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# THE Mukluk Telegraph



THE QUARTERLY NEWSPAPER OF THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

JANUARY - MARCH 2018

## Our Tradition of Health

*ANTHC celebrates 20 years of Tribal self-governance and leadership*



*ANTHC Board of Directors signs first contract with Alaska Area Indian Health Service in 1998.*

**I**n 1997, Alaska Native people became owners of their statewide health care. Tribal self-governance and management of Tribal programs continues to be an important issue, but it reached a key milestone for Tribal health care in the fall of 1997. Congressional passage of Public Law 105-83 recognized the work of Tribal health organizations across Alaska to collaborate on statewide Tribal health services under the newly created Alaska Native Tribal Health Consortium. This innovative idea would set Alaska Native people on the path to becoming the healthiest people in the world.

The first ANTHC Board of Directors met in December 1997 and throughout the next 20 years, the ANTHC board marked new achievements in Tribal self-governance. This year, ANTHC celebrates its history and the improvements to Alaska Native health care that have been accomplished through Tribal leadership and ownership by our people.

ANTHC Board and Tribal leadership make it possible to design programs and services that serve the Alaska Native health needs identified by our people. ANTHC's Tribal

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**ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM**

HEALTHY HOMES & COMMUNITIES

# ANTHC tackles climate impact challenges to water and sanitation construction

As of 2017, 42 communities and more than 3,000 Native households in rural Alaska still lack sanitation infrastructure and access to safe drinking water. Even though steady progress has been made since 1970 in providing modern piped infrastructure to rural communities, these unserved communities and households are still reliant on the honey bucket.

For 31 Alaska communities, new challenges to providing access to in-home water and sanitation systems are seen from climate change impacts. Many of the remaining unserved communities pose significant challenges to building and supporting sanitation systems in part because of their small size, lack of available fresh water, unique soil conditions and often their status as “environmentally threatened communities” at risk to the effects of climate change.

## Environmentally threatened communities

A 2009 United States General Accounting Office report identified 31 Alaskan communities impacted significantly by climate change and 12 of these requiring some form of relocation. These 31 communities are considered to be environmentally threatened.

Once identified as in need of relocation, federal agencies have minimized their “at risk” investments at these locations. Agencies are cautious about making substantial investments in places that have been identified as planning to relocate. As a result, places like Newtok and Kivalina — both in stages of community relocation — housing, electric power production, water and sewer, boardwalks and roads, solid waste facilities and other basic community infrastructure are slow to be replaced.

To compound matters, climate impacts, such as severe storms, water



surges, lack of sea ice and melting permafrost, destroys millions of dollars in infrastructure, adds stress to the already stressed, and is affecting how ANTHC plans to respond. Slow-moving disasters are not considered impactful enough for federal response and financing, so these communities are challenged with finding alternative solutions.

## ANTHC innovative solutions for communities

Helping communities that are most threatened by a changing Arctic is a priority for ANTHC Environmental Health and Engineering staff. We understand that our solution-based responsive planning and engineering will help community leaders assess their current situation, plan for future generations, maintain existing infrastructure and create a matrix for financing projects.

One response to finding solutions starts with ANTHC’s innovative Design Engineering group. Engineering critical infrastructure to be more

adaptable is seen in our development of modular washeteria designs, the in-home Portable Alternative Sanitation System (PASS), Flexible Pipe Connection design and proposed Active Refrigeration of Foundations using existing thermosiphons to prevent melting permafrost from destroying infrastructure. Many of these designs borrow values from our indigenous cultures that have sustained for thousands of years in the Arctic: mobility, adaptability, flexibility and efficiency.

However, it is difficult to implement many of these solutions because of the lack of available funding for infrastructure innovations. Agencies that normally fund sanitation facilities are often reluctant to invest in new concepts and designs that are yet to be proven and therefore risky. Also, environmental changes are slow moving. Until the changing environmental conditions become severe enough to result in widespread destruction, the loss of infrastructure is not eligible for Federal disaster relief.

Places like Shishmaref, Unalakleet, Kivalina, Shaktoolik, Newtok, Golovin and others will struggle to keep their community viable as the environment tests their infrastructure.

ANTHC is working with Tribal leaders to voice our concerns. We are seeking solutions and attempting to draw the attention of others to the challenges facing northern communities.

The continuous changing Arctic environment allows us to be proactive in how we plan to help communities sustain their subsistence lifestyles, plan relocations of their communities, redirect their focus on emergency response, improving human health with innovative design and cross-collaborating with other ANTHC programs.

To assist the 31 environmentally threatened rural Alaska communities, the Denali Commission has contracted with the ANTHC Grants Department to create the Environmentally Threatened Communities Grant Center. For additional information or to access support, contact Melodie Fair at (907) 729-2418 or mfair@anthc.org or Max Neale at (907) 729-4521 or mdneale@anthc.org.



### THE MUKLUK TELEGRAPH

The Mukluk Telegraph is the official newspaper of the Alaska Native Tribal Health Consortium. The paper is published quarterly and distributed at no charge to patients, employees and partners of ANTHC statewide. Have a suggestion or a compliment for the Mukluk Telegraph? We would love to hear from you. E-mail the ANTHC Marketing Department at [marketing@anthc.org](mailto:marketing@anthc.org).

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### MISSION

Providing the highest quality health services in partnership with our people and the Alaska Tribal Health System

### VISION

Alaska Native people are the healthiest people in the world

HEALTHY PEOPLE & PREVENTION

# Keep your home safe during National Poison Prevention Week

National Poison Prevention Week is March 18-24 and serves as a reminder to think about keeping your home and family safe from harmful poisons. A growing risk to our health is unintentional poisonings, or a harmful outcome that was unplanned, especially from substances people do not often think of as poisons – the misuse of medication, drugs and alcohol.

To reduce the risks of poisoning, Alaska Native Tribal Health Consortium’s Behavioral Health and ANTHC Injury Prevention recommends keeping medications and alcohol in a safe place, such as a locked cabinet or locking container. Do not share your medicine or take drugs that are not prescribed to you. Monitor and count pills, so you are aware if any are missing. Some communities and pharmacies have resources to safely dispose of unused medication.

If you are prescribed medication, ask your provider about your community’s drug take-back programs. National Prescription Drug Take Back Day lists officially registered sites at [https://www.deadiversion.usdoj.gov/drug\\_disposal/takeback](https://www.deadiversion.usdoj.gov/drug_disposal/takeback).

Accidental poisoning from prescription medications, especially opioids, has been on the rise in Alaska. These harmful poisons are having a devastating impact in our Native community. From 2002-2011, all types of prescription and illicit drugs accounted for 51 percent of poisoning deaths for Alaska Native people; alcohol by itself accounted for 41 percent. The 2014-2015 drug

poisoning (illicit and prescription) rate among Alaska Native people was 57 percent higher than the 2012-13 rate (data source: Alaska Bureau of Vital Statistics).

To bring awareness to what people can do to prevent poisoning in their own homes, ANTHC developed a poison prevention public service announcement.

Watch the video on YouTube at <https://youtu.be/QleVKIXGrIk>.

The public service announcement reached some 85,000 people on Pandora and Facebook, helping spread the word about safe storage of medications and alcohol. This PSA was supported by the Healthy Alaska Natives Foundation and championed



by ANTHC’s Injury Prevention Program and Behavioral Health’s Substance Abuse Prevention Initiative.

If you are concerned that someone you know may be misusing

prescription opioids or alcohol, help is available. Get immediate help from a local poison expert by calling the Poison Help Hotline at 1-800-222-1222. Visit the Alaska Poison Control System website: <http://www.dhss.alaska.gov/dph/Chronic/Pages/InjuryPrevention/Poison/Default.aspx>. You can order disposal or deactivation bags and buckets to get rid of your unused or expired medicine, through <https://www.iknowmine.org/provider-materials/safe-medicine>. Contact ANTHC’s Substance Abuse and Prevention at (907) 729-3547 or email [behavioralhealth@anthc.org](mailto:behavioralhealth@anthc.org).

Learn more about ANTHC Injury Prevention at [www.anthc.org/injuryprevention](http://www.anthc.org/injuryprevention).



## It’s not too late to get your flu vaccine!

- The flu vaccine is safe. You can’t get the flu from a flu vaccine.
- Pneumonia and flu are a leading cause of death among Alaska Native and American Indian Elders.
- Please get a flu vaccine each year to protect you and your family.
- If you have not been vaccinated, please make an appointment today!



Learn more at [www.cdc.gov/flu](http://www.cdc.gov/flu) or call 1-800-CDC-INFO

## HEALTH RESEARCH

# Demystifying the colonoscopy



## Health care professionals and survivors say embarrassment is no excuse for skipping the screening that could save your life

Jake Martus has heard every excuse.

As a patient navigator at Alaska Native Medical Center, he's responsible for scheduling colonoscopies, doing outreach to potential high risk groups and educating patients about the procedure.

"They'll say they're 'too busy,' 'have too much work,' 'can't get a babysitter,' 'can't find an escort to come with' — anything to get out of coming in for a colonoscopy," Martus said. "What I do is try to figure out what their barriers are, eliminate misconceptions and encourage them as much as I can."

### Recognizing risk factors

In the U.S., March is National Colorectal Cancer Awareness Month. According to the National Institutes of Health's National Cancer Institute, 2015 saw an estimated 132,700 new diagnoses of colorectal cancer, which comprised 8 percent of all new cancer cases in the U.S. An estimated 49,700 people died from the disease last year.

Though the median age of diagnosis is 68, Martus said it's important for Alaska Native people to start getting colonoscopies at age 40, since there is a higher rate of diagnosis among the Alaska Native population.

"There are factors, like age and where you live, that you don't have much control over," Martus said. "But there are contributing risk factors for the disease that you can control. Alcohol, tobacco, being inactive, obesity, diabetes — things like that you can manage to help reduce your likelihood."

Martus explained that colorectal cancer often begins as a growth called a polyp, which can grow on the inner wall of the colon or rectum. Over time,

some of these polyps may become cancerous.

Colonoscopies search for and remove these polyps.

### Overcoming embarrassment

Don Torgramsen wasn't thrilled about the idea of getting a colonoscopy.

But when he started having irregular bowel movements, he thought it was time to go see a doctor. "You know, it's a man thing," Torgramsen said. "It's kind of embarrassing, and the thought that something could be wrong can be scary."

Torgramsen said though he was fearful about the procedure, it was easier than expected.

"Really, the prep work is the hardest part," Martus said. "The actual procedure is very quick."

Colonoscopy exams start with a preoperative appointment in which a provider evaluates whether a patient is healthy enough. Once a patient has been cleared, a certified medical assistant will educate them about what to expect from the procedure. The day prior to their colonoscopy, patients need to stick to as close to a clear liquid diet as possible (definitely no red food coloring, though, lest the doctor mistake it for blood during the exam), take prescription medications and drink a specially formulated beverage to clear their bowels.

The day of the exam, patients will be given an IV of medications to induce a drowsy, relaxed feeling. Once ready, they'll lie on their left side on the exam table and a doctor will insert a colonoscope — a flexible, tubular instrument, about a half-inch in diameter, that transmits an image of the colon — into the rectum to look for abnormalities. The scope bends as it is moved around the curve in the patient's colon.

The scope also blows puffs of air to help expand the colon for the doctor to see better.

Martus said sometimes patients feel mild cramping, but otherwise the medications do their job to minimize pain.

"It's not too bad and once it's over you can go back about your day normally," Martus said. "You'll be in and out in a couple hours."

If any polyps are found, they'll be removed immediately and sent to be screened to determine if they are precancerous.

### Screening saves lives

Torgramsen said he was lucky to have gone in when he did — during his procedure the doctor found five polyps.

"If I didn't go in, I'm not sure where I'd be now," Torgramsen said. "I'd probably have a lot of problems."

His procedure and results, Torgramsen said, inspired his brother and friends to have a colonoscopy done as well.

Martus said it's important for everyone — regardless of outward physical health — to get colonoscopies at the recommended age.

"I mean, you could be really healthy, really athletic, never smoke or drink a day in your life," Martus said. "You could be doing everything you're supposed to be doing. But I've met people like that who have gotten colon cancer at a younger age, too. It's important to get it done so you don't have to think about it and you can be around for your family members. Screening saves lives."

## What is ANTHC doing about colorectal cancer among Alaska Native People?

We are tackling colorectal cancer (CRC) through research.

Alaska Native people have the highest reported rates of CRC in the world. ANTHC is working to find out why. Below are descriptions of CRC studies at ANTHC and their findings and/or what they hope to learn.

### Measuring the impact of lowering the age of first colorectal cancer screening to 40 in Alaska Native people

Alaska Native people have higher rates of CRC at younger ages than the general U.S. population. Screening colonoscopy is currently the gold standard for finding and removing precancerous colon polyps. Since 2013, ANTHC has recommended screening colonoscopy beginning at age 40. This is ten years earlier than what is recommended for the general U.S. population. This study looks at patient medical records to see if screening at an earlier age has resulted in better outcomes for Alaska Native people.

### Improving colorectal cancer screening among Alaska Native people using the stool DNA test

Screening for CRC can prevent cancer or find it early when it is more easily treated. Stool DNA testing (Cologuard) is a new CRC screening test. This study is asking patients and providers at three regional Tribal health organizations what they think of using the stool DNA test compared to colonoscopy.

### Diet, the microbiota and colon cancer risk in Alaska Native people

Diet affects the kinds of bacteria living in the colon. This study looked at the bacteria in the stool samples of healthy Alaska Native people and the substances made by those bacteria when they breakdown food in the colon. Some of the bacteria and substances help the tissue cells of the colon stay healthy; other kinds of bacteria irritate the cells lining the colon. This might be how many colon cancers start. We compared these findings to studies of Africans living in Africa because their rates of colon cancer are low and their diets are high in fiber. The results showed that the stool of Africans had more of the healthy bacteria and substances that protect the colon than among Alaska Native people.

### Is it fiber that reduces the risk of colon cancer?

As we learned in the pilot study, Alaska Native people had higher levels of harmful bacteria and substances in the gut than Africans who eat a lot of fiber and have very low rates of colon cancer. This study will see if we find healthier bacteria and healthier colons if our sample of Alaska Native people eats more fiber.

### Fecal immunochemical testing for cancer screening among Alaska Native people

This study compared two types of CRC screening tests: FIT (fecal immunochemical test) and fecal occult blood test (gFOBT). The study found that FIT was better at finding CRC and precancerous colon polyps than gFOBT. When study results were shared with Alaska Native Medical Center leadership, it was decided to include FIT in the list of screening tests recommended for Alaska Native people.

### Improving colorectal cancer screening among Alaska Native people using

### the stool DNA test: An initial appraisal

This study compared two types of CRC screening tests: FIT (fecal immunochemical test) and Cologuard (stool DNA test). The study found that the Cologuard test was better at finding CRC and precancerous colon polyps than FIT. These study results were shared with the United States Preventive Services Task Force, which made the decision to include Cologuard in the list of nationally recommended screening tests.

### Understanding risk protective factors for colorectal cancer among Alaska Native people

We are not sure if the factors that cause, and protect from, colorectal cancer are similar among Alaska Native people to other people that have been studied. This study will look at several different factors — diet, smoking, physical activity, lifestyle, and genetics — to see if they are related to CRC among Alaska Native people.

If you have questions about any of these research studies or if you have ideas for other studies, please contact Dr. Timothy Thomas, Director of ANTHC Research at [tkthomas@anthc.org](mailto:tkthomas@anthc.org).

## HEALTH ADVOCACY

## A new path to health care for Alaska Native people

Many American Indian and Alaska Native people now qualify for health insurance through Medicaid, Denali KidCare and the new Health Insurance Marketplace. You may be wondering if you should sign up for the Marketplace. The answer is yes, because with health insurance you can help expand access to care and treatments at our Tribal health care facilities.

### Do you want health insurance paid for you?

The Tribally-Sponsored Health Insurance Program may pay for health insurance for you if you qualify.

### Where can I get more information and sign up?

Visit [anthc.org/tship](http://anthc.org/tship) to find the contact in your area, see if you are eligible and get help with enrollment.

**MyHealth**  
Your Portal to Wellness

MyHealth is a health management tool provided by Cerner® and a way for you to access some of your health records online.

#### With MyHealth, you can:

- View clinical record summary (allergies, immunizations, health issues, discharge summary, surgeries and procedures)
- Access limited lab results (excluding sensitive test results or results that may require further discussion with your provider)
- See your clinical document generator (a snapshot of some medical information)
- Connect with your provider through secure messaging
- View, request and cancel appointments

Ask your provider if your Tribal health organization participates in MyHealth.

Self-enrollment is available for patients ages 13 and older at [anmc.iqhealth.com/self-enroll](http://anmc.iqhealth.com/self-enroll).



Access your MyHealth portal on your smartphone or other mobile devices. Search your app store: HealtheLife.

For more information, visit [anmc.org/myhealth](http://anmc.org/myhealth). For 24/7 password help, please call (877) 621-8014.

VOICE  
YOUR WISHES

Advance Care Planning makes your health care choices known.

Advance Care Planning gets you ready - in case of the unexpected. For the first time ever, Advance Care Planning resources are designed for Alaska Native people and available at ANMC. These materials will make your health care wishes known if you are ever in a situation where you can't speak for yourself.

Talk with your provider today about Advance Care Planning for Your Care, Your Choices!

For more information about Advance Care Planning, go to [ANTHC.org/palliative-care](http://ANTHC.org/palliative-care).



**Our Tradition**  
*Continued from page 1*

leadership has worked to make meaningful changes to the way services are delivered, create new programs to address the emergent health needs of our people and develop priorities focused on positive health outcomes.

Throughout 2018, look for more stories and highlights from ANTHC's 20 years of operations. If you have stories to share about ANTHC or the history of the Alaska Tribal Health System, send an email to [news@anthc.org](mailto:news@anthc.org).

# ANTHC's early years: 1997-1999

**October 1997**  
Congressional Legislation authorizing creation of the Alaska Native Tribal Health Consortium approved

**December 1997**  
Organizational Board meeting held, ANTHC articles and bylaws approved

**January 1998**  
Regional members appointed to first ANTHC Board of Directors

**February 1998**  
ANTHC President/CEO selected, administrative offices opened

**March 1998**  
Indian Health Service Tribal Management grant awarded

**June 1998**  
Initial P.L. 93-638 Title I Contract approved for ANTHC management of Community Health Services, Professional Recruiting, Business Office Services and Maintenance and Improvement Funds

**September 1998**  
Proposal submitted for Alaska Native Medical Center management

**October 1998**  
P.L. Title III Self-Governance Compact Approved for ANTHC management of Environmental Health and Engineering and additional IHS area office services

**December 1998**  
First ANTHC annual meeting

**January 1999**  
ANTHC and Southcentral Foundation assume joint management of Alaska Native Medical Center

# ANTHC highlights: 1997-2016

Throughout our history, the Alaska Native Tribal Health Consortium and its Board leadership have worked to make a difference in the health of Alaska Native people. These are some of the key milestones in pursuit of our vision.

1997



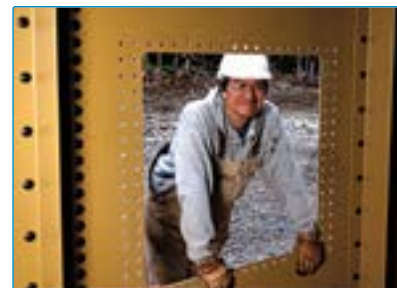
Indian Health Service opens new Alaska Native Medical Center  
ANTHC incorporates as a nonprofit organization

1999



ANTHC and Southcentral Foundation assume joint management of ANMC  
ANMC earns certification as a Level II Trauma Center, a distinction it still holds today  
AFHCAN telehealth project launches

Contract with IHS transfers statewide services to ANTHC, including Environmental Health and Engineering



1998

ANTHC begins training village-based Dental Health Aide Therapists  
The Alaska Rural Utility Collaborative is created to improve water quality and lower energy costs



2002

2003



ANMC achieves prestigious Magnet® recognition for nursing excellence, the gold standard for superior nursing practice and patient outcomes, a designation it still holds today

Community Health Services expands to include training program for 60 new Behavioral Health Aides



2005

2006



ANTHC institutes tobacco-free campus policy

ANTHC completes study that shows in-home water service reduces respiratory diseases and skin infections in children  
ANTHC launches Healthy Alaska Natives Foundation



2007

2012

ANTHC and the Alaska Tribal Health System receive the American Hospital Association's Carolyn Boone Lewis Living the Vision Award for work that goes beyond traditional hospital care



2014



ANMC hospital opens Alaska's first hybrid operating room  
ANTHC begins new drug treatments to cure hepatitis C

2015



ANMC receives highest level of Pediatric Facility Recognition designation for superior pediatric care  
Kivalina water and sewer pilot project launches, an innovative solution for in-home service in the age of climate change

2016



Specialty medical clinics expand to 40,000 square feet of new clinic space in the Healthy Communities Building

### Achieving our vision: Tribal health leadership

The work to positively impact Alaska Native health is the work of generations. The ANTHC Board of Directors helped set the path for our past and current successes, and will continue to set strategy to address our future challenges in pursuit of the vision that Alaska Native people are the healthiest people in the world.

### See more on ANTHC's 20th year

For more information from ANTHC's 20th year, see our 2017 annual report at [www.anthc.org/2017annualreport](http://www.anthc.org/2017annualreport) and the 2017 annual video at [www.anthc.org/2017yearinreview](http://www.anthc.org/2017yearinreview).

# ANMC ANMC patients served Tundra Meatloaf after generous hunter donation

The fall season often means the return of moose stew, moose burgers and moose meat. Thanks to a generous donation by a local hunter, ANMC patients will get to enjoy these comforting foods that help in the healing process.

If you are interested in donating, or have questions about traditional foods being served for our patients at ANMC, please email [NativeFoods4Life@anmc.org](mailto:NativeFoods4Life@anmc.org).



Joe Schuster, from Sportsman's Air Service, Alaska Professional Hunting Association Board Member, donated four moose quarters to ANMC's Traditional Foods Program on Tuesday, Oct. 25. Executive Chef Amy Foote (left), ANMC VP of Professional and Support Services Vivian Echavarría (middle right) and General Manager of hospital food services at ANMC Cynthia Davis (right), were thrilled with the offering, which provided hearty, home-cooked meals that are a comfort food for our patients at ANMC.



Joe Schuster, from Sportsman's Air Service, Alaska Professional Hunting Association Board Member, delivers four moose hindquarters that provided meals of Tundra Meatloaf for our patients at ANMC.



Thanks to the donation, Tundra Meatloaf was another delicious menu option for patients at ANMC.



Tundra Meatloaf is sliced and individually wrapped, providing comforting meal for our patients staying at ANMC.

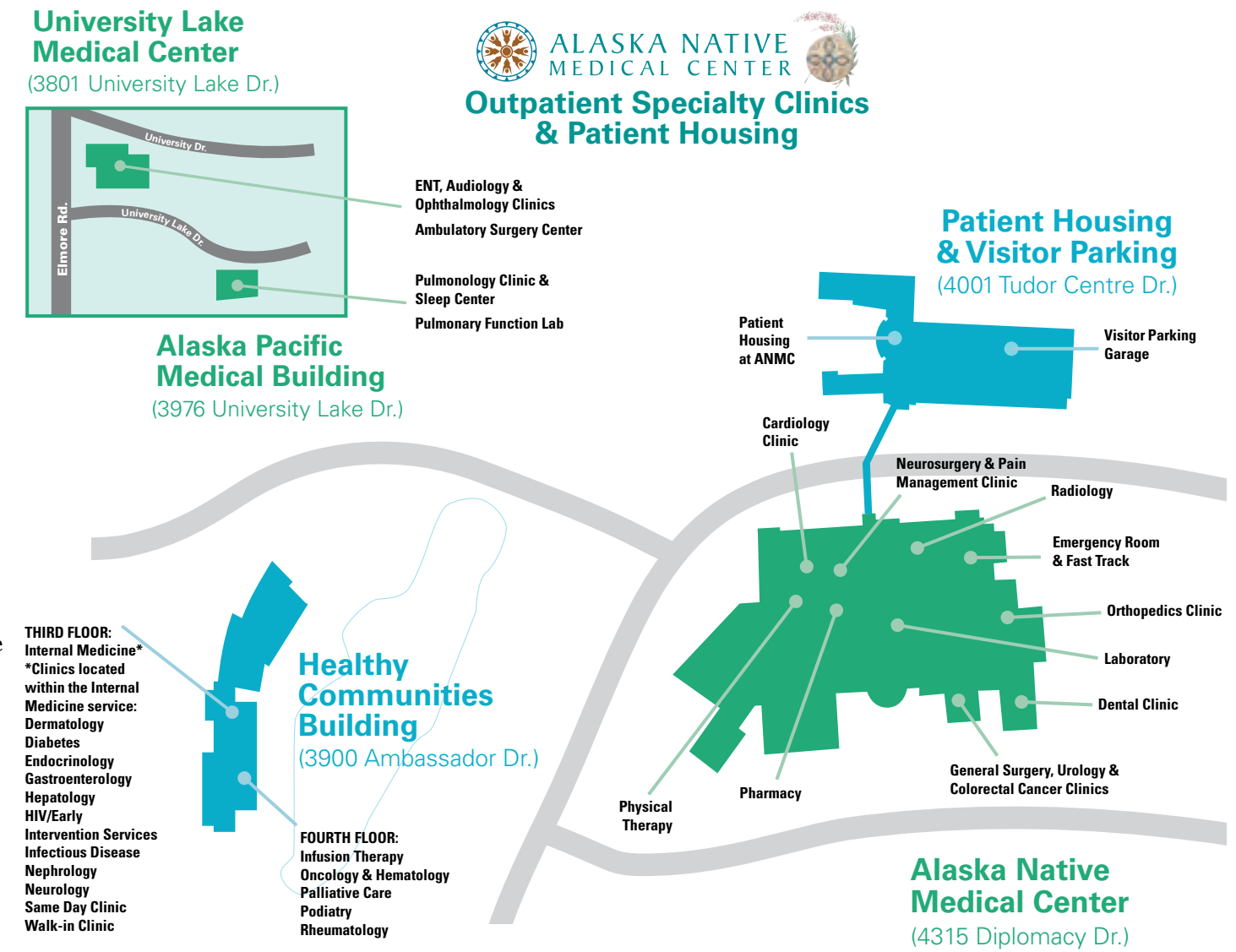
## Look for the ANMC specialty clinics moving locations

### And visit our new Walk-in Clinic

As of Jan. 2, 2018, the Pulmonology Clinic and Sleep Center, and Pulmonary Function Lab will be located close to the ANMC campus in the Alaska Pacific Medical Building, 3976 University Lake Drive.

In January 2018, ANMC is opening a new Walk-in Clinic for patients of all ages who are visiting from outside of the Anchorage area, who have an illness or injury that needs immediate care but are not experiencing a medical emergency. The Walk-in Clinic will be located on the third floor of the Healthy Communities Building, 3900 Ambassador Drive.

If you are not sure where to go for your appointment, please call ANMC toll-free at 1-855-482-4382 and our operators will assist you in finding your appointment location.



# Walk-in Clinic at ANMC Opening January 2018

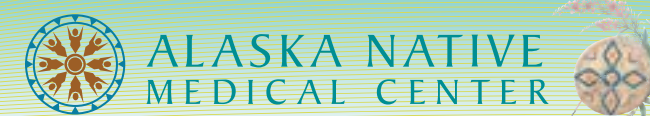
ANMC's Walk-in Clinic is for patients of all ages from outside the Anchorage area who have an illness or injury that needs immediate care but are not experiencing a medical emergency. Here are some reasons to visit the Walk-in Clinic at ANMC:

- Medication refills and vaccinations
- Fever and dehydration
- School and DOT physicals
- Sinus and ear infections
- Sore throats and colds
- Cuts and minor skin infections
- Muscle strains and sprains
- Urinary tract infections
- STI testing

The Walk-in Clinic will be located on the third floor of the Healthy Communities Building, 3900 Ambassador Drive.

**Hours:**  
**Monday - Saturday**  
**9 a.m. - 9 p.m.**

**Sunday**  
**10 a.m. - 6 p.m.**



**Toll-free ANMC: (855) 482-4382**

HEALTHY PEOPLE & PREVENTION

# #TellMyHeartStory: Suicide awareness and prevention efforts from ANTHC

Suicide remains a sensitive and urgent topic around Alaska, which is why ANTHC continues to develop new ways to provide training and resources dedicated to shifting this painful trend. Part of that work includes communicating positive messages to those having thoughts of suicide, struggling with depression or in need of a listening ear.

To help spread the message of suicide prevention and awareness, ANTHC's Behavioral Health and Marketing and Communications departments collaborated on the Tell Your Heart Story campaign to reach our at-risk audience in a powerful way. The goal of the campaign is to send a message of hope and encourage people to reach out to others sooner versus later.

For September's Suicide Prevention Awareness Month, ANTHC's Suicide Prevention Program hosted the Tell Your Heart Story Youth Photo Contest. American Indian and Alaska Native youth up to age 25 were invited to share photos, images and artwork that helped tell their heart stories. Photos were submitted via email and captured on social media using the hashtag #TellMyHeartStory.

ANTHC received 22 entries and after a three-week voting period and 235 votes, the top three winners were: Alexis Russell, Annette Island; Kayleigh, Kiana; and Avienda Cook, Metlakatla.

To see all of the photos from the Tell Your Heart Story Youth Photo Contest, check out our photo album on facebook at <http://bit.ly/TYHS-Photo-Album>.

In addition to the photo contest, to help promote September's Suicide Prevention Awareness Month and beyond, ANTHC developed the Tell Your Heart Story public service announcement.

We understand everyone has a story to share and telling your heart story can help if you or someone you know is dealing with thoughts of suicide. To view the Tell Your Heart Story PSA, go to <https://youtu.be/a9f-lzz1oD4>. Partial funding support was provided by the Healthy Alaska Natives Foundation.

For more information about ANTHC's efforts on suicide prevention, education and training, visit <https://anthc.org/what-we-do/behavioral-health/suicide-prevention>.

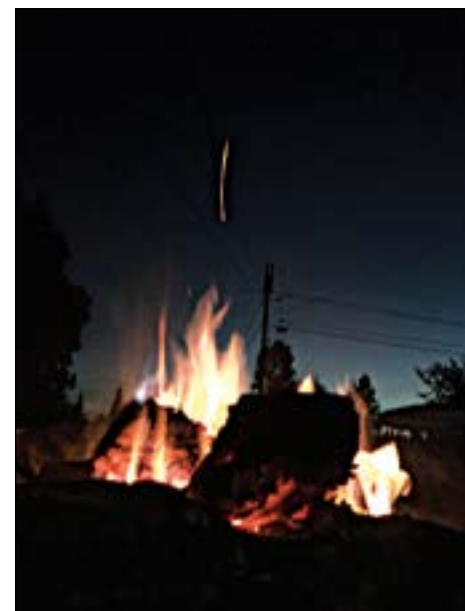


**1 Alexis Russell, Annette Island**  
*This is a picture I took of a beach on my island, I really like photography & to take portraits & landscape pictures, it helps my forget everything that's been happening as I focus on pictures, this is how I express myself creatively. "We live in a wonderful world that is full of beauty, charm & adventure. There is no end to the adventures that we can have if only we seek them with our open eyes." - Jawaharial Nehru. This is one of my favorite quotes because I believe it can rebalance your look on the world & it's beauty and adventure.*



**Others**  
*This is something I enjoy doing -doing cultural activities and learning things from the past. This is what keeps me going.*

**2 Kayleigh, Kiana**  
*My heart story is about my family. This summer my mom had a baby boy and now I have two brothers. It was very exciting.*



*The flame will shine bright tonight, With the bats to our left, The roads to our right, The sparks atop our heads, and the stars just beyond sight.*

**3 Avienda Cook, Metlakatla**  
*I love taking nature photos especially of the ocean because I'm surrounded by it. This canoe is part of where I come from. My ancestors came here on them and whenever I'm on one I feel like I'm in the right place.*



*This is a wolf I designed based on a color palette, art has been in my life for years and it has always helped to calm me down in times of stress.*

## Alaska Careline

If you or someone you know is having thoughts of suicide, please call the Alaska Careline at 1-877-266-HELP (4357) or text HELLO to the crisis text line at 741741. We're here for you 24 hours a day, 365 days a year, and your calls and texts are free and completely confidential.

*Basketball inspires me because it is fun to play. When I play it makes me calm my anger. It also helps with communication and that will make some friends.*



THE HEALTHY ALASKA NATIVES FOUNDATION IS PLEASED TO ANNOUNCE THE

ONLINE  
ANTHC.ORG

TWITTER  
@ANTHCTODAY

FACEBOOK  
FACEBOOK.COM/  
ANTHCTODAY

INSTAGRAM  
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# 11<sup>th</sup> Annual Raven's Ball

Benefit for Alaska Tribal Health • March 24, 2018

For information on how become a sponsor, donor or volunteer, please contact 907-729-5652 or [info@inspiringgoodhealth.org](mailto:info@inspiringgoodhealth.org).

## Healthy Foods, Healthy Recipes: One-Pot Caribou Soup

Caribou is an excellent source of protein and iron and it is low in saturated fat and sodium.

### ONE-POT CARIBOU SOUP

**INGREDIENTS**

- 1 gallon storage bag caribou meat
- 3-4 tablespoons cooking oil
- Onions, chopped
- Carrots, chopped
- Celery, chopped
- Potatoes, cubed
- 1 cup rice
- 1 cup macaroni/noodles
- 1 tablespoon parsley
- Garlic salt to taste
- Onion salt to taste
- Salt to taste
- Pepper to taste (optional)
- 1 tablespoon curry (optional)
- 2½ quarts water

**PREPARATION**

1. Cut the caribou meat into bite-size pieces. You can use ribs, backbones or any pieces of meat with bones.
2. Saute meat in pot with cooking oil. Tip: Sprinkle a little bit of meat tenderizer if needed.
3. Add salt, garlic salt, onion salt, and parsley flakes. Pepper and curry are optional.
4. Add onion, celery, and carrots to pot with meat and continue to saute in oil.
5. Cook until meat is brown.
6. Add 2 ½ quarts water to cover meat and vegetables and boil for one hour; stir occasionally to prevent sticking. Add salt to taste.
7. Add potatoes, rice, and macaroni; cook another half hour on low simmer.

Caribou live in the tundra, muskeg and forests. Herds of 350,000 animals can travel up to 900 miles during the summer from calving areas to wintering grounds.

Considered an important food of the Alaska Native people, almost all the parts of the caribou are eaten. The liver, tongue, brain, blood and kidneys are delicacies that add valuable nutrients to their diet.

**Our vision is that Alaska Native people are the healthiest people in the world. Learn more at [www.anthc.org](http://www.anthc.org).**

**ALASKA NATIVE TRIBAL HEALTH CONSORTIUM**

HEALTHY PORTRAITS

# Healthy Portraits captures traditional northern dugout canoes in two southeast communities

In the final grant year of Healthy Portraits, the Alaska Native Epidemiology Center, located within the ANTHC's Community Health Services, visited two southeast Alaska communities to share health success stories of the traditional northern dugout canoe.

Tlingit and Haida ancestors made a very reliable canoe for Alaska waters. The people of Hoonah and Haines are using indigenous watercraft as a way to boost mental health and build stronger communities. Under the guidance of Tlingit master carver Wayne Price of Haines, these communities have built seafaring canoes using the traditional methods of their ancestors.

These canoes will be used for generations to come, bringing the traditional healthy lifestyles of the past into the present.



*In Haines, North Tide Canoe Kwáan members paddle and sail one of their northern dugout canoes.*



*The northern dugout canoe not only provided transportation throughout southeast Alaska, but also unified communities.*



*Crafting and using a dugout canoe involves many people working in harmony, both socially and spiritually. Elders and youth sing together the old songs as they paddle across the waters to the beat of the drum. Each dugout canoe took four and a half months to build and was fashioned from a single Sitka Spruce tree.*



*The traditional dugout canoe has always been a functional necessity and revered art object.*



*These communities have built seafaring canoes using the traditional methods of their ancestors. The canoes are used for everything from daily canoe club practice to healing ceremonies and multi-day journeys.*



*Photographs are returned back to the communities to celebrate successes and to inspire future generations. The Healthy Portrait photographs hang in community buildings paying homage to this ancient and highly respected art form.*

The Healthy Portraits project highlights health success stories through photography. It celebrates communities making positive changes towards health and wellness. This project focuses on documenting and sharing culturally relevant community-based stories that make a difference to health.

View more photos and learn more about the project at [HealthyPortraits.org](http://HealthyPortraits.org).