



# Qik'rtarmiut Asiitmen Kodiak Native Wellness News

KODIAK AREA NATIVE ASSOCIATION

Promoting Wellness & Knowledge for Kodiak's Native People



FEB/MAR 2016



(Above) Board of Directors

(Right) 1981 KANA Annual Meeting

(Right) Roy Madsen with Henry Eaton, ca. 1972



(Above) An early version of KANA's logo

## 50 Years of Leadership for Our People, Our Wellness

In 1966, Native leaders stepped forward to form the Kodiak Area Native Association. Roy Madsen, a founding leader, spoke to the history of KANA in its earliest days,

***“Do you remember where you were in January or February of 1965, [fifty] years ago? Probably many of you had not been born at that time. But that is when the idea of forming a Native organization to unite the Native people of Kodiak Island was born.***

***Karl Armstrong and Harry Carter bumped into me in the Post Office one day and suggested that the three of us contact a few other people in Kodiak to discuss the idea. ... In addition to Karl, Harry and myself, the other persons involved in the early formation of KANA were***

***Mary Gallagher, Dolores Padilla, Tina Monigold, Ted Velanis, Flossie Crary, Mary Chya, Tom Gregorioff, Helena Schweite, Julie Knagin and Tina Hoen.***

***The minutes were scribbled on scratch paper and types on a borrowed typewriter. The goals were to unify the Natives of Kodiak Island and to work with the fledgling Alaska Federation of Natives to get Native claims recognized.”***

Since day one, our focus has been on overcoming the obstacles that stand in the way of our people achieving a better quality of life. Certainly the landscape has changed dramatically since 1966, but the fundamentals of life remain the same. We all want to provide for our families, we all want access to healthy foods, housing, education, and quality health care.

KANA strives to provide access to resources for wellness whether you live in an urban neighborhood or rural village, so that all our people may live fulfilling lives, now and for generations to come. For fifty years KANA has taken on these challenges, and for fifty years, we've collected

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# President's Letter



Greetings from KANA!

Fifty years ago, on November 28, 1966, Articles of Incorporation to form the Kodiak Area Native Association (KANA) were signed by Harry S. Carter, Roy H. Madsen, Helena Schwiete, Marie Olsen Chandler, Bill Berestoff, Florence Cratty, Christina Hoen, George L. Stinger, Karl Armstrong, and Tom Gregoroff.

The original purposes and objectives of KANA were described in the Articles of Incorporation as:

1. To promote pride on the part of the Natives of Alaska in their heritage and traditions;
2. To preserve the customs, folklore and art of the Native races;
3. To promote the physical, economic and social well-being of the Natives of Alaska;
4. To discourage and overcome racial prejudice and the inequities which such prejudice creates;
5. To promote good government, by reminding those who govern and those who are governed of their joint and mutual responsibilities;
6. To have and exercise, in pursuit of the enumerated purposes, all of the general powers set forth in Section 10.20.140, Alaska Statutes.

Since 1966, KANA has grown in to a nationally-recognized, accredited health care and social services organization. Although much has changed since incorporation, one thing remains now as it did fifty years ago – KANA works to elevate the quality of life of the people we serve.

I'd like to thank KANA's current and past Board of Directors, whose leadership and guidance has steered our organization. It is through their years of service and dedication that has made KANA what it is today.

I invite you to join in the spirit of celebration as we move into our 50th year of promoting wellbeing and self-sufficiency for our Native people with pride. As we enter our next half century of service, we remain grounded in our mission and values, solid in our purpose, because we know who we are, where we come from and what we have been tasked to achieve.

Quyanaa,

Andy Teuber  
President and CEO

...continued from page 1

data, conducted rigorous analysis, and employed innovative thinking to continue expanding our infrastructure and resources to better meet the needs of those we serve.

Beginning with Harry Carter as the first President of KANA and Karl Armstrong as the first Executive Director, KANA's leadership has always followed a visionary path and maintained its integrity as a vital Native organization.

***“This type of leadership and vision has established a solid foundation on which KANA has been able to build and thrive, and we owe a debt of gratitude to the dedicated leaders of this organization over the last [fifty] years,” Madsen said.***

It is through the vision of our leadership of KANA's 50 years, that our organization is alive and well, here to serve the dynamic needs of our communities. ■



***KANA Main Groundbreaking: Hank Eaton, Alex Panamaroff, Denise May, David Eluska, Kelly Simeonoff, Carolyn Floyd, Jerome Selby, Friar John Zabinko.***

50<sup>TH</sup>  
KODIAK AREA NATIVE ASSOCIATION  
FIFTIETH ANNIVERSARY  
1966 - 2016

# Changes Coming to Village Clinic Exam Rooms

The Electronic Health Record (EHR) is an important part of our Patient-Centered Medical Home model, enhancing communication with your Care Team by sharing important information about your health in live time. In the coming weeks, KANA will be installing new computers in the exam rooms of our village clinics. The upgrade to computers from paper within the exam rooms will allow your Care Team to receive and track patient data from your visit, outline major illnesses, surgeries, allergies and medication, track or enter a prescription or order a lab, quickly retrieve lab or x-ray results, and more. Most importantly, it keeps everyone on your Care Team focused on what matters most – your good health.

With the incorporation of the EHR in the exam rooms, you will notice a few changes in how your Health Aides handle your exams. The first thing you might notice is that instead of having the large green CHAM book open on the desk, they will now have that information on their computer. This electronic version of the CHAM book now has all the latest information for Health Aides. Second, you will see that instead of taking written notes during your exam, the Health Aide will be typing straight into the EHR. This will mean that, at least for a while, your exam will take a little longer but please



**Stella Krumrey, Old Harbor Clinic Coordinator**

bear with us - the EHR is a powerful tool that helps us to deliver the highest quality of care that you deserve and should expect.

Using the EHR in the exam room will give your Primary Care Provider (PCP) and other members on your Care Team immediate access to your health records during and after your visit and wherever you go in our Health System. Whether you're at your village clinic, KANA Main or Mill Bay Health Center, or even in

Anchorage for care, your Provider will have all the information from your Health Aide visit—one of the best ways to ensure you get the right care and treatment.

So please be patient with your Health Aide and forgive them for having to spend a little extra time looking at a computer. Getting your information right and following the new electronic CHAM book are going to mean improved care for you and your family. ■

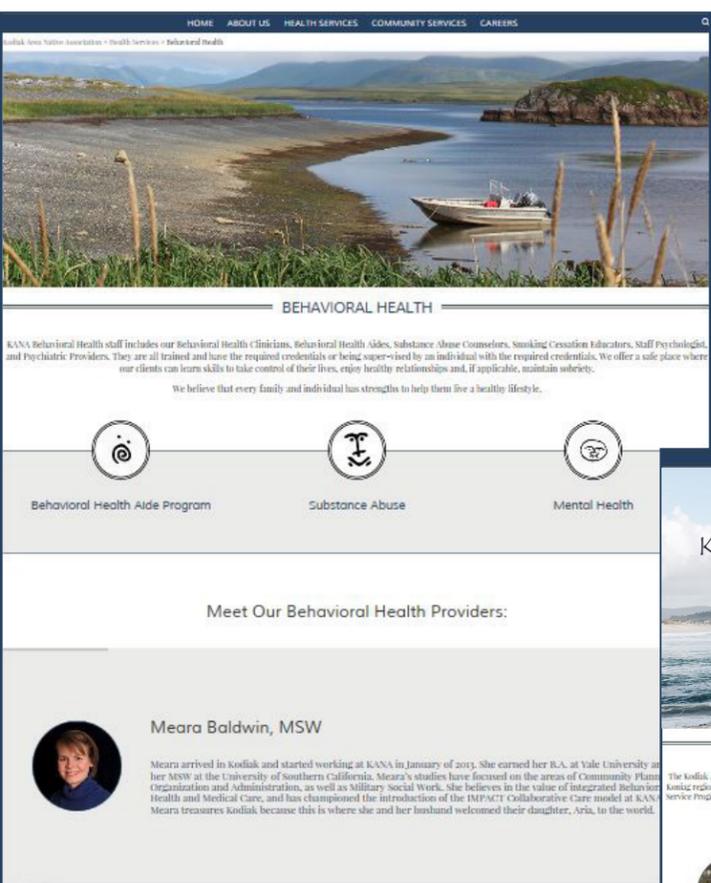
## KANA Launches New Website

KANA is proud to announce the launch of our redesigned website, reflective of our values-based, consumer-driven model of care, now available at [kodiakhealthcare.org](http://kodiakhealthcare.org). The new website model was created with a responsive design for improved,

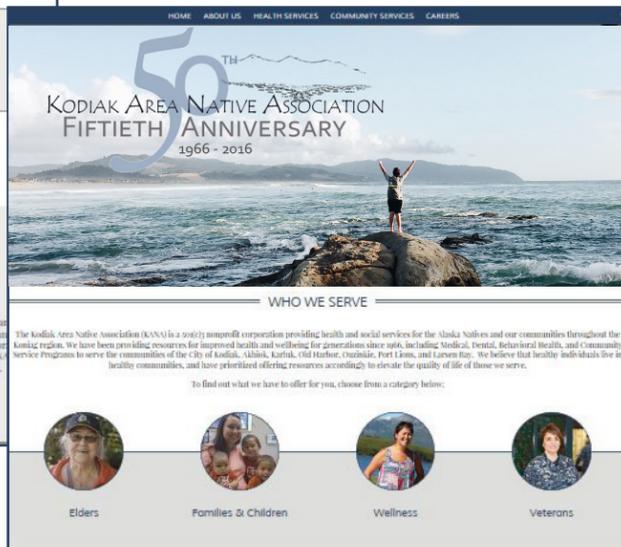
user-friendly navigation and functionality throughout.

[Kodiakhealthcare.org](http://Kodiakhealthcare.org) prominently features categories of service for Elders, Families & Children, Wellness, and Veterans to help site visitors find services available based on unique needs and qualifications.

Excellent customer service is a top priority for KANA, along with ensuring our community is able to access our program information, materials and resources. With this in mind, we wanted to ensure we built a living resource, accessible anytime and anywhere for those we serve, to continuously tell our story of innovative care. ■



*(Above) A snapshot of the Behavioral Health page on [kodiakhealthcare.org](http://kodiakhealthcare.org)*



*(Left) A snapshot of the Homepage on [kodiakhealthcare.org](http://kodiakhealthcare.org)*

# Spotlight on a Eating Healthy

## Peppers, Peppers, Peppers

Is there anything better than a sweet bell pepper? The taste, the crunch, the color is one of a kind. However, there is more to bell peppers than you would think. Bell peppers are an excellent source of vitamin A and C. Vitamin A is important to maintain healthy bone, eye, skin, and teeth. Vitamin C is essential for tissue health and to maintain a strong immune system. Bell peppers are also a good source of potassium, which is crucial for regulating blood pressure.

Did you know that all peppers start off green and change color as they mature? The change of color happens during the ripening process. Peppers that are fully ripe tend to taste better and are more nutritious because of the sugars and other flavor compounds that accumulate in the final stages of ripening. Another fun fact about peppers is the vitamin C content also increases as pepper ripen.

Although bell peppers can sometimes be challenging to find in rural Alaska, keep an eye out for when ripe, juicy bell peppers are available and make sure to give them a try. They can be used in a number of recipes to enhance the flavor, nutritional value, and appearance and are well worth the splurge.



Try this Salmon Stuffed Peppers recipe as a simple introduction to peppers in your cuisine. Next time, try adding them to your eggs, pizza, pasta, and salads. Enjoy! With any questions about nutrition or eating healthy, call us to schedule a personal appointment at 486-7300. ■



## Salmon Stuffed Peppers

*Adapted from tasteofhome.com*

Prep time: 35 mins Bake time: 25 mins  
Makes 6 servings

### Ingredients:

- 6 medium yellow, orange, or red peppers
- 1-1/4 pounds salmon fillets or salmon steaks
- 3/4 cup low-sodium chicken broth
- 1 medium leek (white portion only) chopped or 1/2 cup chopped green onions
- 2 tablespoons minced fresh cilantro
- 1/2 teaspoon dried oregano
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 cups hot cooked brown rice
- 1/2 cup tartar sauce
- 1/2 cup low-fat sour cream

### Directions:

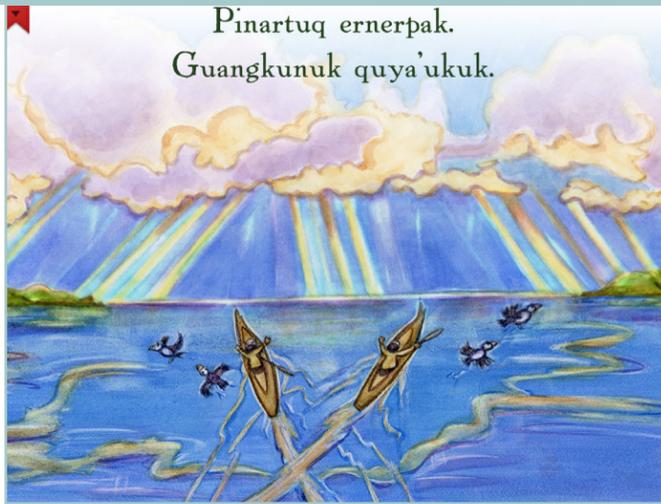
1. Cut tops off peppers and remove seeds. Cook peppers in boiling water for 3-5 minutes (until crisp-tender). Drain and rinse in cold water; set aside
2. Broil salmon 4-6 inches from the heat for 4-5 minutes on each side (until fish flakes easily with fork). Discard bones and skin. Flake fish with a fork; set aside.
3. In a large skillet, combine the broth, leek, cilantro, oregano, salt, and pepper. Bring to a boil. Reduce heat; simmer, uncovered, for 10 minutes or until the liquid has evaporated.
4. Stir in the hot rice, tartar sauce, and sour cream. Fold in salmon. Spoon into peppers. Place in an ungreased shallow baking dish.
5. Cover and bake at 350 degrees for 25-30 minutes (until peppers are tender and filling is hot).
6. Serve immediately .

## Spotlight on the Alutiiq Culture

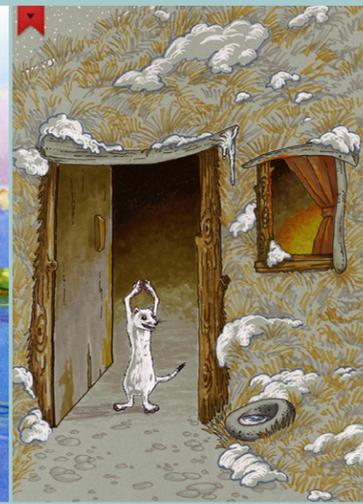
# Qbooks Brings Alutiiq Language to Children

With an iPad and a finger children can now explore the Alutiiq language, thanks to digital storytelling software called Qbooks. Developed by New Zealand based KIWA media, every Qbook has four interactive features to assist young learners. Swipe-to-Read allows students to hear a story read, or have words spoken when touched. Double tap on a word and the Touch-to-Spell feature spells the word aloud. Children can also use the Touch-to-Record feature to practice pronunciation while reading individual words. Touch-to-Color encourages students to color the pictures that accompany a story.

Five Qbooks are currently available on Apple's App Store, produced by the Native Village of Afognak in 2014. Search for "Alutiiq" on the App Store to download these free resources and start learning Alutiiq vocabulary. The books feature Kodiak animals, cultural themes from the Alutiiq world, and bright illustrations by local artists. Naama Amiatuk teaches readers how to describe the location of an object in Alutiiq, with the help of an energetic weasel. Una Taquka'angecuk Ag'llria Kuigmen, is a Kodiak adaptation of the nursery rhyme This Little Piggy, featuring brown bears.



Page from "Angayumeng-llu Aiwiyukuk", a free Qbook for iPad available through the App Store. The Alutiiq reads: "it is nice weather today. The two of us are thankful."



Page from "Naama Amitatuk?", a free Qbook for iPad available through the App Store. The Alutiiq reads "The weasel is inside the sod house."

With generous funding from the Institute of Museum and Library Services, the Native Village of Afognak and the Alutiiq Museum will create eight additional Alutiiq language Qbooks over the next three years. The project will develop these tools for both the Kodiak Public Library and the Nadia Mullan Heritage Library at the Native Village of Afognak to expose diverse audiences to the Alutiiq language. Local authors and artists will assist with the new

titles, which will be available on the App Store. The project is part of an island-wide effort to revitalize Kodiak's Native language and an outcome of planning efforts at the 2014 Alutiiq language symposium.

Michael Bach, the Alutiiq Museum's Language Program Manager (907-486-7004), will lead Qbook development and can be contacted for help using these fun, new language education tools. ■

## Alutiiq Harvest Crossword Puzzle

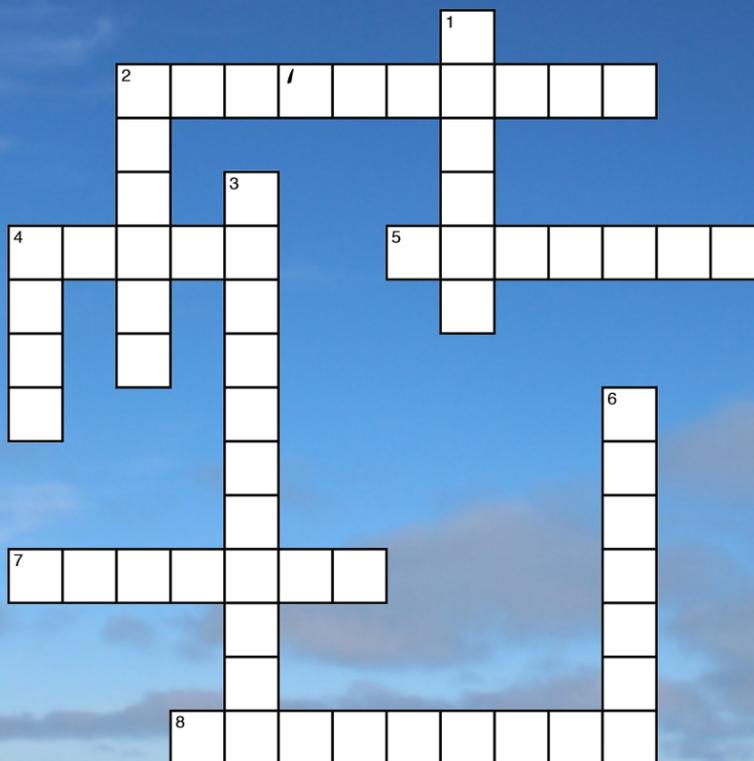
### AKITMEN (across)

2. Internet
4. mother
5. hunter
7. sod house
8. cannery

### ACITMEN (down)

1. horse
2. my family
3. fisherman
4. father
6. school

To complete this puzzle, write in the Alutiiq word for each clue to the left. See word translations and correct spellings in the puzzle vocabulary box. Puzzle solutions on page 7.



### Vocabulary:

- anaaq — mother
- ataq — father
- Allitaq — Alitak
- ciqlluaq — sod house
- ilanka — my family
- iqallugsurta — fisherman
- iwa'isuuteq — internet
- Kasukuak — Akhiok
- kaanaRiiq — cannery
- kuuniq — horse
- pisurta — hunter
- skuuluq — school

Puzzle by Alisha Susana Drabek—Englartaq

## Provider Profile

# Melissa Ehlers, IMPACT Care Manager

Melissa Ehlers is a family gal. Her favorite childhood memory is of gathering with her sizeable extended family for potlucks, singing, and dancing to accordion music. Although Melissa was born in Anchorage, has moved all over the lower 48, and was recently residing in Seattle, she spent most of her childhood and teenage years in Kodiak. After the birth of her first child six months ago, Melissa felt drawn to return to the island to be near her parents, grandparents, and other relatives. She sent out resumes, and the Kodiak Area Native Association was happy to offer her a position as the IMPACT Care Manager. With her partner and their six-month-old baby in tow, Melissa moved back to Kodiak three weeks ago and joined the KANA team. Melissa is looking forward to working in the team atmosphere at KANA:

***“everybody wants the ending goal of providing the best services to the community.”***

Melissa entered the workforce for the first time as a guide at the Baranov Museum during summer breaks in high school. Working alongside her mom and several well-established Kodiakians, she helped with meeting and greeting visitors to the museum. After high school, Melissa started taking classes at Kodiak College. In addition to her coursework, her membership in the Sun’aq Tribe gave her a foot in the door to work at Natives of Kodiak for a time before taking a position as a Care Manager at Kodiak Youth Services.

Melissa’s career path took a big turn when she moved to Florida. While working full time in a real estate agency, she enrolled in a bachelor’s degree program at Colorado Technical University online. Melissa has always had an interest in the judicial system and criminal psychology, especially because her father was an Alaska



*Melissa Ehlers enjoying a sunny day with her family.*

state trooper, so she chose a degree in Criminal Justice. With her degree in hand, Melissa moved back to Kodiak and worked as a Juvenile Probation Officer for a year and a half, furthering her experience in the U.S. judicial system.

However, Melissa had always dreamed of living in Seattle. Her career in criminal justice gained momentum when she was hired as a clerk for a judge in the King County Superior Court: “I always said, ‘I’m going to work downtown, and I ended up working in downtown Seattle!’” She stayed in the position for eight years and gained a passion for upholding the value of the U.S. court system: “I think we do have a good judicial system and it works when it’s working right...there are exceptions to the rule with people always, but I think everybody should be provided with fairness...that’s always been my draw to it.” Her position was not a boring one. Melissa had a lot of “hot-tempered clientele” come through the court system. One defendant got so angry he threw a shoe at the judge! Melissa’s advice for handling this situation: “Make sure you get out of the way!”

Melissa likes school and loves to learn. During her eight years in Seattle, she

re-enrolled in school, this time for a Master’s Degree in Forensic Psychology from Argosy University online. She loved meeting different people from around the world in the online classroom while being able to complete the degree on her own terms.

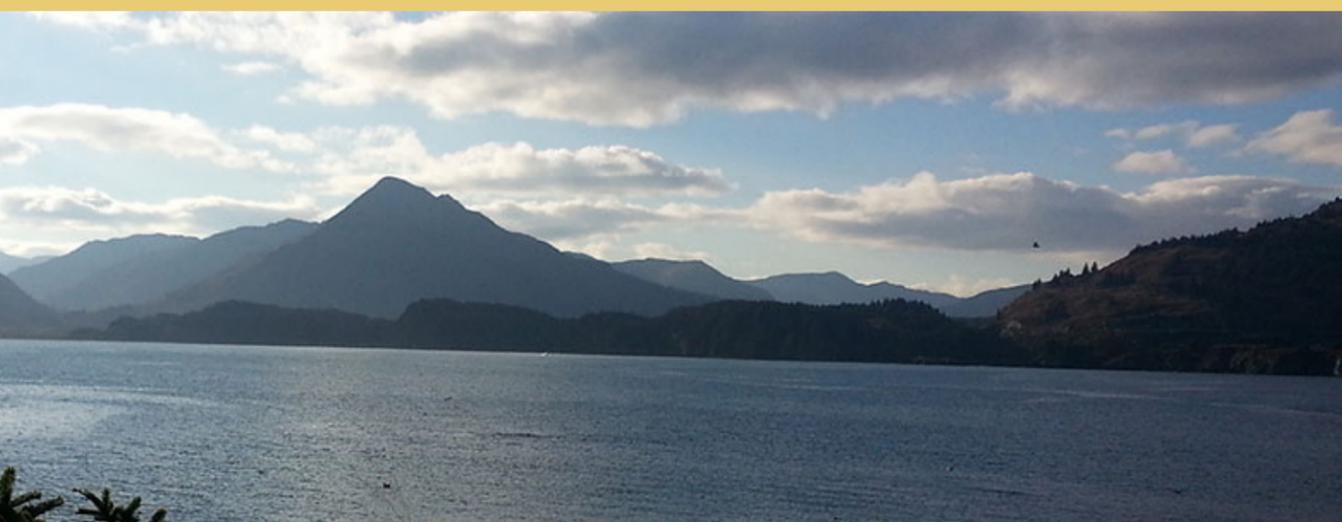
Now that Melissa has returned to Kodiak, she looks forward to the community support. It’s nice to go to Safeway and have people say hi and wave...that’s something you don’t get down in the lower 48.

She loves fishing, hiking, and camping, as well as supporting local sports teams (her dad is the high school basketball coach). Her favorite hiking trail is Termination Point; she says, “I’ve done Barometer twice...that’s probably good enough for me.” When she finds time on a rainy day, Melissa also enjoys reading. True to form, she’s currently enjoying *Black-Eyed Susans*, a criminal psych thriller about a serial killer.

She wants her patients to know that her door is always open to anyone who wants to learn more about IMPACT or just improve their daily quality of life. She hopes to help patients “bring about their ability to focus on themselves and really gain the strength and the tools to make the changes they need.” Melissa is inspired to live and model a healthy lifestyle by the following quote:

***“To ensure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.”***

***- William London ■***



# Dinner with Dad, A New Behavioral Health Program



KANA's Behavioral Health Program is proud to offer a new program for our Native beneficiaries, Dinner with Dad: a quarterly event open to men and boys to promote health and wellness on Kodiak Island. Dinner with Dad emphasizes that listening and talking is key to maintaining a healthy connection between parents and children. But parenting is hard work and maintaining a good connection can be challenging, especially since parents are dealing with many other pressures.

Dinner with Dad promotes healthy relationships and improving communication skills for the fathers and sons who participate in each event. By creating stronger family networks, we create a stronger island community as a whole by honoring those who serve as healthy examples for our family and friends. ■

## Upcoming Specialty Clinics

\*This specialty clinic is by self-referral.  
Please contact your local clinic to make an appointment.

**\*OPTOMETRY**  
February 1-5 (Larsen Bay)  
March 21-25 (Port Lions)

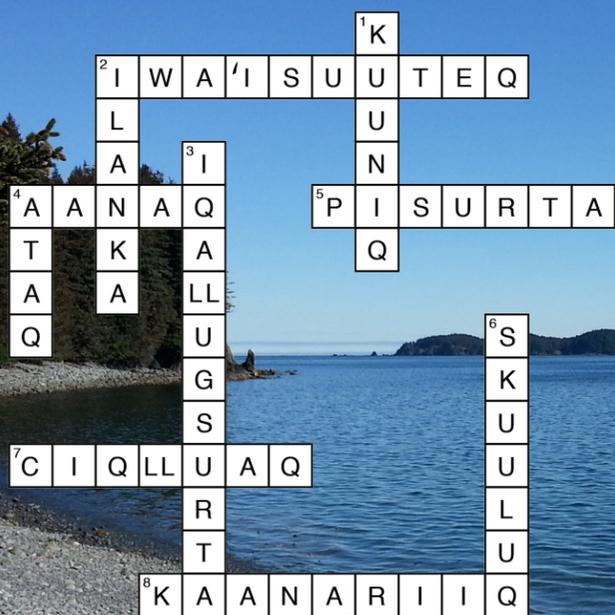
**OB/GYN**  
February 23-24

**ORTHOPEDICS**  
March 8-10

**ENT**  
March 22-23

**AUDIOLOGY**  
March 22-23

## Alutiiq Harvest Puzzle Answers



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, please let us know. We welcome the opportunity to better serve the needs of our beneficiaries. If you would like a reply, please include your name and contact info.

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**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  
**COMMUNITY SERVICES**

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

# Infant Learning Program (ILP) Toddler Play Group



All Kodiak families are invited to join the ILP Toddler Play Group for art activities, lots of fun activities for play, and snack. A parent or other adult must be present at all times during group, and siblings are always welcome.

Families who participate in the play group will be asked to complete an Ages & Stages Questionnaire per ILP policy to ensure confidentiality and each child's needs are addressed.

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## Wednesdays from 11am - Noon Kodiak Bible Chapel, 416 Island Lake Rd



## KANA's Organization

## KANA Provider Village Travel

For a complete listing of Provider village travel, please check out the Health Services Calendar on our new website at:

<http://www.kodiakhealthcare.org/events/category/health-services/>



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