodiak Harbor Convention Center,  
located at 211 E. Rezanof Drive,  
Kodiak, AK.

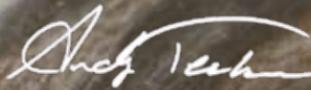
The following tribal chapters will each elect one Director at this year's meeting.

- Gwangkuta Suuget (At-Large)
- Tangirnaq Native Village,  
Woody Island Tribal Council
- Native Village of Ouzinkie
- Native Village of Larsen Bay

Door prizes will be given,  
including airline tickets. To win  
prizes, you must be present. We  
look forward to seeing you there!

Dated this 29th day of July, 2013.

Andy Teuber

  
President and CEO

