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# THE Mukluk Telegraph



THE QUARTERLY NEWSPAPER OF THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

OCTOBER - DECEMBER 2018

## Tradition of investing in our people



### *Education and development for our Alaska Native workforce in ANTHC's 20 years*

#### 1998 – PRESENT

Since ANTHC's inception, our Tribal leadership has continuously recognized that the next step in true ownership of our health care system is to prepare our young people for the health careers of the future.

ANTHC's Tribal management has put the hiring and development of Alaska Native employees at the forefront to better serve our people and continues to offer new ways to enhance our workforce to prepare for the emerging health needs of Alaska Native people.

Early internship and scholarship programs provided training and educational assistance in critical ANTHC service areas. Our Environmental Health and Engineering

internship program was a part of our work since the beginning, offering hands-on experience for future Alaska Native engineers. The program gave Alaska Native undergraduate and graduate students the opportunity to work with Environmental Health and Engineering staff on current projects. Many of these interns have come back to ANTHC as full-time employees.

Alaska Native students have also worked in the Alaska Native Medical Center in internship positions. Students are able to learn directly from health care professionals

*See Page 2, Tradition*

During 2018, ANTHC is celebrating its 20th year of operations. ANTHC has marked new achievements to improve Alaska Native health care through our Board-led Tribal self-governance and leadership. 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).

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**ALASKA NATIVE TRIBAL HEALTH CONSORTIUM**

Tradition

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and gain practical experience toward future career opportunities in the Alaska Tribal Health System. The Consortium offers thousands of dollars in scholarships and internships for Alaska Native students seeking to enter the health care field because we believe in investing in the future of our workforce and next generation of Tribal health leaders.

Other opportunities for Alaska Native people wanting to enter health care include the Indian Health Service Summer Externship Program and volunteer job shadow opportunities for students. The Community Health Aide/Practitioner Program trains people to provide primary care in their villages, as well as similar programs for dental health aides and behavioral health aides. These programs are

ANTHC's Board of Directors has put the hiring and development of Alaska Native employees at the forefront to better serve our people and to prepare our workforce for the emerging health needs of Alaska Native people.

expanding to provide care and careers closer to home, and opening pathways for other health care education and careers.

When Alaska Native employees begin working for ANTHC, we continue to grow their capabilities to better serve ANTHC patients and customers. Starting in 2005, ANTHC began formalizing education, development and training programs to build capacity for Alaska Native health professional development. This year, a partnership with Alaska

Pacific University has opened new scholarship programs to encourage study in areas that meet the needs of our Alaska Tribal Health System.

While investing in workforce development takes time to see the returns, ANTHC is ensuring that the next generation of Tribal health leaders will be ready to continue to advance Alaska Native health.

For more information on scholarship opportunities from ANTHC, visit ANTHC.org/scholarship-opportunities.

HEALTHY TRADITIONS

@ANTHCToday shares positive Alaska Native images on Instagram



In Alaska, we use social media to connect with friends and family, share photos and recipes, update loved ones on how we're doing, and watch videos of puppies and babies.

At ANTHC, we're connecting with our followers to share stories of our work and Alaska Native people. On Facebook (facebook.com/ANTHCToday), we share news, events, safety tips, services and general goings-on at the Consortium. On

Instagram, a growing platform, we are gaining followers for sharing our vision that Alaska Native people are the healthiest people in the world.

A newer account and channel, @ANTHCToday visually highlights our Alaska Native people living positive and healthy lifestyles. Instagram followers will see photos and videos of our Native people from all over the state living cultural values through eating and preparing our

traditional foods, our art and music, and participating in community and wellness activities.

One highlight in particular is a weekly hashtag that blends traditional values with Alaska Native health and wellness. Each Tuesday, @ANTHCToday features a #TraditionalTuesday post that shares realistic, positive images of Alaska Native people living our traditions.

Additionally, we use Instagram to

show off the Alaska Native Health Campus in Anchorage, various wellness programs and initiatives, along with staff and the people who make ANTHC tick.

If you're on Instagram, follow us and share your own vision of Alaska Native health and wellness!

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.

CONTACT US

Alaska Native Tribal Health Consortium

Attention: Mukluk Telegraph  
4000 Ambassador Drive, Anchorage, Alaska 99508

Phone: (907) 729-1899

E-mail: marketing@anthc.org

Web: anthc.org/news

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The Mukluk Telegraph is available online at anthc.org/news.



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 AND PREVENTION

Great American Smokeout is November 15: Tobacco-free campuses across the U-Med District celebrate

Each year, on the third Thursday of November, the American Cancer Society and tobacco prevention advocates across the nation celebrate the Great American Smokeout.

The Great American Smokeout is a day to encourage current tobacco users to make a plan to quit, or to go completely tobacco-free for that day. The American Cancer Society began celebrating the Great American Smokeout in the 1970s primarily as a way to encourage people to quit. Since then, the event has evolved and many organizations and communities now use it as a way to celebrate tobacco-free workplace policies and community-wide, smoke-free workplace laws. When policies such as these are put in place, evidence indicates that current tobacco users are more likely to quit.

MORE DETAILS

- ANTHC's Tobacco Prevention Program: [anthc.org/tobacco](http://anthc.org/tobacco)
- Call the ANMC Tobacco Quit Line at (907) 729-4343
- The Great American Smokeout: [cancer.org](http://cancer.org)

The Great American Smokeout falls on Thursday, Nov. 15 this year. Encourage someone you know to use the date to make a plan to quit, or plan in advance and then quit smoking that day. By quitting – even for one day – smokers will be taking an important step toward a healthier life and reducing their cancer risk.

The Alaska Native Health Campus and our peers in the University-Medical (U-Med) District in Anchorage recognize the importance of not using tobacco through our tobacco-free campus policies. The Alaska Native Health Campus has been 100 percent tobacco-free since 2006. In 2017, the U-Med District became tobacco-free with the Alaska Pacific University being the latest campus to join the movement.

About Alaska's new smoke-free workplace law (SB 63)

On October 1, 2018, all Alaska workplaces became smoke-free thanks to the passage of a new statewide law, which prohibits tobacco use.

Prior to passage, only half of Alaska residents were protected by local laws from exposure to secondhand smoke



inside their workplaces. When the new statewide law went into effect, all Alaskans became protected from secondhand smoke and e-cigarette aerosol on the job.

Passage of the bill comes after two decades of work at the local level and five years in the state legislative process. Bethel was the first community in Alaska to pass a smoke-free workplace law back in 1998. Since that time, many communities across the state have

acted to protect their residents from secondhand smoke, including Anchorage, Juneau, Utqiagvik, Nome, Palmer, Skagway, Haines, Dillingham and Unalaska. Additionally, 135 of Alaska's federally recognized Tribes have also passed smoke-free Tribal policies.

For much of the rest of the state, though, a statewide law is the only way to ensure protection. Boroughs such as Kenai Peninsula, Fairbanks North Star and Mat-Su do not have governmental

authority to enact local smoke-free workplace ordinances. Additionally, thousands of Alaskans live in areas with no local government at all.

Thanks to the work of many tobacco prevention advocates, including the Alaska Native Tribal Health Consortium, all Alaskans will have health protections while on the job.

**Thank you to our sponsors, supporters and players!**

Proceeds from the golf classic benefited the Lori Lange Memorial Toy Fund at Alaska Native Medical Center.

To learn more or give to the Toy Fund please visit [inspiringgoodhealth.org](http://inspiringgoodhealth.org)

ALASKA NATIVE MEDICAL CENTER

# ANMC Pharmacy fill life-saving kits for Project HOPE

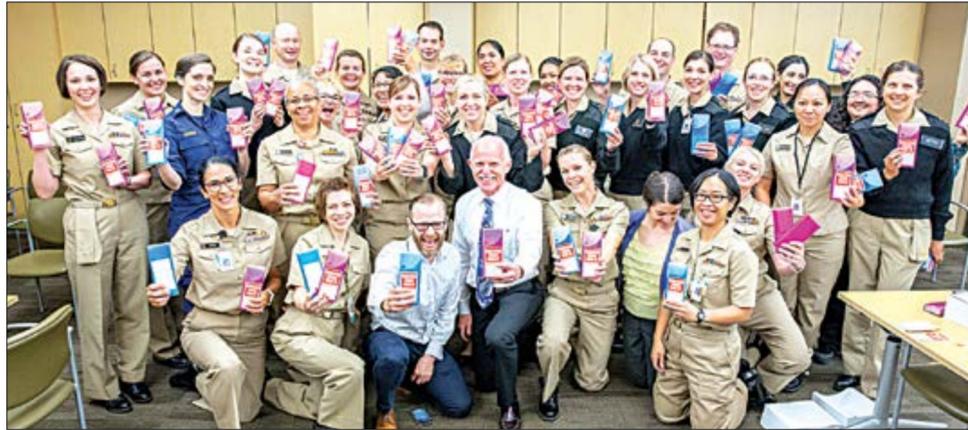
ANMC Pharmacy and the Aurora Borealis Branch of Commissioned Officers Association partnered to join Project HOPE (Harm reduction, Overdose Prevention and Education) to help advance the Surgeon General's initiative to equip individuals with the potentially lifesaving medication, naloxone. This summer, 43 U.S. Public Health Service Commissioned Corps Officers gathered to make 273 Project HOPE overdose response kits.

According to the Alaska Department of Health and Social Services (DHSS) website, too much of an opioid can affect parts of the brain that control breathing, causing breath to become very slow or stop altogether. Narcan® (naloxone) temporarily blocks or reverses the effects of opioids. In most cases the results are immediate, stopping the effects of the overdose and allowing the person to breathe again allowing time to seek emergency medical assistance. The use of naloxone is supported by many organizations, including the Office of National Drug Control Policy and the World Health Organization. Narcan® has no potential for abuse and will have no effect if accidentally administered or self-administered.

"Growing awareness and availability of naloxone is crucial in the public health's response for combating the ongoing opioid epidemic," said CDR Kara King, ANTHC Director of Pharmacy. "We as pharmacists need to ensure that we are educating ourselves on identifying high-risk individuals for opioid overdose, are equipped and knowledgeable on how to use naloxone, and that we are ready to respond to help save a life."

Project HOPE has three principles: prevent dependence on opioid drugs; reduce addiction by recognizing and treating it; and reverse the life-threatening effects of an overdose.

"Our Surgeon General, Vice Admiral Jerome Adams, challenged each and every officer to carry naloxone and be ready to respond to this public health epidemic, so partnering with Project HOPE was the perfect way to equip our Alaska officers," said ANTHC Inpatient Pain Pharmacist and Commissioned Corps Officer Aimee Young, who helped organize the kit-making event. "We plan on having another round in which we are going to increase our number of kits drastically, allowing us to give to staff and pretty much anyone



who wants one. Keep an eye out for details later on our distribution plan."

People at risk from opioid overdose can receive a Project HOPE overdose response kit, which includes:

- Two doses of Narcan® (naloxone), a drug that temporarily blocks or reverses the effects of opioids
- Sanitary gloves
- Brochure on Narcan® administration
- Carrying case

**MORE DETAILS**

Project HOPE is a state-based program; the State of Alaska's DHSS is working with community organizations to distribute or administer Narcan® in Alaska. To learn more about this program, visit the Alaska DHSS Division of Public Health website at: [dhss.alaska.gov/dph/Director/Pages/heroin-opioids/default.aspx](http://dhss.alaska.gov/dph/Director/Pages/heroin-opioids/default.aspx).

Anyone interested in having a naloxone overdose response kit can visit a retail pharmacy and request a kit without a prescription, although there may be a cost associated. Individuals should check with their insurance plan regarding the cost/copay.

## Save the date for the tenth annual ANMC Health Fair at AFN!

Daily prize drawings!



The ANMC Health Fair at AFN will feature a flu shot clinic, blood pressure checks, tobacco cessation services, healthy eating and lifestyle tips, and much more!



Thursday, October 18 and Friday, October 19  
Second floor of the Dena'ina Civic and Convention Center



HEALTH TRAINING AND EDUCATION

# ANTHC's Environmental Health and Engineering interns gain real-world engineering experience

ANTHC is committed to strengthening our Alaska Native and American Indian workforce and developing future Alaska Tribal Health System leaders by offering a number of summer internships.

ANTHC Environmental Health and Engineering interns are contributing their talents toward the organizational vision that Alaska Native people are the healthiest people in the world. Three interns are busy working on a variety of projects, from helping design a new water storage tank to readying homes for water and sewer service.

Henry Horner grew up in Kobuk and knows firsthand the importance of clean, accessible water. He remembers as a young child when his house got rained out. That's why Horner, who graduated this spring from the University of Alaska Anchorage with a bachelor degree in civil engineering, chose to apply for the Alaska Rural Utility Collaborative internship. A large part of his work this summer involved traveling, coincidentally, to his hometown to prepare other homes for water and sewer service lines. He also



Intern Michael Eastham (right) and ANTHC supervisor Timothy Eby (left)

traveled to Shungnak to assess the old fluoride system for future use.

Horner's plans include completing as much field work as possible in the next few years, then taking that real-world knowledge and transitioning to engineering design.

Corissa Berntsen also graduated from UAA's civil engineering program this spring and worked in ANTHC's engineering design department. This

summer, she traveled to Kokhanok to help assess water treatment options for the upcoming water plant there, and she conducted research on a project to replace the water storage tank in Kwigillingok.

Berntsen, who grew up in Anchorage and has family in Old Harbor, plans to return to UAA in the fall to pursue her master's degree. She is undecided on whether to study Arctic, geotechnical or water engineering, but knows she wants to work with Alaska's smaller communities going forward.

Michael Eastham, who grew up in Wasilla and has family roots in Angoon, interned with the Tribal Utility Support department. The mechanical engineering sophomore

from UAA traveled to Kiana, White Mountain, Kotlik and Alakanuk to install and troubleshoot sensors for remote monitoring systems in those communities' water treatment plants. The sensors send measurement data to a website and trigger alerts if anything is out of the ordinary, potentially saving communities money by catching small problems before they become big.

Eastham says the remote monitoring internship aligns with his long-term goals of working on innovative engineering design projects and traveling the world.

Internships and other job opportunities with ANTHC can be found at [anthc.org/anthc-job-openings](http://anthc.org/anthc-job-openings).



Interns Corissa Berntsen (left) and Henry Horner (right)

## 2018 ANTHC Annual Meeting



Monday, December 3 at noon  
Dena'ina Center, Anchorage, AK

Every day, ANTHC staff provide life-changing health services and improve access to care for Alaska Native people around our state. Please join ANTHC's Board of Directors and leadership team to learn more about our work at the ANTHC Annual meeting.

To help offset travel costs, a \$500 travel reimbursement will be issued to each Tribal government represented.

For more information, call (907) 729-1915 or visit [anthc.org](http://anthc.org).

**Alaska Tribal Conference on Environmental Management**  
SAFE, HEALTHY AND SUSTAINABLE ALASKA COMMUNITIES

**SAVE THE DATE**  
**November 27-30, 2018**

ATCEMAK.COM | ATCEM@ANTHC.ORG | (907) 729-3496 or (907) 729-3492

**Anchorage Downtown Hilton**  
Anchorage, Alaska



# Solstice celebration at the top of the world

On June 21, the community of Utqiagvik (formerly Barrow) gathered for Nalukataq, the spring whaling festival celebration. There was not a cloud in the sky as the harvest was shared by four whaling captains on a memorable summer solstice. Lifted by 24 hours of sunlight, the celebration included a community feast, blanket toss and dance in the high school gymnasium.



Above: Mikiqag, fermented whale, has a tangy and sweet taste.

Right: A community member getting tossed high in the sky during a blanket toss eclipses the sun on the summer solstice.



Left: Defying gravity at the top of the world.

Below: During the celebration of Nalukataq, the bounty is shared throughout the day with community members.



A participant performs a backflip during the blanket toss.



Above: Passing on tradition, Christian Paul (right) teaches his son a lesson on how to use a bow drill.



Trina Brower (left), Leon (middle) and Christian Paul (right) pose for a picture on the Arctic Ocean beach in front of the famous whale bone arch.



Young Leon Brower wants a closer look at the drummers during the Nalukataq community dance.



One of the courses served during Nalukataq was mikiqag, fermented whale.



Ron, Native name Qiilu, from the whaling boat Panigutkuayaat enjoys the Nalukataq celebration in Utqiagvik.



Right: Solomon, a local Utqiagvik artist, shows off a baleen carving during Nalukataq.



Nalukataq concluded with a community dance.



Candy and participants soar across the excited crowd during the blanket toss celebration.

HEALTHY HOMES AND COMMUNITIES

# Fall home maintenance checklist

Fall is a great time to do essential maintenance to your home before winter comes. As the days get colder and you're spending more time indoors, go through this checklist to keep your home healthy and your family happy!

- ❑ Declutter your home in preparation for winter. Pests like to hide in clutter. Clean it up and there's nowhere for them to hide. Additionally, moisture can gather where there's clutter. Reduce your risk for mold by removing clutter and moving furniture at least one foot away from walls.
- ❑ Make sure your fans are working.
- ❑ Clean the filters on your HRV (heat-recovery ventilator), if you have one.
- ❑ Check and clean out any clogged exhaust filters outside of your house.
- ❑ Check your home for points of access for rodents and other small animals.
- ❑ Inside your home, check for signs of moisture. Is there condensation on the walls, windows or in the bathroom? If so, it's important to leave your mechanical fans on, your fresh 80 air vent or qinak open to get fresh air moving throughout the home. If the moisture doesn't go away and you can't open your windows, consider purchasing a dehumidifier.
- ❑ Check for water leaks in your bathroom and kitchen.
- ❑ Check for clogs and leaks in your rain gutters.
- ❑ If you have a wood stove, make sure you have a covered storage area for the wood that you burn so that it stays dry.
- ❑ Check your chimney for built-up matter and creosote. Creosote, a byproduct of fire, can catch on fire if there's too much buildup in the chimney.
- ❑ Make sure your carbon monoxide (CO) and fire detectors are working. The most CO poisonings and deaths occur in the winter when homes are tightly sealed. Change batteries if need be. These detectors should last five years, but it's best to buy new detectors at the five-year mark.
- ❑ Buy a smoking jacket to wear outside if you smoke. By wearing that outside and taking it off when you go inside, smoke particles will not travel indoors. Never smoke indoors; ventilation will not get rid of the smoke particulates. If you are considering quitting, contact ANTHC Tobacco Prevention Program at (907) 729-4343 or tobacco@anthc.org.

For more information on how to make your homes healthy, contact ANTHC Air and Healthy Homes Program at [ceh@anthc.org](mailto:ceh@anthc.org) or visit [ANTHC.org/healthy-homes](http://ANTHC.org/healthy-homes).



HEALTHY HOMES AND COMMUNITIES

# Connecting with the community in Eek on water and sanitation

"My first words were, 'It's so nice to have running water!'" said Eek Elder Xenia Black about having running water for the first time. "Before, I had to tell my son to haul water and do laundry, and he had to do it with a wheelbarrow. It's nice to wash dishes, make coffee, and do lots of laundry. I don't have to call my niece and nephew to come and take me to the laundromat."

The occasion is meaningful, since the house she is living in was her mother's house. Generations of people who grew up in Eek without running water now will have in-home water service.

Last year in Eek, about 40 houses received first-time water and sewer service, which included new or upgraded interior plumbing for kitchens and bathrooms. The project also installed a new raw water intake, built a water circulation building and made interior plumbing improvements in homes. This year, ANTHC Environmental Health and Engineering connected an additional 32 houses to the water and sewer system. ANTHC engineers are

also designing upgrades to the water treatment plant, a new maintenance shop and closure of the honey bucket lagoon.

To kick-off the construction season, ANTHC's National Tribal Water Center collaborated with the Eek construction team to host an event for the community in early May. The construction kick-off event had nearly 130 attendees and was an opportunity for community members to meet the construction team, hear updates on the project, and share questions or concerns.

In addition to the community event, staff of the National Tribal Water Center spent a day with students at the Eek School. The classroom activities included teaching younger students about the water cycle and watercolor painting, explaining source water and water treatment with a water filter activity, and sharing postsecondary education opportunities and ANTHC career opportunities with high school students.



**Seeking research study participants**  
*Fiber study for Alaska Native People*

Are you between 40 – 65 years old?  
Are you getting a colonoscopy?

We are seeking participants for a study to see how well a fiber supplement works to promote colon health.

If interested, call the ANMC Colorectal Cancer Screening Clinic at (907) 729-5730.



The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

# MyHealth

Your Portal to Wellness

MyHealth is a secure health management tool that allows you to access your medical information and contact your primary or specialty clinic providers online or by mobile device.

**With MyHealth, you can:**

- View and request appointments
- Connect with your provider and care team
- Get test results

To sign up for a MyHealth account, please speak with the front desk staff, your nurse or provider, or visit one of the Customer Experience Information Desks in the ANMC hospital or Healthy Communities Building.

For more information or to log in visit [anmc.org/myhealth](http://anmc.org/myhealth).



**HealthLife Mobile Device App**



Access your MyHealth portal on your smartphone or other mobile devices. In your app store search: HealthLife. The HealthLife mobile app gives you real-time and easy access to your MyHealth online portal.

THE HEALTHY ALASKA NATIVES FOUNDATION IS PLEASED TO ANNOUNCE THE



**12<sup>th</sup> Annual Raven's Ball**  
Benefit for Alaska Tribal Health • March 23, 2019

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

HEALTHY PEOPLE AND PREVENTION

# Keep yourself and those around you safe this flu season

As cold and flu season is upon us, it's time to take precautionary measures to keep ourselves and those around us healthy and safe from infection.

Ensuring you get a flu shot, using antibiotics responsibly and only when needed, and proper hand hygiene will help protect you and those around you.

Get your flu vaccine as soon as it is available from your local health care provider. It is important for all people to get vaccinated for the flu to protect ourselves, as well as our family, coworkers and community. In addition, influenza poses a greater risk to certain people such as pregnant women, children and Elders – they are all at high risk for flu-related complications.

Many Tribal health organizations are running flu clinics across Alaska. Please check with your local facility for times and dates near you. Anchorage residents can go to the ANMC Anchorage Native Primary Care Center to receive a flu vaccine.

Flu shots will also be available Oct. 18 and 19 at the ANMC Health Fair during the Alaska Federation of Natives annual convention at the Dena'ina Center in Anchorage.

Something else to keep in mind this time of year is the safe use of antibiotics. A common misconception is that colds, influenza, most sore throats, and bronchitis are treatable with antibiotics. Colds and influenza are caused by viruses, not by bacteria, and cannot be treated with antibiotics. Most sore throats and bronchitis are also caused by a virus, but you may need to visit your provider to determine for sure and whether or not you need medication to treat the infection.

Due to overuse, antibiotic resistance is one of the world's biggest public health threats and decreasing the inappropriate use of antibiotics is the primary solution to address this threat.

This time of year, it is also important to practice proper hand hygiene. You should always wash your hands before, during, and after preparing food; before eating food; before and after caring for someone who is sick; before and after treating a cut or wound; after using the toilet; after changing diapers or cleaning up a child who has used the toilet; after blowing your nose, coughing, or sneezing; after touching an animal, animal feed, or animal waste; after handling pet food or pet

treats; and after touching garbage.

How should you wash your hands? Wet your hands with clean, running water (warm or cold), turn off the tap,

and apply soap; lather your hands by rubbing them together with the soap.

Be sure to lather the backs of your hands, between your fingers, and

under your nails; scrub your hands for at least 20 seconds.

See Page 11, **Safe**

## FIGHT THE FLU WITH CLEAN HANDS!

The most effective way to prevent seasonal flu is to get vaccinated, but good health habits like covering your cough and washing your hands can help stop the spread of germs and protect you from the flu. Here are six simple and effective steps to proper handwashing.

**1** WET HANDS WITH CLEAN, RUNNING WATER

**2** APPLY SOAP

**3** LATHER HANDS  
*Be sure to include the backs of your hands, between your fingers and under your nails.*

**4** SCRUB HANDS FOR AT LEAST 20 SECONDS  
*Need a timer? Hum the "Happy Birthday" song from beginning to end twice.*

**5** RINSE HANDS WITH CLEAN, RUNNING WATER

**6** DRY HANDS WITH CLEAN TOWEL OR AIR DRY

**Practicing hand hygiene is a simple yet effective way to prevent infections.**



ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

For more health tips and information, visit [anthc.org](http://anthc.org).

HEALTH ADVOCACY

### Why should Alaska Native and American Indian people care about health insurance?

Health insurance can provide you and your family more options. Coverage means you can help expand services available at our Alaska Tribal hospitals and health clinics.

Buying an insurance plan can also provide you access to care if you are on vacation away from your Tribal health facility. You'll have peace of mind when you have more health care options for you and your loved ones in case of unexpected health costs. Many American Indian and Alaska Native people qualify for health insurance through Medicaid, Denali KidCare and the Health Insurance Marketplace.

#### Are you covered?

The Tribally-Sponsored Health Insurance Program (T-SHIP) provides health insurance for you and your family 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. T-SHIP staff will see if you are eligible and help you with enrollment.

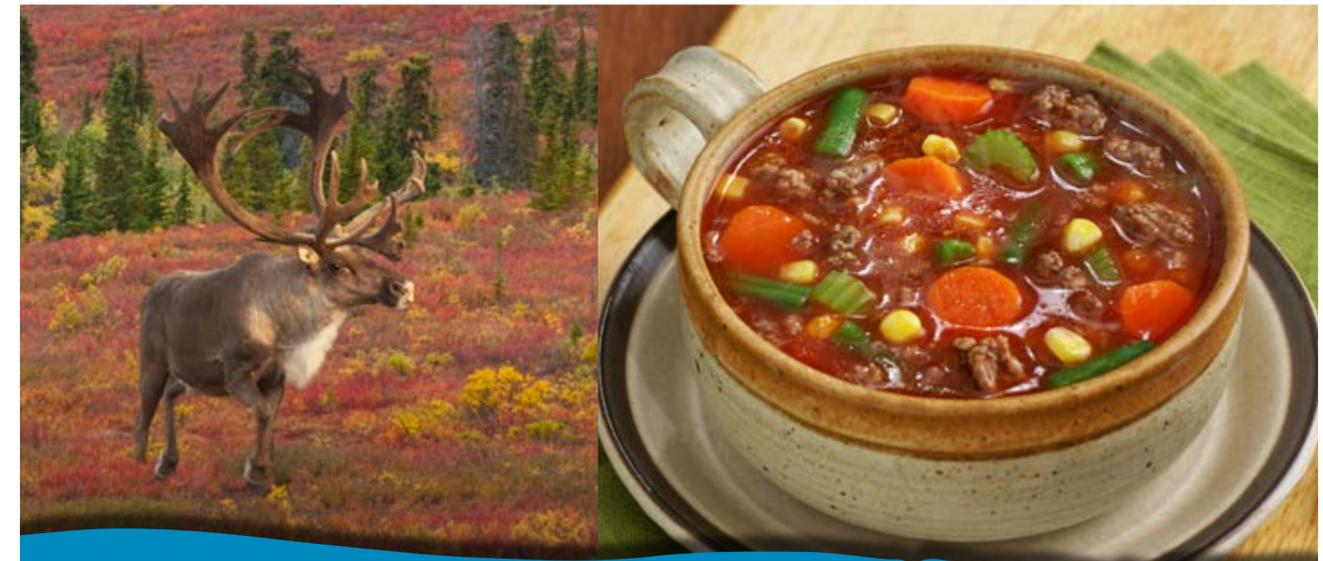
Safe

Continued from page 10

Need a timer? Hum the "Happy Birthday" song from beginning to end twice; rinse your hands well under clean, running water; and dry your hands using a clean towel or air dry them.

If you don't have clean, running water available to wash your hands, use an alcohol-based hand sanitizer that contains at least 60 percent alcohol. To effectively use a hand sanitizer, apply the product to the palm of one hand (read the label to learn the correct amount); rub your hands together; and rub the product over all surfaces of your hands and fingers until your hands are dry.

Following these tips this time of year will help to ensure a safe winter season for you and those around you.



## REINDEER BEAN SOUP

INGREDIENTS:

- \*2 tablespoons vegetable oil
- \*1 medium red onion, chopped
- \*5 carrots, sliced
- \*5 celery stalks, diced
- \*1 pound reindeer meat, cubed
- 4 quarts beef broth
- \*4 cans of beans, your choice
- \*1 can diced tomatoes
- \*5 cups potatoes, chopped
- 2 teaspoons garlic powder, or to taste
- Salt and pepper, to taste

DIRECTIONS:

1. Open canned beans and rinse.
2. Preheat vegetable oil in large pot on medium-high heat.
3. Sear reindeer meat until all sides caramelize.
4. Add all remaining ingredients.
5. Bring to a boil, reduce heat to low, simmer for 1-3 hours.

BEYOND

- Substitute reindeer with your favorite meat such as moose, caribou, venison, \*bison or \*beef.
- Add canned or frozen \*mixed vegetables, Indian potato, \*yellow/white onion, beach greens, dandelion greens, wild chives, chickweed or fiddleheads.
- Experiment with dried beans instead of canned beans. NOTE: Dry beans must be soaked and cooked before using.
- Replace potatoes with \*rice or \*pasta noodles. Add them during the last hour of cooking.
- Create your own broth by boiling bones or vegetables to use as a base.

\* INDICATES FDPIR FOOD

This recipe is from the 2018-2019 Basics and Beyond calendar for Food Distribution Program on Indian Reservations (FDPIR) participants and eligible families, created by ANTHC's Health Promotion Program. Every recipe in the calendar includes a "beyond" section that provides tips on how to transform and enhance basic recipes by adding more fruits and vegetables, traditional foods and other healthy FDPIR food options to create delicious, flavorful meals, snacks, condiments and more.

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

## ALASKA NATIVE MEDICAL CENTER

# ANMC hospital receives verification as a Level II Pediatric Trauma Center



The Alaska Native Medical Center was recently verified as a Level II Pediatric Trauma Center by the Verification Review Committee (VRC), an ad hoc committee of the Committee on Trauma (COT) of the American College of Surgeons (ACS). This achievement recognizes ANMC's dedication to providing optimal care for injured pediatric patients.

"Injury is the leading cause of death and disability for Alaska Native children," said Dr. Frank Sacco, ANMC Chief of Surgery. "As a Level II Pediatric Trauma Center, ANMC provides the highest level of care available in Alaska for injured children and their families. Our comprehensive trauma program is meant to ensure the best outcomes for children of all ages."

Established by the American

College of Surgeons in 1987, the COT's Consultation/Verification Program for Hospitals promotes the development of trauma centers in which participants provide not only the hospital resources necessary for trauma care, but also the entire spectrum of care to address the needs of all injured patients. This spectrum encompasses the prehospital phase through the rehabilitation process.

ANMC offers a wide range of pediatric trauma care services and admits between 100-125 pediatric trauma patients each year. ANMC provides specialty care for pediatric burn patients, which allows many children who would otherwise have to travel to Seattle, the ability to be treated right here at home. Care for a seriously injured child is supported by all medical

and surgical specialties at ANMC, as well as our incredible staff of pediatric therapists, child life specialists, nurses, and other staff dedicated to providing the highest-quality pediatric care available in Alaska.

Verified trauma centers must meet the essential criteria that ensure trauma care capability and institutional performance, as outlined by the ACS COT in its current Resources for Optimal Care of the Injured Patient manual.

An on-site review of ANMC was conducted by a team of reviewers experienced in the field of trauma. Using the current Resources for Optimal Care of the Injured Patient manual as a guideline, the team determined that ANMC met the criteria as a Level II Pediatric Trauma

Center for a period of one year.

In addition to the verification as a Level II Pediatric Trauma Center, ANMC has also been recognized as a Comprehensive Pediatric Emergency Center, the highest certification in the Pediatric Facility Recognition Program, since 2015. This recognition means that ANMC provides the highest quality pediatric care in Alaska and ensures our hospital is appropriately prepared for the emergency care of children.

Together, these two recognitions ensure ANMC provides the highest-quality emergency and trauma care for Alaska's youngest patients.