



Qik'rtarmiut Asiitmen Kodiak Native Wellness News

Kodiak Area Native Association

Promoting wellness & knowledge for Kodiak's Native People



WINTER - UKSUQ 2014

KANA Offers Comprehensive Community Services

Photo courtesy Patrick Saltonstall

KANA's Community Services department is located downstairs at the Near Island facility, providing a wide variety of services to meet Beneficiary social and economic needs. We coordinate many programs, both large and small, to better serve Beneficiaries. Rob Stauffer oversees the department, with seventeen staff located at Near Island, and eleven staff in villages around Kodiak.

KANA's Workforce Development program provides integrated employment, training and related services to Alaska Natives and Native Americans to reduce joblessness, foster economic development, and serve tribally-determined goals consistent with the policies of self-determination and self-governance. In both Kodiak and rural villages, Workforce Development staff provide childcare assistance, job training for youth, career guidance counseling and education, and job retention assistance for adults. In addition, as authorized through tribal resolutions with several communities, KANA's program provides job placement, vocational training, higher education scholarships, preschool programs, and general assistance. Combined, this program promotes self-sufficiency to prepare KANA Beneficiaries to obtain and retain employment. Katie Stabnau oversees the program and Heidi Cislo assists in providing services.

The Employment and Education Center (formerly Job Club) is an area set aside for Beneficiaries to access computers and the Internet to assist with job and education opportunity searches, to receive job training through online and video training,

and to provide access to email in order to maintain contact with potential employers and educators.

KANA's Temporary Assistance for Needy Families (TANF) provides cash assistance for Native families unemployed or underemployed. This program mirrors the State's program and follows the same income and compliance guidelines. Families can only receive a lifetime maximum of sixty months of benefits, so one of the main goals of the program is to assist the family in becoming self-sufficient. This is done by assisting recipients with work search and support services to help gain employment. Our TANF specialist, Kailey McNeil, works closely with our Workforce Development program.

The KANA Infant Learning program (ILP) is part of the Alaska Early Intervention Service System. The ILP team provides family-centered services to ALL families residing in the Kodiak Island Borough with children birth through 36 months of ages who may have developmental delays. They provide free screenings and evaluations to determine eligibility for services. Eligible families will receive an Individualized Family Service Plan to meet each child's specific needs. Services are provided in the child's home by staff and contract therapists. The ILP team connects families to services throughout the community and state, such as free vision and hearing screenings, and the Ages and Stages program. Amanda Sanford serves as the lead coordinator, along with Kristine King, Arwen Botz and Katie Buchinger.

The KANA WIC program provides supplemental foods through vouchers to eligible families to

help purchase nutritious foods. Growth and development monitoring, diet assessment, and nutrition education services are available to all eligible families. High risk nutrition counseling is available through a registered dietician. Breastfeeding services and support are also an integral component of WIC services. Eligibility is based on federal poverty guidelines, residency and nutritional risk. The program is committed to excellence in health and nutrition promotion. Our friendly WIC staff includes Sara Brubaker, Kristelle Day and Shanna Moeder.

The Title VI program provides village Elders access to well-balanced meals to increase intake, improve nutrition, and provide a social outlet. Larsen Bay, Old Harbor, Ouzinkie and Port Lions all offer group and home delivered meals at least three days each week, as well as access to exercise equipment and computers within the local senior center. Elders in Akhiok receive food boxes quarterly to improve nutrition. Lisa Thomsen oversees this program from the Tribal Operations office, supported by Zora Inga in Old Harbor and tribal staff cooks in Port Lions and Ouzinkie.

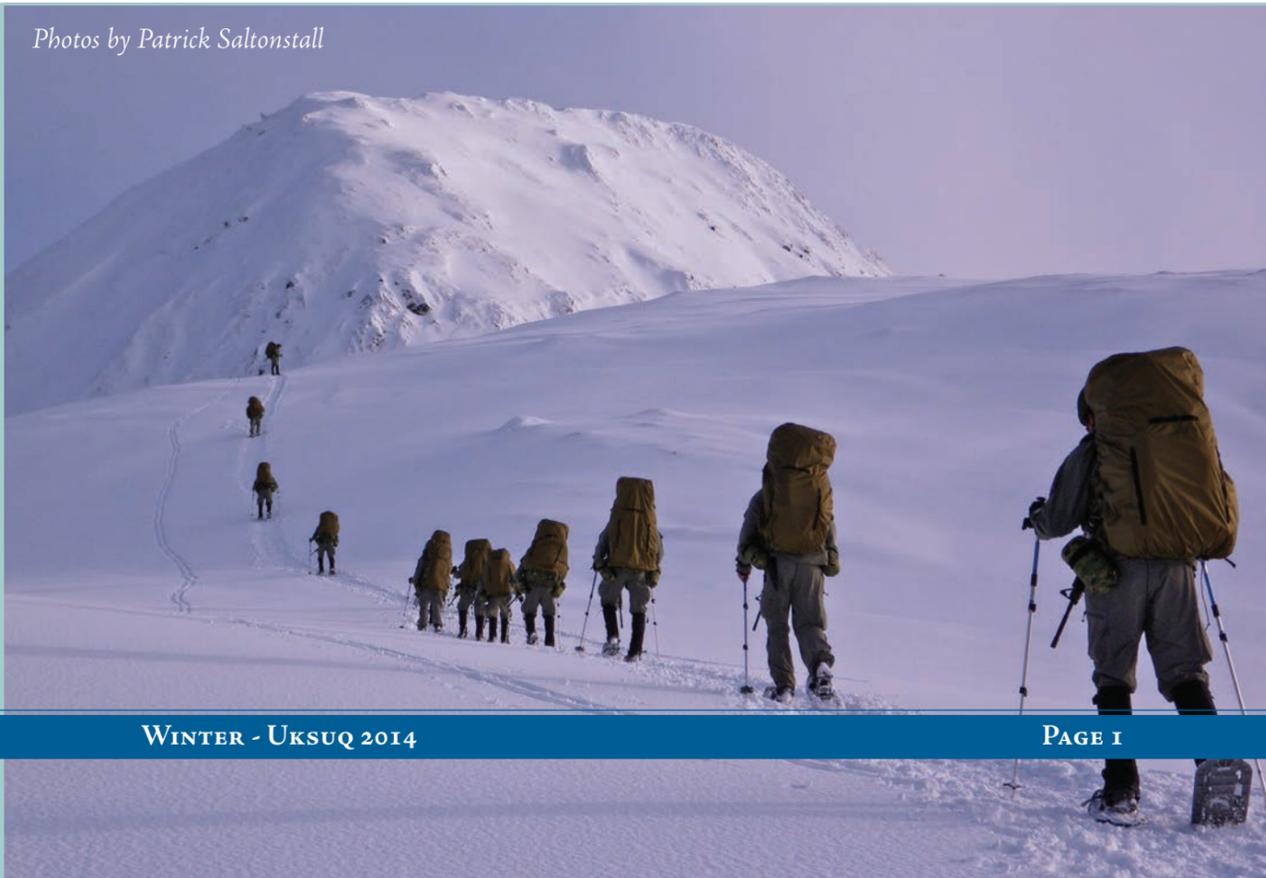
KANA's Vocational Rehabilitation program is one of the sixty-nine American Indian/Alaska Native vocational programs in the United States. The purpose is to assist people in identifying and overcoming barriers related to a physical or mental disability, to gain or retain desired employment. Program staff work with clients to develop an individual plan for employment that

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Photos by Patrick Saltonstall



President's Letter



Greetings from KANA!

I'm happy to announce that KANA was recently awarded funding under the Affordable Care Act to support the creation of Community Health Centers to expand the delivery of health services within our village-based clinics. This will increase access to medical, dental and behavioral health services for all residents of Kodiak's rural communities.

Also, in an effort to address increased service demand and an increased service population, KANA recently purchased a building located at 1421 Mill Bay Road. We are developing plans to remodel the facility into health clinic space. This expansion of program space will allow our health services model to integrate behavioral health, primary care, and ancillary services. Not only will this facility help KANA meet the increasing demand for its wide array of health care services, the expansion will further KANA's high-performance integrated services.

I'm proud of KANA's ability to coordinate and provide comprehensive services for our beneficiaries. At KANA, we recognize your continued input and participation is instrumental for us to be a truly successful organization. To provide an opportunity for our beneficiaries to provide input for the direction of KANA's services, we regularly host Community Connection forums, and I would like to personally invite you all to attend and share your ideas. Through KANA's Community Connection forums, we have been able to identify both accomplishments and opportunities for improvements. Please plan to attend the next Community Connection forum on March 19th. The forum will be held in the second floor conference room at the KANA Health Center located at 3449 Rezanof Drive East beginning at 5:00 pm. I look forward to working with you to make KANA a better place, and to improve the quality of life of the people we serve.

Respectfully,

Andy Teuber
President and CEO

Helpful Hints for Filling Out Your Indian Exemption Paperwork

The Indian Status Exemption paperwork that releases Alaska Native and American Indian people from Affordable Care Act requirements is now available. Please complete this document to avoid a tax penalty!

Important Note:

If you are applying for the Indian Status Exemption, you have the entire year of 2014 to submit this application. However, we suggest that you complete the exemption paperwork and mail it no later than October 1, 2014, to ensure that the federal government has enough time to process your application.

Helpful hints to complete the Indian Status Exemption application:

1) Print out exemption applications at:

<http://marketplace.cms.gov/getofficialresources/publications-and-articles/tribal-exemption.pdf>

• Print an extra copy of the "Step 2" page from the application for your spouse, and each of your children or others in your family who are Alaska Native and/or American Indian. You will need to complete a separate "Step 2" page for each member of your family you claim on your taxes.

2) What to include with your exemption application:

- A copy of one of the following for each person you are filing for:
 - Tribal Enrollment Card or Letter
 - Proof of ANCSA (Regional or Village) Shareholder Status
 - Certificate of Indian Blood (CIB) Card issued by the Bureau of Indian Affairs
- If you don't have one of the items above, you can also visit your local
- Tribal clinic for a "Letter of Eligibility to Receive Care"
- Send copies only. Do not send original cards or documents.
- These items will not be returned.

3) Here is a document that provides additional instructions and helpful hints: http://anthctoday.org/aca/Indian_Status_Exemption.pdf

4) Keep a photocopy of the entire application and forms for your personal records.

5) What happens next?

- You will receive an Exemption Certificate Number from the Health Insurance Marketplace that you'll put on your federal income tax return.
 - This is for your 2014 taxes that you will file in 2015.
 - Keep this certificate number in a safe place as it is how you will avoid the tax penalty.
- If you don't receive the certificate information, call the Health Insurance Marketplace Help Center at 1-800-318-2596.

If you have questions, please email healthreform@anthc.org. ■



Photo courtesy Patrick Saltonstall

Tribally Sponsored Health Insurance Program

Pilot Program Pays for Health Insurance

What is Tribally Sponsored Health Insurance?

Tribes and tribal health organizations may now pay for health insurance for Alaska Native and American Indian people who qualify. The Alaska Native Tribal Health Consortium (ANTHC) is now offering Tribally-Sponsored Health Insurance in Alaska on a limited trial basis.

Will Tribally Sponsored Health Insurance cost me anything?

No. ANTHC pays the insurance premium cost. Alaska Native and American Indian people also do not have to pay any co-payments or deductibles when you are seen or referred by tribal health facilities.

Why should I have Tribally Sponsored Health Insurance?

Health insurance can also help you get medical care when you are traveling or away from tribal health facilities. Health insurance can also help make more services available for you and all Alaska Native and American Indian people.

How do I qualify?

You and your family can get Tribally-Sponsored Health Insurance if you:

- Are eligible for Indian Health Services,
- Meet the income guidelines in the chart at right, and
- Are not covered by or eligible for Medicare, Medicaid (Denali Care), Denali KidCare, Veterans Health, or private health insurance.

You will need your 2012 tax forms to apply.

How and when do I sign up?

Call ANTHC at 907.729.7777 or 855.882.6842. You can also email sponsorship@anthc.org. The ANTHC website (www.anthc.org) will soon list participating Alaska Native hospitals and tribal health clinics. You can contact their Family Health Resources offices to see if you are eligible and get help with enrollment.

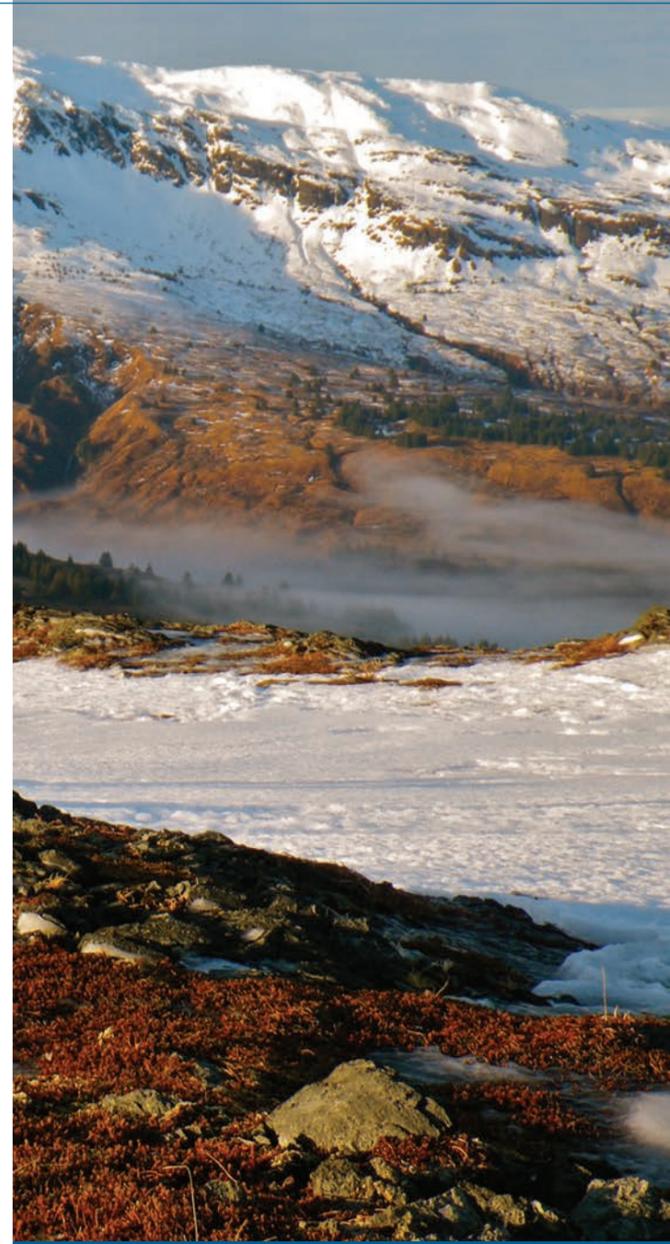
Does this affect my current Alaska Native Health benefits?

No. You still get all services at Indian Health Service tribal hospitals and health clinics throughout Alaska and the United States. We want you to keep using your Indian Health Service hospitals and health clinics wherever and whenever possible!

Where can I get more Information?

Contact the Alaska Native Tribal Health Consortium 907.729.7777 or 855.882.6842 | sponsorship@anthc.org | www.anthc.org/aca ■

Courtesy of Alaska Native Tribal Health Consortium



Income Guidelines for Tribally Sponsored Health Insurance

If your family has:	You are eligible if your income is above this amount:	And below this amount:
1 Person	\$14,350 a year	\$43,050 a year
2 People	\$19,380 a year	\$58,140 a year
3 People	\$24,410 a year	\$73,230 a year
4 People*	\$29,440 a year	\$88,320 a year
* Amounts increase for larger families		

Too much sitting increases your risk of Type 2 Diabetes and death from Cancer, Heart Disease and Stroke even if you workout daily. If you have been sitting for an hour, you are sitting for too long. Get up and move frequently, even short 5 minute breaks & get 150 minutes of moderate exercise per week. Shoot for 30-60 minutes daily or most days of the week.

Three areas change in your diet to improve your health:

Balancing Calories

- Enjoy your food, but eat less
- Avoid oversized portions

Foods to Increase

- Make half our plate fruits & vegetables
- Make at least half your grains whole grains
- Switch to fat-free or low fat (1%) milk

Foods to Reduce

- Compare sodium in foods like soup, bread & frozen meals and choose foods with lower numbers
- Drink water instead of sugary drinks

Save the Date Sunday, May 4, 2014



Elder Profile

Myrtle Olsen

Myrtle Olsen was born in Kodiak in 1926. Her mother Laura Larsen Olsen was the daughter of Olga Naumoff of Afognak and Anton Larsen of Norway. Her father Ole E. Olsen was also a Norwegian sailor like Laura's father. He met her mother after becoming friends with Anton. Olsen fell in love with Alaska and was happy to make it his home. Shortly before Myrtle was born, her parents moved from Anton Larsen Island to Kodiak town. Her older sister Marie was two years old at the time. They stayed in Kodiak to raise their five daughters.

Myrtle looks back on her childhood as a wonderful time. She and her four sisters, Marie, Laurabelle, Martha, and Lila were very close. She recalls how much they all looked up to their mother and father and how they took care of them all. She remembers how her father always worked hard and was a jack-of-all-trades. He ran a boat for a cannery between Kodiak and Shearwater and worked at building a house for them when he was in town. After Laurabelle was born, her mother Laura became very sick. Her father accepted a job in town at O'Kraft & Son grocery store so that he could take care of his wife and his daughters more easily. Myrtle says, "My dad was very special. He knew how to do everything...in those days life was different in Kodiak than it is now. We didn't have electricity... I don't think [Kodiak] was more than 500 people... We didn't have a hospital. The only doctor then was an animal doctor." Myrtle talks of her parents and their home together as her whole world. For her and her sisters, they only knew love and simple comforts. She remembers how her father always took care of them doing thoughtful things like warming their socks near the woodstove in the mornings. She says, "He always made our Sunday breakfast so that mom could stay in bed."



Myrtle Olsen in her home.

During World War II, while Myrtle was still in high school, she met her first husband at a dance. She says, "I was planning to go to my senior year, but things change." After he left Kodiak to be stationed in the South, he sent her an engagement ring in the mail. She says, "It was hard to leave home." She waited impatiently for her parents' permission to get married. Before long, her father told her mother, "We better let her go, or the poor girl is going to get sick."

In September 1944, when she was 18, Myrtle left Kodiak to travel to Camp Croft, South Carolina to marry Elwood "Pye" Watson. She was the first of her sisters to leave home. At the time her youngest sister Lila was only 4 years old. "I didn't do my senior year, and I should have, but I was in love. I traveled all

the way to South Carolina." It took her 21 days to travel there by steamer ship and train.

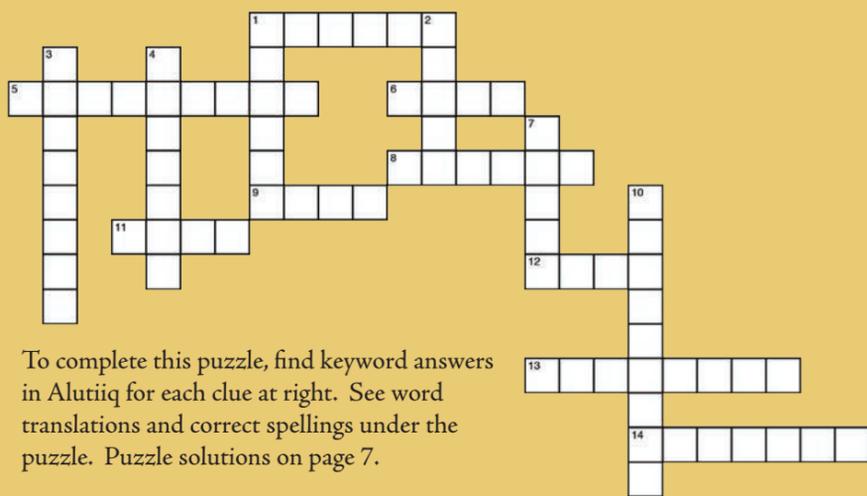
After the long trip south, she arrived on October 9th and was married on the 11th. Her father had made her promise that she would not stay with Elwood until after she was married. After getting married by a justice of the peace, she recalls how he took them to a carnival to ride the Ferris wheel in celebration. Elwood rented them a small house near the base, and she settled in. During their time there, she helped him study for promotions and worked in a shop until the war ended.

A year later, after the war, Elwood was discharged. While his first wish was to join a carnival to travel from town to town, this was not a life that Myrtle was familiar with nor wanted. She missed home. They decided to move back to Kodiak where he could find a good job, and she could be close to her family again.

Upon their return to Kodiak, her husband Elwood worked as manager of the naval base laundry, dry cleaners, and tailor's shop. She worked for him until she had her first child, Linda, in 1948. "I wanted a child," she says. "All my friends had babies. So, I was so happy. It's the most wonderful feeling there is to have your baby's check up against yours, so soft and velvety." After Linda, she had three more children with Elwood: Johnny, Ole, and Gary.

Then in her second marriage to Gordon Jensen she had three more children: Petrina, Chris, and Gordon. She looks back on her seven children as her best accomplishments in life. Today, Myrtle has 14 grandchildren, 19 great-grandchildren, and 1 great, great grandchild. Her family is her greatest treasure. ■

Alutiiq 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 7.

Puzzle by Alisha Susana Drabek—*Englartaq*

Vocabulary found in this puzzle:

Caqiq? — *What is it?*, Cestun? — *How?*, carliaq — *baby*, cuqllik — *elder*, elltuwaq — *grandchild*, Kina? — *Who?*, Naama? — *Where (indefinite)?*, Naliak? — *Which one?*, Nani? — *Where (definite)?*, Pinkaqa. — *I like it.*, Puqigtug. — *S/he is smart.*, Qaku? — *When (future)?*, Qaugcinek? — *How much?*, Qayu? — *What (huh)?*, Silugtuq. — *S/he is proud.*

AKITMEN (across)

1. How?
5. I like it.
6. Where at (definite)?
8. Which one?
9. Who?
11. What (huh)?
12. When (future)?
13. She is smart.
14. grandchild

ACITMEN (down)

1. elder
2. Where (indefinite)?
3. She is proud.
4. baby
7. What is it?
10. How much?



OPEN 7 DAYS/WEEK
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Monday-Friday 6:30 a.m. to 7 p.m.
Saturday-Sunday 10 a.m. to 4 p.m.

Classes:

Monday & Wednesday 5:30 p.m. Strong Ones (Cross Fit Style)
Saturday 10:30 a.m. Strong Ones (Cross Fit Style)
Tuesday & Friday 5:30 p.m. Fight Night (MMA Style Circuit)

Extended Hours:

 (based on volunteer availability)

Monday, Wednesday, and Friday early mornings open at 5:15 a.m.
Tuesday and Thursday late nights are open until 9 p.m.
Open most holidays

For more information on Holiday and Extended Hours, call the Fitness Center at 486-1377.

For Good Health:

Adults need 150 minutes per week of exercise; which is 30 mins, 5 days per week or 2-3 workout classes a week to meet the exercise requirements for good health.

Kids need 60 minutes or more of structured physical activity each day and less than 2 hours of screen time per day (includes TV, games, computer). ■

Cultural Spotlight

Alutiiq Language Strategic Plans

Alutiiq language revitalization has been a focus of education and documentation efforts for over ten years. It is heartening to reflect back on the accomplishments of Elders, communities, and organizations. Yet, there is so much more to be done to sustain Alutiiq as a living language. To develop the next steps in language revitalization, Native Village of Afognak, the Alutiiq Museum, and Kodiak College recently cohosted strategic planning sessions. Participants from across the Alutiiq Nation developed a series of action steps, adopted by the Qik'rtarmiut Alutiit Committee, Kodiak's regional Alutiiq language planning group. Together, they reconfirmed the movement's mission:

“To bring back the sound of Alutiiq to the voices of our youth, through the words of our Elders.”

They developed five overarching strategies to guide efforts across organizations:

- **Facilitate and strengthen fluency acquisition for Alutiiq learners and speakers.**
- **Grow language education, outreach, and public awareness to support Alutiiq speakers and program efforts.**
- **Develop and promote the use of targeted Alutiiq language educational materials.**
- **Increase partnerships and communication to strengthen the language movement for a healthy Alutiiq Nation.**
- **Celebrate and sustain the many ways of speaking Alutiiq.**

To address these goals, the group planned a community engagement campaign for Alutiiq language learning and wellness, an annual symposium to develop partnerships and improve communications, language learning kits built from existing resources, and support for language acquisition outreach that celebrates the many ways of speaking Alutiiq. No one organization can accomplish language revitalization but in partnership and with the commitment of individuals and their families, we are kindling the spark of Alutiiq language in youth.

You can learn more about language learning opportunities at www.alutiiqlanguage.org or the Alutiiq Museum's language pages for resources. along with join the Alutiiq Learners and Speakers Facebook. ■

Continued from page 1...

is unique to their circumstances and needs, such as: employment counseling, on-the-job training, resume development, college/vocational education preparation and physical restoration. Gwen Sargent oversees the program with the assistance of counselors Vallery Altor and Mary Marsh.

The Village Public Safety Officer program began in the late 1970s as a means of providing rural Alaskan communities with needed public safety services at the local level to reduce the loss of life due to fires, drowning, lost person and the lack of immediate emergency medical assistance in rural communities. The Village Public Safety Officer program was designed to train and employ individuals living in the village as first responders to public safety emergencies, such as search and rescue, fire protection, emergency medical assistance, crime prevention and basic law enforcement. The presence of these officers has had a significant impact on improving the quality of life for participating villages. As a result, the VPSOs are generally the first to respond to many calls for help from community members; hence their motto, “FIRST RESPONDERS – LAST FRONTIER”. TC Kamai oversees the following

VPSOs: Brad Ames in Port Lions, Jim Cedeno in Old Harbor, Speridon Simeonoff in Akhiok, Jim Poelman in Ouzinkie, Brent Guard in Larsen Bay and Roger Ouellette, who provides services in all villages as an itinerant officer.

The goal of KANA's Economic Development program is to continue to update and improve the Comprehensive Economic Development Strategy (CEDS) document to address the needs of Kodiak Island, while considering the unique needs of each village. KANA, with the help of village representatives, produced a viable CEDS document. As a living document, it is updated as projects are accomplished and newly identified goals are set. This CEDS document can be used by the entire Koniag region as a valuable tool to advocate for their specific needs. Tyler Kornelis oversees this program from the Tribal Operations office.

Eligible low income Beneficiaries can access energy assistance to meet their heating fuel and electricity needs. Heating Assistance applications are accepted October 1 through April 30 each year. KANA receives and distributes funds on a first-come, first-serve basis, with preference given to the elderly and legally disabled in Old Harbor, Larsen Bay and Akhiok. Kailey McNeil is the contact for this service.

Family Violence prevention assists victims of violence with housing and transportation so they can obtain safe shelter. We work closely with the Kodiak Women's Resource and Crisis Center (KWRCC) to provide assistance. Staff also train advocates and community responders to create opportunities for women to build relationships and support groups through activities such as the Women's Wellness retreat. Gwen Sargent oversees this program with the support of Kim Frey.

Community Services supports and administers tribal operations for Akhiok, Kaguyak and Tangirnaq tribes. David Eluska and Jeanetta Rastopsoff are the administrator and secretary respectively for Akhiok, located in the village. Alyssa Brenteson and Donene Amodo are the manager and secretary respectively for Kaguyak, located in Akhiok. Tyler Kornelis and Lisa Thomsen provide services to Tangirnaq members under the administration of Rob Stauffer. Kim Frey serves as a point of contact to reach all of the tribes as necessary.

The friendly and capable staff at Community Service staff look forward to providing Beneficiaries with the best possible services in accordance with our mission: “Elevating the quality of life of the people we serve.” ■

Provider Profile

Dr. Rhonda Beal, Dentist

Dr. Rhonda Beal arrived in Kodiak a little less than four months ago. She took the position after visiting Kodiak to interview in June. After three years working as an itinerant dentist in Nome, Dr. Beal knew she wanted to return to work in Alaska. During her service with the Norton Sound Health Corporation from 2006 to 2008, she fell in love with Alaska. The opening in Kodiak at KANA seemed a good next step for reestablishing herself in the state.

Previous to her work in Alaska, Dr. Beal ran her own private dentistry practice in Pennsylvania until 2006. Health issues led her to pursue itinerant dental service through Indian Health Services. She greatly enjoyed the work flexibility and cultural connections she was able to make in Nome. Despite loving her work there, she left Nome to spend more time with her children. She worked for Primary Health Network in Pennsylvania until her kids graduated from high school and left for college.

Dr. Beal herself decided to study dentistry at a young age. She was born and raised in rural Ohio, about 100 miles east of Columbus, in the foothills of the Appalachian Mountains. She remembers how in 8th grade her father sat her down and asked her what she wanted to do with her life. Her father was a steel worker and her mother a schoolteacher. They impressed upon her the importance of having a plan for a solid career that would provide her stability in life. As she thought about various potential careers she settled on dentistry because of its impact in her own life. Having had braces from 3rd to 7th grade, she had learned firsthand the value of good dental care. In fact, she recalls how it greatly improved her speech as a child.

She followed through on her childhood plans, and graduated from Ohio State University as a dentist in 1992. Shortly after college she married and moved to New Jersey, and then Philadelphia. About two years out of college, she began her family. Today, her two children are in college. Her son is a sophomore at Ohio State University and her daughter is a freshman at West Virginia University. Her husband's two children are also grown and raising families of their own.

With their children safely out of the nest, she and her husband Dean Shriver moved to Kodiak with their two cats, Puff and Peewee. Having



never been to Alaska, Shriver took a leap in moving to Kodiak, but he has been pleased with the choice. A DJ by trade, he has secured a part-time job at KVOK and is now getting his mobile DJ business operational. Although Alaska is new to him, he does have family connections in the state, with his sister living in nearby Homer. Dr. Beal's brother is also eager to visit Kodiak, as he has friends who come up to fish in Karluk. Her daughter came up at Christmas time, and her son also wants to come up this summer.

In their spare time, Dr. Beal and her husband enjoy watching movies and taking walks. They are particularly astonished by the landscape and wildlife on Kodiak. "The island is beautiful," she says. "Driving on Sunday we had to have seen over 200 eagles." In addition to enjoying the outdoors, they are also avid Ohio State football and basketball fans.

Upon moving to Kodiak, they were fortunate to rent a new home, recommended to them by a good friend who lives in Pasagshak. Dr. Beal says that having a friend here also made the move easier. After hearing her friend rave about Kodiak for years, she took it as a strong vote of confidence.

Dr. Beal serves as one of KANA's staff dentists in Kodiak, and also provides regular rural dental service. So far, she has visited Port Lions and Larsen Bay. She is returning to both communities for a four-day trip this month. She is looking forward to the returning light and the opportunity to meet new people in Kodiak and the villages. She says, "I like to meet different people." She particularly is looking forward to learning more about the Alutiiq culture and community. ■

Photo courtesy Patrick Saltonstall



Arctic Care Innovation Readiness Training

The Department of Defense Arctic Care Innovative Readiness Training will be providing no cost health care services in Kodiak and its six outlying villages in early April 2014. Arctic care provides training opportunities for service members and units to prepare them for their wartime missions while supporting the needs of America's underserved communities. The following no cost services will be provided in the following locations:

Kodiak (April 1-April 10)

- Veterinary Services: Vaccinations, exams, and spay/neuter
- Dental Services: Dental exams, extractions, and fillings
- Optometry: Comprehensive optical exams and single vision spectacle fabrication

Ouzinkie (April 1-April 10)

- Medical Services: Well child checks, well woman exams, sports/school exams, etc.
- Dental Services: Dental exams, dental hygiene, extractions, and fillings
- Optometry: Comprehensive optical exams and single vision spectacle fabrication
- Veterinary Services (April 1-April 5 only): Vaccinations, exams, and spay/neuter

Port Lions (April 1-April 10)

- Medical Services: Well child checks, well woman exams, sports/school exams, etc.
- Dental Services: Dental exams, extractions, and fillings
- Optometry: Comprehensive optical exams and single vision spectacle fabrication
- Veterinary Services (April 6-10 only): Vaccinations, exams, and spay/neuter

Old Harbor (April 1-April 10)

- Medical Services: Well child checks, well woman exams, sports/school exams, etc.
- Dental Services: Dental exams, extractions, and fillings
- Optometry: Comprehensive optical exams and single vision spectacle fabrication
- Veterinary Services: Vaccinations, exams, and spay/neuter

Larsen Bay (April 7-April 9)

- Medical Services: Well child checks, well woman exams, sports/school exams, etc.
- Dental Services: Dental exams,

extractions, and fillings

- Optometry: Comprehensive optical exams and single vision spectacle fabrication
- Veterinary Services: Vaccinations, exams, and spay/neuter

Karluk (April 4-April 5)

- Medical Services: Well child checks, well woman exams, sports/school exams, etc.
- Dental Services: Dental exams, extractions, and fillings
- Optometry: Comprehensive optical exams and single vision spectacle fabrication
- Veterinary Services: Vaccinations, exams, and spay/neuter

Akhiok (April 1-April 2)

- Medical Services: Well child checks, well woman exams, sports/school exams, etc.
- Dental Services: Dental exams, extractions, and fillings
- Optometry: Comprehensive optical exams and single vision spectacle fabrication
- Veterinary Services: Vaccinations, exams, and spay/neuter

More information will be forthcoming.

Please contact either JJ Marsh (486-9828) or Nicole Webster (486-9866) with any questions.

Crossword Solutions for page 4 Alutiiq Puzzle



Vocabulary found in this puzzle:

- Caqiq? — *What is it?*
- Cestun? — *How?*
- carliaq — *baby*
- cuqllik — *elder*
- elltuwaq — *grandchild*
- Kina? — *Who?*
- Naama? — *Where (indefinite)?*
- Naliak? — *Which one?*
- Nani? — *Where (definite)?*
- Pinkaqa. — *I like it.*
- Puqigtug. — *S/he is smart.*
- Qaku? — *When (future)?*
- Qaugcinek? — *How much?*
- Qayu? — *What (huh)?*
- Silugtuq. — *S/he is proud.*

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.

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

Kodiak Area Native Association Behavioral Health Appointment Procedures

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

KANA has created a centralized registration desk to provide confidential, efficient scheduling, registration and check-in services for all appointments occurring at the KANA main building.

Beginning **March 1, 2014** all Behavioral Health appointments will be scheduled and checked-in through the central registration desk located in the **downstairs main lobby**.

Increased Privacy

This central location will provide increased privacy for patients while they check in and wait for appointments. Patients now have the option to wait in the main lobby for Behavioral Health appointments rather than using the waiting area within the Behavioral Health Department.

Improve Customer Service

- Centrally managed registration and appointment schedules for medical, dental and behavioral health services.
- Consistent reminder calls
- One phone number to schedule all health care appointments
- Complete patient records

Confidentiality Notice:

Employees at the registration desk will **not** have access to your behavioral health records.

For more information please contact the Health Department at 486-9885. ■

Would you like to communicate with your providers and nurses, schedule appointments, and view your medical record and lab results in a secure, efficient, and easy-to-use online manner?

myANMC

The Kodiak Area Native Association, in partnership with the Alaska Native Medical Center and the Alaska Tribal Health Consortium, now offers its beneficiaries the opportunity to enroll in an online patient health management tool, myANMC!

myANMC is a secure, online patient portal that allows beneficiaries to communicate with their providers and nurses, schedule appointments, and view their health record.

If you are interested in enrolling or have any questions, please contact the front desk at (907)-486-9870. ■



ALASKA NATIVE
MEDICAL CENTER



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KANA Provider Village Travel

For a listing of provider village travel please check out the KANA website at <http://www.kanaweb.org/html/events.php> or check out KANA's Facebook page.



Like us on Facebook

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The Kodiak Area Native Association

Cordially invites the community to attend a Public Forum:

“Community Connection”

Wednesday, March 19, 2014

from 5:00 p.m. - 6:00 p.m.



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

Location:

KANA Health Center Conference Room
3449 East Rezanof Drive, Kodiak

Light refreshments will be provided

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

