



Qik'rtarmiut Asiitmen Kodiak Native Wellness News

Kodiak Area Native Association

Promoting wellness & knowledge for Kodiak's Native People



SUMMER - KIAK 2015

KANA Awarded Accreditation by the AAAHC

Accredited by



ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.

In February of 2015, KANA was awarded accreditation by the Accreditation Association for Ambulatory Health Care. AAAHC was founded in 1979 to encourage and assist ambulatory health care organizations to provide the highest achievable level of care for recipients in the most efficient and economically sound manner. The AAAHC accomplishes this by operating a peer-based assessment, consultation, education and accreditation program. Since its inception, the AAAHC has promoted a voluntary, peer-based, consultative, and educational survey process to advance patient care.

KANA's patients can be assured that the services they receive have been evaluated by an independent agency and have been certified to meet or exceed national health care standards because of the accreditation process.

This accreditation is applied to our medical, dental, and behavioral health services, as well as some specialty features in our main facility in the City of Kodiak. We have also asked for evaluation of our village clinics and look forward to celebrating even more good news very soon.

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Accreditation Open House on May 20th



Attendees enjoy a healthy buffet



KANA Employee Lindsey Howell awards a door prize



Guests mingle at the Accreditation Open House

Letter from the President



Greetings from KANA!

KANA's Accreditation Open House on May 20th was a great success! It was nice to see so many familiar faces. Thank you for taking the time to join our celebration, tour our facility, and visit with staff. We couldn't be more pleased to have earned this recognition as it is the culmination of many years

of hard work and preparation, all with the intent to ensure the highest quality of care for our Kodiak Community.

In the coming months, KANA will continue to focus on enhanced customer service; expanded outreach to communities to increase awareness of KANA's services, and improved responsiveness to concerns. I'd like to take this opportunity to thank the KANA Board of Directors for their continuous focus on elevating the quality of life of the people we serve.

And as always, I welcome your input and suggestions and look forward to hearing from you. As an organization and as a region, our successes are the result of collaboration and our commitment to enhanced service delivery to the Community.

Respectfully,

Andy Teuber
President and CEO



Continued from Page 1

We have also been named a Patient Centered Medical Home, which means we provide care teams for our patients, involving their Primary Care Provider, Behavioral Health Clinician, and Dentist of choice in all health care decisions.

Accreditation is our foremost achievement in our mission: to improve the quality of life of the people we serve.



On May 20, 2015 about 50 Kodiak residents joined KANA in celebrating our Accreditation as the photos on Page 1 show. We enjoyed appetizers, tours of the facility, and a brief introduction to Accreditation by our CEO and President, Andy Teuber. He answered many questions for the audience, including the big one: What is AAHC Accreditation? Mr. Teuber explained that AAHC reviewed the governance, administration, patient care practices, facilities and policies and procedures of KANA and that new systems were put in place so that we could better document and track the results of our on-going quality improvement process and internal reviews.

Accreditation is a tremendous milestone in the ongoing process of improving customer service, quality improvement and stewardship. KANA has always been committed to ensuring its patients receive the best care and services but we also recognize that there is always room for improvement. Our Patient Centered Medical Home Certification requires increased patient feedback and involvement in services, so we look forward to working more closely with patients to ensure we are meeting our mission to elevate the quality of life of the people we serve. ■



We All Have the Power to Prevent Type II Diabetes

Photo courtesy of Patrick Saltonstall

All of us have the Power to Prevent Diabetes. The Center for Disease Control and Prevention predicts that half of the adult population in the U.S. will develop diabetes in their lifetime. Being of Alaska Native, American Indian, African American, Latino, Asian or Pacific Islander descent increases your risk for possibly getting type 2 diabetes. KANA is committed to educating our patients about this risk and offers many resources to assist with the prevention of diabetes and help our community take action. KANA's registered dietitian, offers the following information on what diabetes is and how we can prevent it.

What is diabetes?

Diabetes is a disease in which blood glucose levels are above normal. When you have diabetes, your body either does not make enough insulin or cannot use its own insulin as well as it should. This causes glucose (sugar) to build up in your blood.

A person with prediabetes has a blood sugar level higher than normal, but not high enough yet for a diagnosis of diabetes. He or she is at higher risk for developing Type 2 diabetes. Without lifestyle changes to improve their health, 15 to 30 percent of people with prediabetes will develop Type 2 diabetes within five years.

How can you prevent it?

For many, preventing diabetes can be quite easy but, yes, it does take some work. It can be as simple as grabbing something on the way out of the door for breakfast or by sharing your "take-out" or dessert with someone. It can mean taking a small walk after a big dinner and, of course, choosing healthy options most of the time.

New Provider Profile

Heidi Baines, MD, FP, BC Clinical Director

Dr. Heidi Baines grew up in Honolulu, Hawaii; her family has been there for four generations. After high school graduation, she attended Macalester College in St. Paul, Minnesota where she achieved her Bachelor of Arts in Russian Language. Part way through college, she studied abroad in Moscow, Russia to further explore options that arose from her language skills. While in Moscow, she did an internship with a nonprofit AIDS organization where she worked mainly in public health, information sharing and supporting other nonprofits, as the concept of those organizations were new in Russia in 1994.

After graduating from Macalester in 1995, Dr. Baines returned to Russia to work for the same organization before deciding to further her career in healthcare and achieved her pre-medical school requirements at Seattle University. She completed the WWAMI Rural Integrated Training Experience in 2001, where she was one of ten students, and came to Alaska for the first time to practice in the Kenai-Soldotna area. "Not only was I practicing primary care in its truest form, which is seeing patients more than once a month, but I had the opportunity to visit many of the small communities across the bay – and I loved it!"

Dr. Baines began her residency with Alaska Family Medicine in 2001. During that time, she had the opportunity to practice for six weeks in Bethel, four at KANA and did one rotation in Dutch Harbor. "Anchorage is still too big for us – the amenities and accessibility are nice, but we really want to live in a community that's a community, which is part of the reason we are coming to Kodiak. We want to easily access Alaska –



Photo courtesy of Dr. David Baines

fishing, biking wherever we want, and living our lives outside instead of living in the car."

"I've dedicated my whole career to those with barriers to healthcare," Dr. Baines said. "There's always been a strong pull for me to work with people who can't get healthcare due to things like language barriers, geographical barriers or financial issues." She's also dedicated to retaining providers as long as possible. "My goals are to promote a healthy, stable, care provider team. If providers are in a good environment that is sustainable for them, they will stay longer and ultimately longevity of a healthcare provider is what a patient wants – a relationship with their provider and not a new one every few years. It's a challenge all over Alaska," Dr. Baines said.

Medicine is a passion both Dr. Baines and her husband, Dr. David Baines, share. David, of Tsimshian and Tlingit descent, has been a physician for many years but has finally retired. They have three children, 12 year old Cooper, 9 year old Alexander "Sasha", and 4 year old Elizabeth, who are really looking forward to living in Kodiak. "They are so excited to move to Kodiak so they can ride their bikes and catch fish and bring them home. They also love archery and hunting, and have even taken a moose two years in a row while hunting with their father."

The Baines family will move to Kodiak the week following Memorial Day, after a Tsimshian celebration where they will be adopted into their Uncle's Wolf Clan, a tradition of their tribe. ■

The worst things we can do are avoid screenings for diabetes or disregard crucial advice from a medical provider if are at risk for diabetes. Knowing that our fasting blood sugar is in the pre-diabetes range might be scary but actually, it can be quite motivating if you allow it! It means you have a chance to make a change before your blood sugar gets out of control and develops into diabetes. Having pre-diabetes is not anything to be embarrassed about. It is an opportunity to change and you have the power to do it!

If you are at risk or want to start prevention, try these healthful tips:

- Participate in your subsistence way of life (gather local native foods and participate in cultural health)
- Move more or start an exercise regimen most days of the week
- Watch your portions when you eat
- Eat whole grains, more fruits and vegetables, lean meats like deer and fish and less store bought beef and sausage
- Eat less processed foods (boxed foods, white foods)
- Drink water everyday
- Quit smoking if you smoke
- Cut down or quit drinking empty calorie drinks like soda, juice & energy drinks.

People over the age of 18 should be screened yearly for diabetes. Talk to the diabetes department at KANA or with your medical provider if you're due for a screening. You hold the power to prevent this disease that is increasing among our people in Alaska and on Kodiak Island. With questions, or for more information, please contact Shanna Moeder, KANA's registered dietician at 486-9800.



PhotocourtesyofAlutiiqMuseum

The Kodiak Alutiiq Dancers perform in honor of the Alutiiq Museum's 20th anniversary

Alutiiq Museum Turns Twenty

At a well-attended family gathering on May 13th, community members celebrated a milestone, the Alutiiq Museum's twentieth anniversary. Food, cultural activities, and a performance by the Alutiiq dancers offered time for joyful reflection on the Alutiiq heritage movement and its accomplishments.

Attendees had their faces decorated with Alutiiq-style tattoos, studied an angyaq (open skin boat) recently made by CJ Christiansen, Gary Knagin, and Mitch Keplinger, bid on favorite foods like perok and berry tarts, and videotaped their stories of the museum's work. The evening was infused with a sense of living culture, a feeling that Alutiiq traditions were no longer hidden or fading, but a vibrant part of Kodiak's cultural landscape. It has not always been this way.

When the Alutiiq Museum opened in 1995, access to Alutiiq heritage was limited. Information on the Alutiiq world was stored largely within Elders, archaeological sites, distant museums, and obscure publications. Only Elders spoke the Alutiiq language and always behind closed doors. Courses, books, and maps on Alaska's Native people omitted the Alutiiq. Visitors and school children learned about Kodiak's Russian heritage, not the thousands of years of Alutiiq traditions that preceded conquest. Ancestral objects stored around the world were unknown to modern artists. And ancient Alutiiq settlements were being looted for artifacts.

In the 1980s, the KANA board was keenly aware of the need for cultural programming to reverse the loss of traditions and unite Alutiiq people around their shared heritage. The Museum grew from KANA's culture and heritage division as part of a larger effort to promote wellness through cultural exploration. Art and language programs found a home at KANA's Alutiiq Culture Center on west Rezanof Drive, but the center did not have room for the large archaeological collections that offered a rare and stunning view of the Alutiiq past.



Ironically, the tragic EXXON-Valdez Oil Spill provided the opportunity to develop a museum. KANA obtained a \$1,500,000 grant from the Oil Spill Trustee Council for a repository to house collections and support cultural programming. Money in hand, they collaborated with Natives of Kodiak, Inc. on the construction of the Alutiiq Center, and worked to establish an island-wide cultural organization governed by the Alutiiq people. Kodiak's ANCSA Corporations were invited to join in guiding the museum by appointing representatives to its board of directors, the Alutiiq Heritage Foundation. On May 13th the Alutiiq Museum opened to the public with support from KANA, Koniag, Inc., the Afognak Native Corporation, Akhiok-Kaguyak, Inc., Leisnoi, Inc., Natives of Kodiak, Inc., the Old Harbor Native Corporation, and the Ouzinkie Native Corporation.

Over the past two decades, the Alutiiq Museum has changed the face of Kodiak. Museum board and staff members have worked with many individuals, organizations, and agencies to advance community awareness of Native traditions and promote a more respectful, inclusive dialogue about Kodiak's history. With exhibits, events, programs, publications, and partnerships they addressed the need for accurate, detailed information on Kodiak's Native heritage and invited all people to share in the celebration of the archipelago's first culture. The results are visible.

Today, the Alutiiq language can be heard on the radio, read in the newspaper, and studied at Kodiak College and Kodiak High School. The museum's store overflows with locally made

Alutiiq artwork, inspired by studies of ancestral works preserved in Russia, Finland, France, and Washington, D.C. Students learn about Alutiiq history in school. You can buy books about the Alutiiq people or read about Alutiiq villages in the Kodiak visitor's guide. Exhibits and college courses now recognize the Alutiiq culture and history. And the vandalism of ancestral settlements has waned.

While the museum's twentieth anniversary provided a satisfying moment for reflection, the organization's board and staff members are looking to the future. Alutiiq culture is more obvious in Kodiak today, but a fragile language and reawakening traditions need continued support to thrive. Plans are underway to exhibit an historic Alutiiq Kayak owned by Harvard University, to study ancestral gut-skin collections held in Russia, to publish an Alutiiq ethnobotany, and to integrate the Alutiiq language into all aspects of the museum's work. The next twenty years will be busy. ■

Photos Above

Left: Artist Hanna Sholl paints Stuey Saltonstall's face with a mask design

Center: Susan Malutin hugs her grand daughter Rebecca Pruitt, who works for the museum.

Right: Children plan an I See It! game, looking for artifacts in museum's mobile kiosk.

Elder Story

Sophie Shepherd

An adaptation of a blog post for The Hartford Foundation written by Merissa Koller

Born in 1927 in the village of Karluk, Sophie is one of our treasured Alutiiq elders. Sophie spent most of her life in service to her community and those she loves. This life of service began at home, where Sophie was one of seven children. Sophie learned to take care of her family and keep a clean and comforting home for her large family. Like many in the village, her family was poor but everything they ate was fresh from the earth. This way of life is an important part of our Alutiiq traditions, which Sophie has carried with throughout her long life. As a child, Sophie's mother taught her to speak Alutiiq as a child, a tradition she was later punished for in school like many of our elders experienced. Now, Sophie is one of the last remaining Karluk descendants who are fluent in our native tongue.

Sophie continued serving others when she and her mother moved to Larsen Bay, on the fin of salmon-shaped and salmon-rich Uyak Bay, to work alone in the cannery as the chef for five years.

Sophie welcomes all around her into her kitchen, preparing and sharing food according to her Alutiiq traditions to show her generous spirit of love and care for many people whose lives she's touched.

After her 12 children had grown, Sophie served as the chef at the hospital and again in the Kodiak jailhouse. In the jail, Sophie saw a new side of her community—the bad people. Her favorite part of cooking at the jail – standing up to the prisoners when they complained. Her strength has inspired many in the community despite their heritage. She contributes to the perpetuation of the Alutiiq language by participating in language club and sharing her stories wherever she can.

Sophie's life has been one of tremendous aide and joy but also one of tragedy. She lost three of her brothers to alcoholism and heartbreaking events related to the addiction. One of her sons never returned home from working on a salmon rig and has been assumed dead. Sophie is also a three time cancer survivor, and in recent years both her mother and sister have passed – their deaths only two months apart. These recent deaths have been the catalyst for her participation in IMPACT.

Prior to interacting with Meara Baldwin, Case



Manager, Sophie felt lonely no matter how many people were near her. She exhausted herself to ease her mind by keeping her home in order, cleaning, reading, and spreading the beauty of her culture.

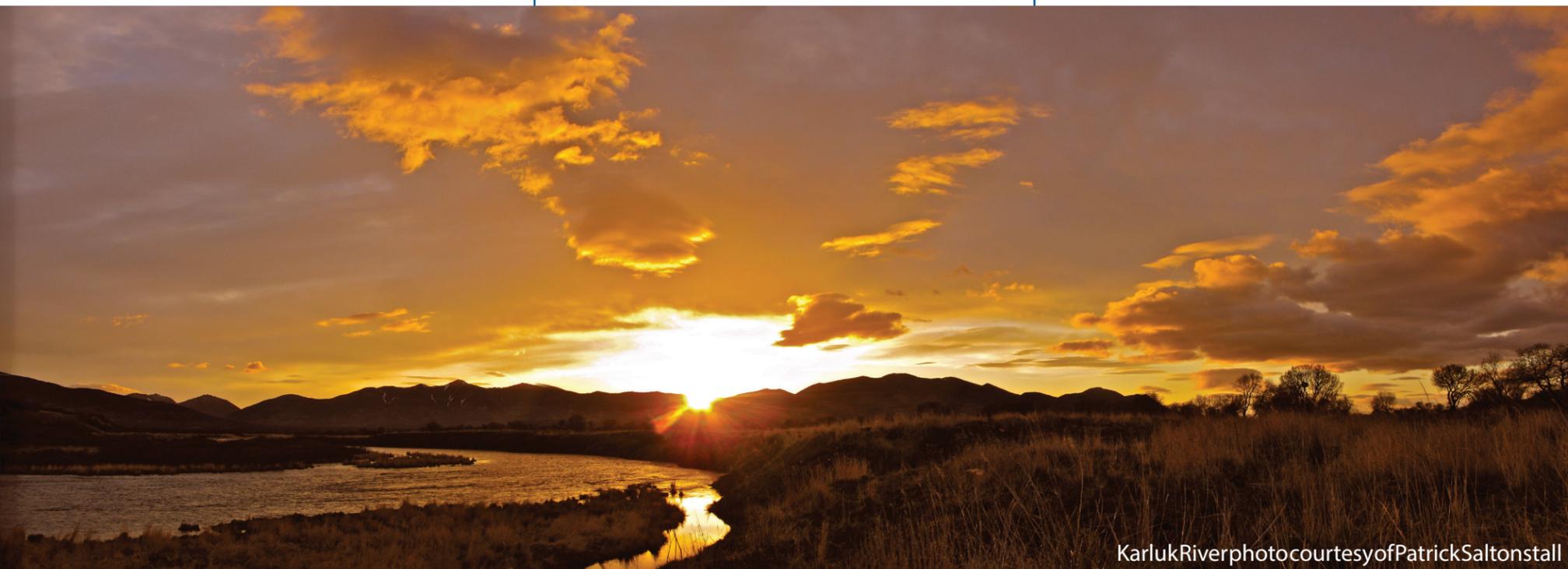
Now, after three months of participating in the IMPACT program, Sophie is experiencing a second wind. Meara has helped Sophie uncover memories that make her happy, like watching children of Karluk skate on the pond and Novarupta spewing fire in the night.

Meara has helped her discover that her physical pain is linked to her mental health. Since she's been enrolled in the IMPACT program, Sophie's doctor visits are less frequent and, with the support of KANA's psychiatric consultant, her physicians are more confident with maintaining her level of medications. The option of telephonic support has been vital in Sophie's success with the program as she frequently travels back and forth from Kodiak to Anchorage for medical treatment. No matter where she is, she is able check in with her Care Manager on her progress using the skills she has gained during

her IMPACT appointments. Meara has also helped Sophie discover that attending language group discussions and cultural rejuvenation activities help her mental state as well.

Sophie's latest PHQ9 reports a five point improvement and her doctors continue to see improvement in her physical condition. The Kodiak Area Native Association's IMPACT program serves the native people of Kodiak Island and its veterans; we look forward to continuing success when we open our Community Health Center this summer – a resource that will be open to all of Kodiak Island and its people regardless of race or ability to pay.

Today, IMPACT in Kodiak has served over 60 patients since its implementation Fall of 2014, with 23 patients experiencing five point reductions in their PHQ9 and 19 reporting 50% improvement at 10 weeks. Sophie won't be our only success story, but by improving her life, we have perpetuated the Alutiiq culture, educating a new generation of Kodiak residents about the pillars on which this community was built. ■



KarlukRiverphotocourtesyofPatrickSaltonstall

Kal'unek - From Karluk

A New Alutiiq Museum Publication

"I hated history, but this was hands-on learning that I was very interested in. This was a part of history I wanted to learn . . . And if I didn't get interested, I would never know now what I do about my history and my ancestor's history. It opened my eyes." - Philip McCormick, Student Intern on the Karluk Archaeological Project.

Thirty years ago, KANA took a chance on a team of archaeologists. To support a summer internship program in the village of Karluk, KANA awarded Bryn Mawr College professor Richard Jordan a small grant. With the funding, Karluk students would work with Jordan's crew on archaeological research around Karluk Lagoon, gaining job experience and learning about their heritage.

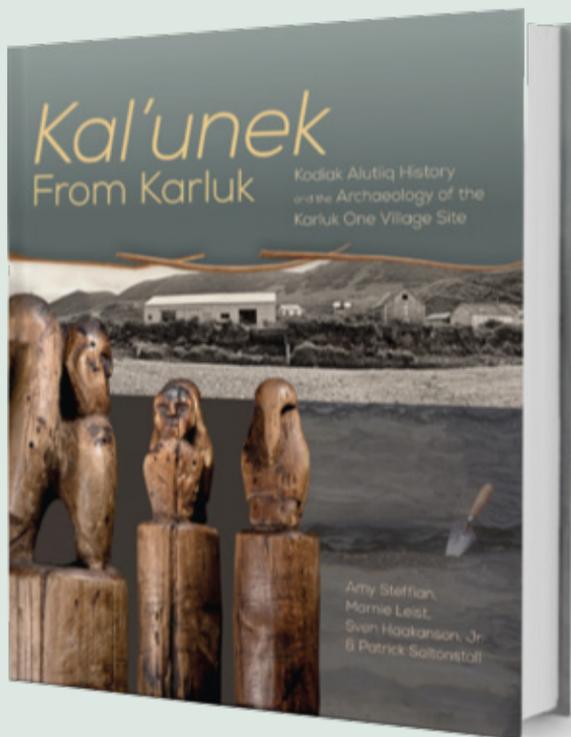
At the center of the project was Karluk One, a remarkably well-preserved Alutiiq village site. Located at the mouth of the salmon-rich Karluk River, the site contained a stack of collapsed sod houses. For nearly 600 years, villagers built their homes here, creating an exceptional record of their lives. Water from nearby pond seeped into the deposit, preserving everything from wooden tools to the grass people used to cover the floors of their homes.

Kal'unek - From Karluk, a new publication developed by the Alutiiq Museum, tells the story of Karluk One. The volume presents two

important, related stories. Weaving together archaeological, ethnographic, environmental, and historic information authors Amy Steffian, Marnie Leist, Sven Haakanson Jr., and Patrick Saltonstall describe Alutiiq life before Russian conquest. Hundreds of illustrations share artifacts from the site and images of the village. The presentation also includes several hundred Alutiiq terms for artifacts developed by Elder speakers with April Laktonen Counciller.

Essays by people involved in the study and care of Karluk One tell the second story, the far-reaching impacts of the project on Alutiiq heritage studies. They illustrate the success of KANA's investment in Karluk archaeology and its long lasting impacts on students, artists, Elder and researchers. In honor of their contributions, the book is dedicated to former KANA president Dr. Gordon Pullar, Sr. and the members of KANA's first culture committee—Nancy Anderson, Thelma Johnson, Julie Knagin, Linda Suydam, Pete Olsen, and Margaret Roberts.

The University of Alaska Press will release Kal'unek-From Karluk in late June. This 384-page hardback volume will be available at the Alutiiq Museum Store for \$50. Please contact museum gallery manager Dana Haynes (dana@alutiiqmuseum.org, 907-486-7004) to reserve a copy. ■



Honey Sriracha Salmon Lettuce Wraps

Adapted from www.alaskafromscratch.com

Spicy-sweet salmon wrapped in crisp lettuce cups and topped with carrots, cilantro, and green onion. Finished with a squeeze of lime.

Yields: 2-4 servings

Ingredients

- 2 (4 ounce) salmon fillets, pin bones and skin removed
- salt and pepper
- For the Honey Sriracha Sauce:
- oil for the pan
- 3 garlic cloves, minced
- 1/2 cup water
- 2 tablespoons Sriracha
- 2 tablespoons honey
- 3 tablespoons soy sauce
- 1 tablespoon cornstarch stirred into 1 tablespoon cold water

For the Lettuce Wraps:

- 10 leaves of butter lettuce or romaine lettuce, separated
- 1 carrot, thinly sliced into 1-inch strips or matchsticks
- 1/2 cup cilantro leaves, torn (optional)
- 1/2 cup green onions/onions of choice, sliced
- Lime or lemon wedges
- Sriracha, for serving



Instructions

Place a frying pan over medium-high heat. Swirl the pan lightly with neutral oil like avocado or canola. Pat the salmon fillets dry and season them well with salt and pepper. Sear the salmon about 3-4 minutes per side, or until browned on the outside and cooked to medium on the inside.

Meanwhile, to a small saucepan over medium heat, add a small amount of oil and saute the garlic until fragrant, about 1 minute. Add the water, Sriracha, honey and soy sauce. Bring the mixture to a simmer and then gradually whisk in the cornstarch and water mixture, stirring until thickened, forming a glaze. Remove from heat.

Spoon some of the glaze over the salmon fillets, coating them. Reserve any remaining glaze to drizzle over the lettuce wraps. To assemble wraps: flake the salmon in large chunks with a fork. Fill each lettuce cup with salmon. Top with carrots, cilantro, and green onions. Serve with lime wedges, Sriracha, and remaining glaze.

Halibut with Lemon & Caper Pan Sauce

Adapted from www.alaskafromscratch.com

Ingredients

- 1 1/2 - 2lbs halibut filets, 4-6 portions
- 1/3 cup flour for dredging
- salt and pepper
- olive oil, turn of the pan
- 1/3 cup of chicken broth
- 2 tablespoons butter
- 2 cloves garlic, minced
- 2 tablespoons capers, drained and rinsed
- 1/2 teaspoons fresh or dried parsley
- juice of half a lemon



Instructions

Heat oil in frying pan over medium high heat.

Pat halibut filets dry with paper towels.

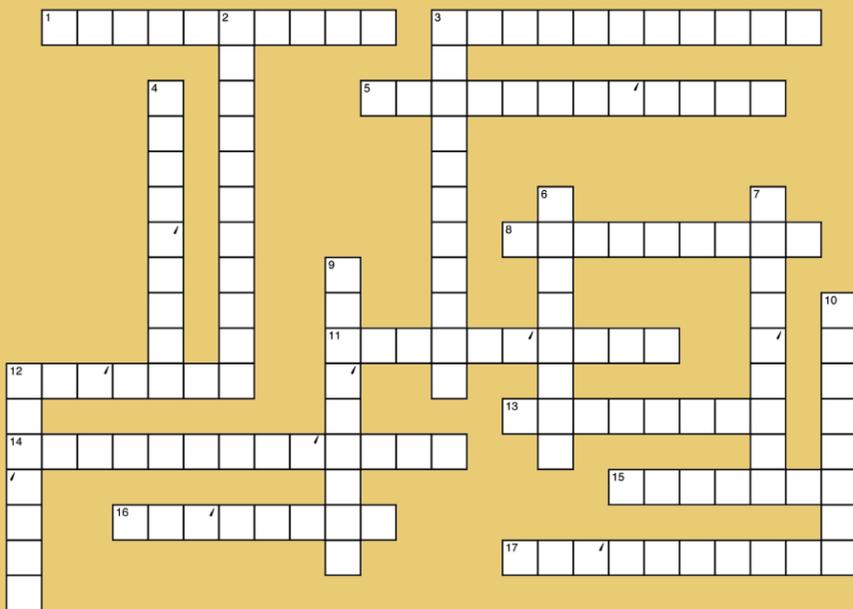
Place flour in shallow dish and season with salt and pepper. Dredge halibut lightly in flour mixture and place in hot pan.

Cook halibut until golden, about 3 minutes. Turn and cook until other side is golden, being careful not to overcook. Remove halibut to serving plate and allow to rest.

Deglaze the pan with chicken broth. Melt butter in broth and add garlic, capers, and parsley. Simmer 2 minutes. Add lemon juice to pan, stir, and pour over halibut. Serve immediately.

Alutiiq Opposites Crossword Puzzle

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 8. Puzzle by Alisha Susana Drabek—*Englartaq*, and Candace Branson—*Cutmen*



AKITMEN (across)

1. comfortable one
3. difficult one
5. short one (person)
8. fat one (person)
11. slow one
12. tough or hard one
13. skinny one
14. easy one
15. rough (texture) one
16. dry one
17. cold one

ACITMEN (down)

2. scary one
3. tall one (person)
4. soft one
6. fast one
7. short one
9. wet one
10. hot one
12. long one (length)

Vocabulary found in this puzzle:

alingnasqaq—scary one; cukait'sqaq—slow one; cukasqaq—fast one; gagsqaq—rough (texture) one; kanagkit'sqaq—short one (person); kanagtusqaq—tall one (person); kayagnait'sqaq—easy one; kayagnasqaq—difficult one; kin'rsqaq—dry one; mayasqaq—skinny one; mecu'usqaq—wet one; nanit'sqaq—short one; tak'sqaq—long one (length); teg'sqaq—tough or hard one; tukinasqaq—comfortable one; pat'snasqaq—cold one; quilisqaq—fat one; unait'sqaq—soft one; uqnasqaq—hot one

Employment Workshops

KANA's Community Services Divisions offers a variety of workshops and services designed to assist participants with getting back into the workforce. Case managers are available to assist beneficiaries with a variety of needs and tailor meetings to target needed skills for attaining employment. Free employment workshops, open to the community, will be held biweekly beginning on May 21, 2015 from 10am – 12pm. Workshops will assist participants with job searching strategies, tools for marketing your skills, resume writing, and interviewing skills. Individually tailored plans for employment can be provided for those who qualify. For more information, please call 486-1357 or look on our website: www.kanaweb.org

KANA Events Found Online

To find out more about the many, great events we offer:
<http://www.kanaweb.org/specialty-clinic-calendar.html>



Like us on Facebook to find events & more!

We want to hear from you!

Comments & Suggestions

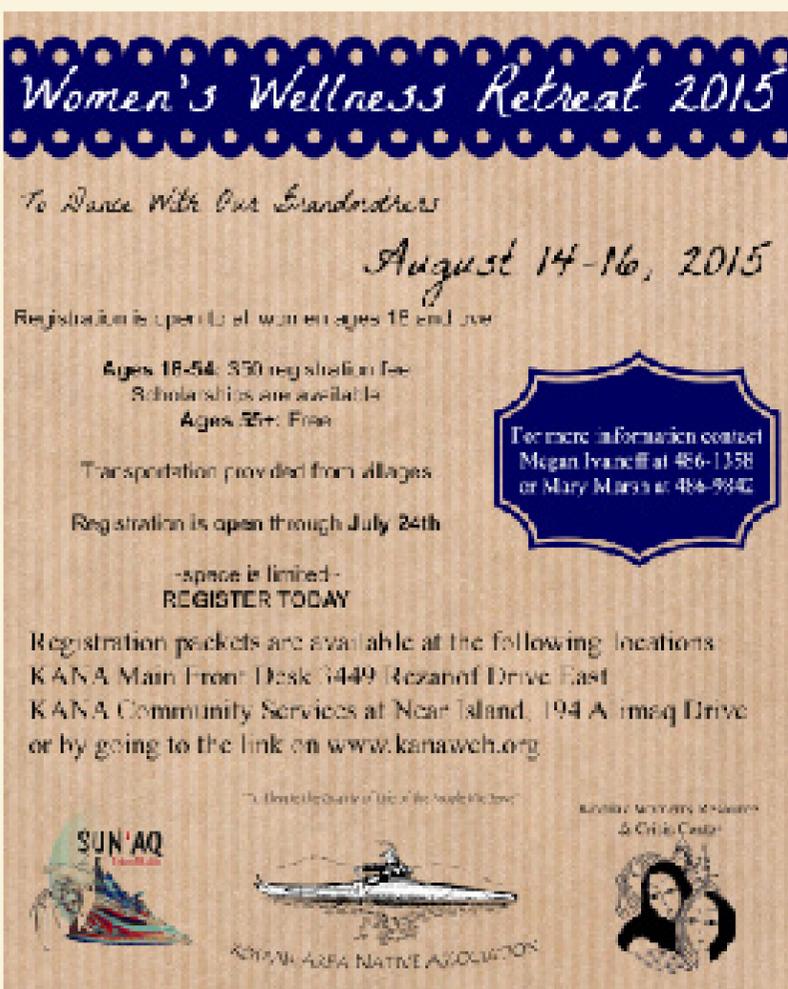
If you have a comment or suggestion for the Kodiak Area Native Association, please let us know. We welcome the opportunity to better serve the needs of our Beneficiaries. Thank you.

Name (optional) _____

Quyanaasinaq!

Clip and drop off this card at any KANA building, or mail to:

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



Women's Wellness Retreat 2015

To Dance With Our Grandmothers

August 14-16, 2015

Registration is open to all women ages 18 and over

Ages 18-54: \$50 registration fee
 Scholarships are available
Ages 55+: Free

Transportation provided from villages

Registration is open through July 24th

-space is limited-
REGISTER TODAY

Registration packets are available at the following locations:
 KANA Main Front Desk 3449 Rezanof Drive East
 KANA Community Services at Near Island, 194 Airmag Drive
 or by going to the link on www.kanaweb.org

For more information contact
 Megan Ivanciff at 486-1358
 or Mary Mars at 486-9342

SUN'AQ
 KODIAK AREA NATIVE ASSOCIATION

Registration for the 2015 Women's Wellness Retreat is Now Open!

Women ages 18-54 may register for \$50 with a completed application, scholarships are available. Elders & women ages 55 and up attend for free. Transportation from the villages will be provided to help our rural communities join the fun. Space is limited to register today.

Registration packets can be found online, at KANA Main or KANA Community Services at Near Island. For more information, please call 486-1358.

www.kanaweb.org

(Publications & Downloads Library Page)

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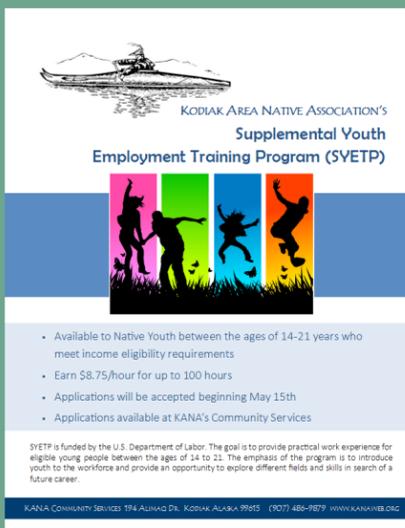
Supplemental Youth Employment Training Program (SYETP)

The Kodiak Area Native Association's Community Services Division is accepting applications for the Supplemental Youth Employment Training Program (SYETP)!

Our goal is to provide practical work experience for eligible young people between the ages of 14 and 21.

The emphasis of the program is to introduce youth to the workforce and provide an opportunity to explore different fields in search of a future career. This helps them gain the confidence and skill sets needed to continue with their goals, both personal and educational.

Youth placed with a business will be on KANA's payroll for up to a total of 100 hours, which makes them eligible



KODIAK AREA NATIVE ASSOCIATION'S
 Supplemental Youth
 Employment Training Program (SYETP)

- Available to Native Youth between the ages of 14-21 years who meet income eligibility requirements
- Earn \$8.75/hour for up to 100 hours
- Applications will be accepted beginning May 15th
- Applications available at KANA's Community Services

SYETP is funded by the U.S. Department of Labor. The goal is to provide practical work experience for eligible young people between the ages of 14 to 21. The emphasis of the program is to introduce youth to the workforce and provide an opportunity to explore different fields and skills in search of a future career.

KANA COMMUNITY SERVICES 194 Airmag Dr., Kodiak, Alaska 99615 (907) 486-9879 www.kanaweb.org

for a half work Co-Op credit at Kodiak High School. These hours can be stretched throughout the year or in a condensed timeframe depending on the needs of the business.

Any business or organization that is interested in offering a position for a youth should submit a job description to the Employment, Training and Support Services (ETSS) Case Manager, Heidi Stutes.

For more information, contact Heidi at 486.1356 or via email heidi.stutes@kanaweb.org.

Crossword Solutions for page 7 Alutiiq Puzzle



Grid with solutions for the crossword puzzle. The grid is filled with letters corresponding to the solutions provided.

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 (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 website dictionary for recordings of words.

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

