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# THE Mukluk Telegraph



THE QUARTERLY NEWSPAPER OF THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

APRIL - JUNE 2019

## ANMC Pediatrics murals provides comfort to our smallest visitors



ANTHC is always looking for ways to make our patients' visits more comfortable. For some of our youngest patients, the Consortium has made efforts to brighten up their day, even if it's for a few precious moments as they move through the halls of ANMC's Inpatient Pediatrics Unit.

Custom, family-friendly wall graphics extend the comfort and overall experience for our young patients. These were recently installed in key locations within the department.

The vibrant, colorful art bounces along the hallways in the unit, much like we envision our children do when they are happy, healthy

See Page 2, Murals



The graphics in the ANMC Pediatrics unit are printed on adhesive vinyl to allow for cleaning and can be replaced if a portion becomes damaged or needs to be changed.

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ALASKA NATIVE  
TRIBAL HEALTH  
CONSORTIUM



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and home from their hospital visit. The art and placement were a collaboration between ANTHC’s Marketing and Strategic Access departments.

“We couldn’t be happier with the way the murals turned out,” said Lindsay Rexford, ANTHC Marketing Design Manager. “Even though both our departments don’t provide direct patient care, it’s rewarding to know that the work we do goes toward helping the people we serve.”



The murals depict landscapes and animals that inhabit the diverse regions within our state, starting in the lush and green southeast panhandle and ending at the “Top of the World” – in the Arctic with polar bears and ice floes.

# How patient feedback drives improvement at ANMC

Did you know that as a patient of the Alaska Native Medical Center (ANMC), you have several ways to share your feedback about your care experience – whether good or bad? Feedback from patients and family members related to inpatient care in the hospital, outpatient specialty clinic visits, your housing and travel experience as well as food service and cleanliness helps us measure patient satisfaction and identify areas for improvement.

## PATIENT SURVEYS FROM ANMC

After you or a loved one return home from your ANMC hospital stay, you may receive a survey in the mail from Press Ganey asking you to answer some questions about the quality of your stay. All acute care hospitals throughout the U.S. participate in a patient survey process designed and regulated by the Centers for Medicare and Medicaid Services (CMS). The Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) survey and its administration protocols are designed to produce standardized information about patients’ perspective of care that allows objective and meaningful comparisons of hospitals.

The HCAHPS survey asks patients at hospitals across the nation what they liked – and didn’t like – about their hospital care with questions related to various aspects of the patient’s care experience, including nurse communications, doctor communications, responsiveness of staff, communication about medications, discharge information, pain management, and cleanliness and quietness.

“Our intention is for your hospital stay to be as pleasant as possible by providing you with a comfortable, restful environment and treating you with courtesy, dignity and respect,” said Allison Knox, Vice President of Customer Experience. “To help us ensure that patients are pleased with their treatment and quality of care, we participate in the nationwide HCAHPS survey that measures how satisfied patients are with their care.”

## IMPROVEMENTS AT ANMC FROM PATIENT FEEDBACK

Based on past survey response, ANMC has made improvements including the “What Matters to Me” communications boards in the fourth and fifth floor inpatient hospital rooms and Traditional Tuesday food service. The “What Matters to Me” boards appear inside patient rooms and share important information between

See Page 3, **Feedback**

### 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

## Feedback

*Continued from page 2*

patients and their care providers. These boards are customized by each patient and are a simple way for care providers to have personal engagement with patients and their family members, find a deeper understanding of what really matters to them, and develop partnerships for better health care.

Feedback from travel and housing surveys have resulted in additional food items being offered in the Patient Housing Café, making food service available past normal meal service hours for guests arriving into Anchorage later in the evening, and increases in the dollar amounts for daily meal cards issued to housing guests.

Hospitals can be noisy and overwhelming to patients. All the necessary rushing around of staff and constant beeping and ringing of lifesaving devices can make it difficult to rest. In an effort to provide a more restful, healing environment, QuietPacs are given to adult inpatients on ANMC’s fourth and fifth floor units. QuietPacs contain an eye mask; ear plugs; lip balm; a Sudoku or crossword puzzle book; a “voices down please” card, which is reminder to staff to come back later; and a “questions for my care team” notebook, that prompts patients and family members to record questions and jot down things to remember. The QuietPacs are designed to reduce noise and improve quietness during a patient stay, in addition to empowering our

patients with some control over noise and improving the overall patient experience.

If you have missed an opportunity to complete a formal clinic or post-hospital stay survey, ANMC comment cards are located throughout the hospital and can be found in all specialty clinic locations. Additionally, you can visit the ANMC website and submit feedback or contact the Customer Experience department with any concerns, comments, compliments and questions. If you need immediate assistance, please contact the main ANMC number at (907) 563-2662.



# BASIC EGG SCRAMBLE

## INGREDIENTS:

4-6 eggs  
1-2 teaspoons oil  
Salt and pepper, to taste

## DIRECTIONS:

1. Whisk eggs in medium bowl.
2. Preheat oil in pan over medium heat.
3. Pour egg mixture into pan, stir until eggs are fully cooked.

## BEYOND:

- For added protein, include cooked moose, caribou, \*bison, \*poultry or smoked salmon.
- Enhance scramble with healthy options such as peppers, \*cheese, \*zucchini, mushrooms, \*potatoes, \*asparagus, \*spinach, sour dock greens, fireweed shoots, Indian potato or beach greens.
- Bake instead of fry. Pour egg mixture into a baking dish and bake at 350 degrees for 20-30 minutes or until eggs are fully cooked.
- Substitute store-bought eggs with goose, seagull or duck eggs.
- Add flavor with garlic, onion, parsley, basil, thyme, cumin, curry powder, wild chives or beach lovage.
- Enjoy healthy cooking oils, such as olive or canola oil.

\* 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).





# ANMC celebrates its hardworking, talented nursing staff during National Nurses’ Week



Clockwise from left to right: Joyce Martin, Matthew Brown, Mary Krusen and Meg Mapili.

ANMC’s nurses display their commitment and excellence through professional development and evidence-based practice when caring for our people. In addition to their work and education, many of ANMC’s nurses participate in shared governance – on councils that consult and collaborate with each other to achieve the best decisions to successfully facilitate and ensure quality patient care and outcomes.

In May, ANMC will celebrate and thank our nurses during National Nurses’ Week, which is celebrated annually from May 6, National Nurses Day, through May 12, the birthday of Florence Nightingale, the founder of modern nursing.

ANMC nurses are known for going above and beyond in their work. More than 600 nurses work in the ANMC hospital and across the Consortium, making up nearly a quarter of our workforce.

Our nurses are viewed as respected partners, collaborators and leaders. They are constantly seeking ways to improve the services and care we provide, from processes and initiatives to technology and equipment. Many of our nurses continually strive to strengthen and expand their own skills, as well. More than 225 ANMC nurses have national specialty certifications, with many nurses holding multiple certifications.

In an effort to further recognize our nurses for their outstanding work, ANMC partnered with the DAISY Award, an international program that rewards and celebrates the extraordinary clinical skill and compassionate care given by nurses every day. ANMC presents the DAISY Award quarterly to a RN who regularly goes above and beyond in the care they provide.

The DAISY Foundation was established in 1999 by the family

of J. Patrick Barnes, who died of complications of the autoimmune disease Idiopathic Thrombocytopenia Purpura. DAISY is an acronym for Diseases Attacking the Immune System.

**2018 DAISY AWARD WINNERS**

**MATTHEW BROWN, INPATIENT SURGERY UNIT RN**

Matthew Brown was nominated by Dr. Patricia Kloser, ANMC Hospitalist, for his exceptional care of a patient. Dr. Kloser wrote, “This is one amazing nurse! When told that his patient was lonely, he started to spend more time in the patient’s room. He would often just do charting there or would stop in to offer a snack. He helped to make a motivational calendar with artwork to encourage ambulation, out of bed and oral intake. The patient has gone from sad and depressed to smiling and engaged with eagerness to walk,

snack ad get out of bed. The skill and quiet competence of this nurse are extraordinary and have made all the difference in helping this seriously ill man achieve his wish to go home to Nome and his family. Thank you for helping this patient!”

Brown has worked at ANMC since September 2017, where he started as a Medical Clerk on the Inpatient Surgery Unit as he was preparing to take his nursing exam. In January 2018, Brown started as a nurse on the Inpatient Surgery Unit.

**JOYCE MARTIN, SWAT RN, CENTRAL NURSING OFFICE**

Martin was nominated by two of her fellow nurses for her exceptional nursing and patient care, specifically for the way she handled a Code Blue (adult medical emergency) call on the unit she was working on.

One of her nominators wrote, “Joyce has always been an amazing nurse and goes above and beyond to help

her coworkers out. She is always at the right place at the right time and always has a positive attitude. She does things without being asked and is always kind and compassionate toward patients and their families. The other night there was a code blue and she was the first to find the patient and kept her cool while comforting the patient in his last moments. She knew how to handle the situation and followed through with all the postmortem paperwork and what not. Joyce was a SWAT nurses that night and had no obligation to do everything she did but did it anyways without hesitation. She even talked to and comforted the family when she came in. Joyce is one of a kind and always brightens up whatever unit she is on.”

Martin has worked as SWAT RN at ANMC since 2015. She also previously worked on inpatient unit 5 East from 2003-2005.

**MARY KRUSEN, INTERMITTENT RN ON 5 WEST AND INFUSION CLINIC**

Mary Krusen received two nominations, one from a colleague and one from a patient. Krusen has worked as an RN at ANMC for five years.

One of Krusen’s fellow nurses who nominated her, wrote: “Mary saved my patient from respiratory distress -- she called a rapid response and stayed, helping give my patient meds for a long time, even with her own patient load. During this time, I was simultaneously providing care to a critically ill patient in the next bed over in the same room. Mary deserves to be the DAISY Award winner. Mary went above and beyond the call of duty.”

Krusen’s patient who also nominated her, wrote: “Mary saved my life on May 24, 2018. We walked every day. This day I couldn’t. Mary was very concerned and knew something was terribly wrong. She insisted the doctor

get me to imaging and sure enough I had to have immediate surgery and stop my chemotherapy. My cancer had attached to my small intestine. Mary is a nurse that goes beyond the extra mile. She is compassionate, caring and great at her job in every way. The walks with her kept me in great spirits. Thank you, Mary, for my life.”

**MEG MAPILI, INPATIENT PEDIATRICS RN**

Meg Mapili was nominated by a patient’s mother, who wrote: “My son has Type 1 diabetes. He was admitted to the unit. Meg was my son’s nurse. My son had a strong connection with Meg and he would light up when he saw her. Not only did Meg ease and calm my son during rough days of insulin injections. She helped me emotionally, clearly stating that it wasn’t my fault and that indeed I am a good mom for catching this disease early. Meg was extremely patient with

us both as we learned of this huge lifestyle change. She was there every step of the way. She’s a gem and an amazing teacher.

Mapili has been a nurse at ANMC for seven years.

**NOMINATE A DAISY AWARD HONOREE**

Patients, their families and fellow ANMC staff can nominate nurses for DAISY Awards. Nomination forms and collection boxes have been placed throughout the ANMC hospital.

Subsequent honorees will be selected quarterly and each DAISY Award honoree will be recognized at a public ceremony in her or his unit or department. For more information about the DAISY Award program, please visit [www.DAISYfoundation.org](http://www.DAISYfoundation.org). For questions about nominating an ANMC nurse, please email Kimberley Carr at [kcarr@anthc.org](mailto:kcarr@anthc.org).

## The Walk-in Clinic at ANMC Open seven days a week!

For our patients living outside of the Anchorage Service Unit, ANMC offers a Walk-in Clinic for non-emergent health care services for our people while visiting Anchorage.



**ANMC’s Walk-in Clinic is for patients of all ages 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
- Vaccinations
- Fever
- School and DOT physicals
- Sore throats and colds
- Cuts and minor skin infections
- Sinus and ear infections
- Muscle strains and sprains
- Urinary tract infections
- STI testing

**Located on the third floor of the Healthy Communities Building, 3900 Ambassador Drive**  
**Open Monday-Saturday from 9 a.m.-9 p.m. and Sunday from 10 a.m.-6 p.m.**

**Phone: (907) 729-1500**





# Youth learn environmental stewardship with help from ANTHC

This May, the 12th annual Youth Environmental Summit (YES) will convene in Kluti-Kaah, Alaska. YES is a day camp held in the Copper River region for youth in kindergarten to eighth grade, where participants learn about climate change, the environmental history of the area, and the importance of environmental stewardship.

Gakona Village Council started the Summit in 2008 in an effort to educate youth through a three-day, hands-on camp based on the traditional stewardship practices of Elders.

“Our ultimate objective is to teach the youth to love the land and to embrace all it has to offer, and to capture that passion that makes them want to take ownership and fight for the future of that land,” said Brandie Radigan, the Environmental Coordinator for Gakona Village, who coordinates the planning of YES.

In its 12 years, the camp has been so successful that annual attendance regularly numbers around 100 participants from communities all over the Copper River region, as well as Anchorage and Juneau.

The camp’s location changes each summer and activities vary to match each year’s theme. In previous years, youth have participated in sessions that include learning how to trap and skin animals, harvesting edible plants and studying macroinvertebrates in streams.

The ANTHC Contamination Support Program facilitates an interactive activity every year, such as helping youth to build their own sandbox community out of edible materials and observing how a mock contaminant



YES participants test stream health by gathering macroinvertebrates.

Photo courtesy of Brandie Radigan

spill would affect the community and surrounding environment.

“Our YES program wouldn’t be nearly as successful without our partners’ tireless efforts, they come with positive attitudes and host sessions that grasp the children’s attention,” Radigan said. “Our partners all come from different perspectives and fields of environmental stewardship, and this helps the camp be as varied as the kids and their interests.”

In addition to Native Village of Gakona and ANTHC, YES partners

See Page 7, Youth



Photo courtesy of Brandie Radigan

Youth learn about the hazards of riverbank erosion by floating the Gulkana River, where they observed layers of exposed permafrost and eroded banks.



Photo courtesy ANTHC Contamination Support Program

YES participants create a community out of edible materials, experiment with mock “contaminant” releases, and observe effects on the community and environment.

# Helmets On when riding ATVs

When we’re making a quick trip to the store. Helmets on.

When we’re going to bring our auntie some smoked salmon. Helmets on.

When we’re scouting a caribou herd for the fall harvest. Helmets on.

In Alaska, we use many types of transportation for all kinds of reasons and many of us rely on all-terrain vehicles (ATVs), or four-wheelers, to get from point A to point B. When traveling anywhere, anytime, everyone should wear a helmet – even if it’s a quick

trip close to home.

Last summer, Alaska Native Medical Center saw an uptick in head trauma injuries – many from ATV accidents. Almost all were because people driving were not wearing a helmet.

“We strive to provide the best trauma care here at Alaska Native Medical Center. But we want to avoid people ending up in the trauma bay in the first place,” said Elisha G. Brownson, M.D., ANMC Trauma Medical Director. “If we can prevent even one person from getting a severe head injury by spreading the word about ATV safety and helmet use, then the benefits of these efforts are worth it.”



## Youth

Continued from page 6

include Mt. Sanford Tribal Consortium, Cheesh-Na Tribal Council, Copper River Native Association, Native Village of Kluti-Kaah, Native Village of Tazlina, Bureau of Land Management, Copper River Basin Child Advocacy Center, Campbell Creek Science Center, Fish & Game, Wrangell Institute for Science and Environment, the Local Environmental Planning Committee, National Forest Service, and Wrangell Saint Elias National Park.

ANTHC has been a key YES partner since the camp’s inception. In addition to leading camp sessions, the ANTHC Contamination Support Program assists with camp planning and coordinates donations of items from the organization that enhance the camp’s theme. The Healthy Alaska Natives Foundation also contributes to YES. Last year, to supplement the

“Survive and Thrive” camp theme, HANF funded the purchase of emergency kits for every participant.

During the camp, ANTHC also presents information from its partner Alaska Pacific University on degree offerings in environmental programs to emphasize educational and career opportunities in the environmental field.

“Without ANTHC, YES wouldn’t be what it is. We love and appreciate ANTHC’s support of our camp every year,” Radigan says.

While YES activities and lessons are focused on the Copper River region, youth from all regions are welcome to attend the camp. Registration is free of charge, and breakfast and lunch are provided.

Contact the ANTHC Contamination Support Program at [contaminationsupport@anthc.org](mailto:contaminationsupport@anthc.org) to donate education or outreach items to YES, or with any questions about camp logistics or enrollment.

From 2012 to 2016 Alaska Native people averaged 200 hospitalizations for traumatic brain injury (TBI) every year. Of those hospitalizations, about 1/5 of TBIs were from ATV, snow machine and bicycle accidents.

Wearing a helmet when on an ATV is the best way protect your head and reduce the risk of a TBI. Adults can set a positive example for our youth by driving safely and always wearing a helmet.

Additionally, planning your TRIPSS\* is a good way to reduce injuries while driving and operating your ATV:

## T – TRAINING

Take a free online ATV training course to learn safety tips at [atvsafety.org](http://atvsafety.org).

## R – RIDE OFF-ROAD

When possible, ride on unpaved roads. The ATV’s tires are not made for paved or loose gravel roads – you could lose control.

## I – IMPAIRMENT DANGER

Never drive an ATV while impaired. This includes not driving under the influence of alcohol or other drugs.

## P – PLAN AHEAD

Before riding, plan your trip by looking for wire fencing, tree stumps and other dangers. Let someone know where you are going and when you’ll be back.

## S – SINGLE RIDER

Most ATVs are made for one rider. When possible, drive without passengers.

## S – SAFETY EQUIPMENT

Wear a helmet, boots, gloves, long pants and sleeves when riding your ATV.

For more information about ANTHC Injury Prevention, visit [anthc.org/injuryprevention/](http://anthc.org/injuryprevention/). For more on safe riding, visit [anthc.org/HelmetsOn](http://anthc.org/HelmetsOn).

\*TRIPSS safety message adapted from Arkansas Children’s Hospital Injury Prevention program.

## Missed the 2018 ANTHC Annual Meeting?



## Learn more about ANTHC’s work!

Read about and watch highlights of our latest work in our 2018 annual report and year in review video at [anthc.org](http://anthc.org).





# ANMC hospital reverified as Level II Trauma Center

## TRAUMA PATIENTS RECEIVE CARE CLOSER TO HOME

The Alaska Native Medical Center was recently reverified as a Level II Trauma Center by the Verification Review Committee, an ad hoc committee of the Committee on Trauma of the American College of Surgeons. ANMC was Alaska's first Level II Trauma Center – first receiving verification in 1999. This achievement recognizes ANMC's dedication to providing optimal care for injured patients.

"Our performance in providing the best care possible for injured patients was reaffirmed by the American College of Surgeon's Committee on Trauma," said Dr. Frank Sacco, ANMC Chief of Surgery. "I am very proud of the work we do and the commitment of everyone involved, from the frontline personnel, to our board and administration."

ANMC is one of two Anchorage hospitals providing the highest level of trauma care and services in Alaska, and is the referral center for every Tribal health facility in the state. ANMC offers a wide range of trauma care services. It admits between 900-950 trauma patients per year, and approximately 8,000-9,000 trauma patients are treated and discharged in the Emergency Department each year.

"Being a trauma center means that high-acuity injuries can be taken care of here in Alaska, often saving lengthy and costly transports out of state," said Dr. Elisha Brownson, ANMC Trauma Medical Director. "Our trauma facility improves care throughout the hospital. For example, due to requirements for trauma verification we have rapidly available blood products, around-the-clock operating rooms, and multi-disciplinary trauma teams."

ANMC was again recognized as a leader in the development of a statewide trauma system. The reviewers stated in their report, "It is clear that this program provides trauma leadership for much of the entire state." ANMC's expansion of services to better care for patients with thermal injuries (burns and frostbite) was also cited as a strength of the trauma program.

Having a Level II Trauma Center in the Alaska Tribal Health System means our people receive the best trauma care, closer to home. A Level II Trauma Center is able to initiate definitive care for all injured patients. Elements of Level II Trauma



Centers Include: 24-hour immediate coverage by general surgeons, as well as coverage by the specialties of orthopedic surgery, neurosurgery, anesthesiology, emergency medicine, radiology and critical care.

ANMC's trauma staff is prepared to treat any injury. Over the last year, ANMC cared for patients who sustained injuries from bear maulings to severe burns requiring grafting to head injuries from ATV crashes.

The Trauma Program helps improve care from pre-hospital care, through an inpatient's stay, to recovery after discharge. After an unusually high number of ATV crashes last summer in New Stuyahok, several families of the teenagers injured in these crashes reached out for help to prevent future events. The ANMC Trauma Program partnered with ANTHC's Injury Prevention Program and an ATV safety course was developed and piloted in

New Stuyahok. There are plans to expand this program to other regions in the future. *For tips on ATV safety and helmet use, see the story on page 7 of this issue.*

ANMC also received Level II Pediatric Trauma Center verification in 2018.

**SAVE THE DATE**

**Char-tee**

# Golf Classic

**Friday, July 26, 2019**  
**Moose Run Golf Course**

**Teeing off for TOYS!**

Benefiting  
**Lori Lange Memorial Toy Fund**  
at ANMC Hospital

**REGISTER A TEAM**  
or **LEARN MORE** at  
[inspiringgoodhealth.org](http://inspiringgoodhealth.org)

# Safe sleep for our babies

In 2018, nearly 1,600 babies were born at ANMC. The safety and health of every baby delivered at our hospital is important and we want to provide families who choose to deliver at ANMC with the best resources to ensure the well-being of their child.

In an effort to promote safe sleep practices and reduce the risk of sleep-related infant deaths in Alaska, ANMC's Family Birthing Services gave every baby delivered in 2018 a HALO SleepSack Swaddle to take home. In 2019, every baby born at ANMC will also receive a HALO SleepSack Swaddle. Every year, more than 20 Alaskan infants die in an unsafe sleep environment, which can be prevented.

These sleep sacks were provided by the Healthy Alaska Natives Foundation (HANF), a nonprofit charitable organization that supports key initiatives that deliver sustainable, effective and culturally-relevant health care for our people.

HALO is a company dedicated to making simple, innovative products that make safe sleep easier. The HALO SleepSack Swaddle is a warm, snug wearable blanket that is specifically created to help babies sleep safer and more comfortably. The HALO SleepSack Swaddle has an adjustable swaddle wrap feature that immobilizes a baby's arms and prevents him or her from rolling on to the stomach. The wearable blanket is designed to keep a baby from overheating and replace loose blankets in the crib that can cover a baby's face and cause difficulty breathing.

In addition to the HALO SleepSack Swaddle wearable blanket, parents receive a letter from ANMC and HANF explaining the importance of safe sleep and include recommendations from the American Academy of Pediatrics on creating a safe sleep environment.

Please see the graphic adjacent to this story for safe sleep tips. You can help keep your baby safe by following these tips for a safe sleep, every sleep.

## Safe Sleep Saves Lives

Helping every Alaskan Baby Sleep Safer

You can help keep your baby safe by following these tips for a safe sleep, every sleep.

**Back to sleep for every sleep:** Your baby should be placed on their back for every sleep time, including naps.

**Share your room, not your bed:** Your baby should be close to you, but they need their own sleeping space without adults or other children.

**Be aware, not impaired:** Your baby needs a sober caregiver who isn't under the influence of any drugs or alcohol, including prescription medications that can make you sleepy, such as those for pain or anxiety. *Caregivers who are impaired should never share a bed with their baby.*

**Create a safe sleep environment for your baby:** A bassinet, pack and play or crib without bumpers, blankets, stuffed animals or other loose bedding is the safest place for your baby to sleep.

**Legal isn't the same as safe:** Babies exposed to nicotine or smoke, including tobacco and marijuana, are at a higher risk for death.

Make sure others who care for your baby, like grandparents or baby sitters, know your baby always sleeps on their back and by themselves.

If you choose to share a bed with your baby, avoid the use of blankets and pillows and place baby on their back above your head. Be sure adults in the bed are sober and smoke free.

**Never sleep with a baby on a sofa or chair.**

For more information, please talk to your health care provider or visit:  
[http://bit.ly/safesleepalaska.](http://bit.ly/safesleepalaska)

**12th Annual Ravens Ball**

*Thank you to this year's Luminary Sponsors, who helped us chart a course for Alaska Tribal Health!*

[www.inspiringgoodhealth.org](http://www.inspiringgoodhealth.org)

HEALTHY AlaskaNatives FOUNDATION



# Traditional garden blooms in ANMC courtyard

Much like it takes time and patience to grow any plant, it took the planning and work from many for the traditional garden in the ANMC cafeteria courtyard to blossom. After its first year of toil, the garden's harvest brought a bounty of plants from across the state and is again primed to be an area where our patients can stroll and relax as they recover this spring and summer.

The idea for a traditional garden was first planted when ANTHC leadership envisioned a space where traditional plants could flourish. The Consortium wanted to bring the Store Outside Your Door concept onto campus to give visiting patients a taste of home.

Beginning last May, installation was rooted in the first of four phases. Volunteers began working on the garden, planting and transplanting in the spring. The space is divided into three areas: Tundra Garden, Bog Garden and Birch Forest Garden.

Alaska Pacific University student Kelly Ballantyne completed a proposal to install Alaska Native plants in the courtyard as a part of his senior project. He did research to identify the plants that would be most appropriate for the location and came up with a blueprint and installation plan. Ballantyne and Kelly Simon with ANMC Hospital Facilities and Engineering purchased a few commercially produced Alaskan plants and trees, such as birch trees and currant bushes, along with weed cloth, compost and bark to get the garden growing.



Once the traditional garden was built, ANTHC's Health Promotion program staff assisted with harvest of the traditional plants that can be found in various regions around Alaska.

"It was such a group effort with many for the actual planting," said Marcia Anderson, MS, RDN, ANTHC Health Promotion Manager. "We harvested many of the wild plants last spring and summer, and with many others toiled, tilled, and planted away to get them into the garden."

ANMC Food and Nutrition Services took good care of the volunteers with cool drinks, sandwiches and snacks as they worked. The ANMC grounds crew will again water and help maintain the garden during the growing season.

"It really was a group effort to bring the garden to life," said Cynthia Davis, ANMC Food and Nutrition Services General Manager. "The traditional garden will be a place for all our visitors to enjoy and learn about plants that are native to Alaska for years to come."

The garden's next phase will include creating signage to identify the various plants.

**ALASKAN PLANTS THAT GROW IN THE GARDEN INCLUDE:**

**TUNDRA GARDEN**

- Soap berry
- Service berry
- Yarrow
- Wild rhubarb
- High bush cranberry

**BOG GARDEN**

- Blueberries
- Labrador tea (or tundra tea)
- Wild chives
- Chocolate lily

**BIRCH FOREST GARDEN**

- Field mint
- Paper birch
- High bush cranberry
- Wild rose
- Red currant
- Moss log

**Your flu vaccine protects me**  
**My flu vaccine protects you**

- **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.**

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

**ALASKA NATIVE MEDICAL CENTER**

# Healthy snacking tips

Good nutrition is an important part of leading a healthy lifestyle and what we put into our bodies can affect our overall health. Smart and healthy snacking is an effective and easy way to get the nutrients your body needs to stay healthy, active and strong.

In 2018, ANTHC's Health Promotion program received nutrition education project funding from USDA's Food & Nutrition Services to provide nutrition education events to Food Distribution Program on Indian Reservations (FDPIR) participants. Funding received allows ANTHC's Wellness and Prevention grantees to travel and host nutrition education events in five rural FDPIR communities this year. The theme of this year's FDPIR nutrition education events is healthy snacking, emphasizing the use of whole grain and high-fiber food options, as well as traditional foods, fruits, vegetables, and foods received through FDPIR.

FDPIR nutrition education events are great for community members of all ages. Each event consists of healthy snack food demonstrations, games that promote good nutrition and activities to get community members moving, such as cultural dancing and Native Youth Olympic games. ANTHC's team recently completed two Community Nutrition Education events in Buckland and Kalskag. Both events were well attended with 44 participants gathering in Buckland and 30 gathering in Kalskag. Future events are planned to take place in Sand Point, Klawock and Metlakatla.

ANTHC's FDPIR program is currently providing supplemental food packages to eligible families and households in 19 communities. A total of 307 households and 647 participants receive benefits through the FDPIR program. To learn more about ANTHC's FDPIR program and find out if you qualify, visit [anthc.org/fdpir](http://anthc.org/fdpir).

Smart and healthy snacking offers many benefits. The right snacks can help:

- Increase energy levels
- Boost your mood
- Add nutrients to your diet
- Curb your cravings
- Prevent over eating at mealtimes
- Promote healthy weight management

To promote healthy snacking and eating styles to improve overall health, ANTHC's Health Promotion program is sharing tips for healthy snacking:

- GO FOR GREAT WHOLE GRAINS**

Offer whole-wheat breads, cereals, rice, and pastas and popcorn that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes and sweetened cereals.

**NIBBLE ON LEAN PROTEIN**

Choose lean protein foods such as dry fish, meats or unsalted nuts. Spread nut butter or low fat cheese on an apple wedge. Store hard-cooked (boiled) eggs in the refrigerator for kids to enjoy any time.

**FRUITS ARE QUICK AND EASY**

Fresh, frozen, dried, or canned (in natural juice or light syrup) berries and fruits, can be easy "grab-and-go" options that need little preparation. Limit the amount of 100 percent juice served.

**EAT VIBRANT VEGGIES**

Spice up raw vegetables with dips. Try dipping bell peppers, carrots, cucumbers and other raw veggies in hummus, tzatziki, guacamole, or salmon spread.

**SWAP OUT THE SUGAR**

Keep healthier foods, like dried fruit, handy so kids avoid sweet cookies, pastries or candies between meals. Instead of soda, try adding seltzer water to 100 percent fruit juice.
- These tips and more can be found at the U.S. Department of Agriculture website [ChooseMyPlate.gov](http://ChooseMyPlate.gov).



**INGREDIENTS:**

- \* 2 cups quick oats
- 1/2 tsp baking soda
- \* 1/2 cup wheat bran flakes cereal
- \* 3/4 cup white whole wheat flour
- \* 1/4 cup vegetable oil
- 1/4 cup honey or other syrup
- 1/4 cup brown sugar
- \* 1/2 cup applesauce
- \* 1/3 cup prunes or raisins, chopped
- 1 tsp vanilla extract

**VARIATIONS:**

Add dried blueberries or cranberries  
Add \*fruit and nut mix  
Add \*peanuts

**\* INDICATES FDPIR FOOD**

# SNACK HACKS

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# WHOLE GRAIN GRANOLA BAR

This recipe was shared at the FDPIR nutrition education events hosted by ANTHC's Health Promotion program.

- DIRECTIONS:**
  1. Line an 8-inch pan with parchment paper and set aside.
  2. Preheat oven to 350 F.
  3. Mix dry ingredients together in a large bowl.
  4. Whisk liquid ingredients in a separate bowl.
  5. Stir wet ingredients into dry ingredients and transfer to the prepared pan.
6. Smooth down firmly. Use a second sheet of parchment or wax paper to press down on mixture.
  7. Bake granola bars for 18 minutes, then press down firmly again.
  8. Cut into bars once completely cooled.

Recipe adapted from Chocolate Covered Katie. Original recipe can be found at [chocolatecoveredkatie.com/2016/09/15/healthy-granola-bars-recipe](http://chocolatecoveredkatie.com/2016/09/15/healthy-granola-bars-recipe).



# Congratulations to the 2019 Luminary Award recipients



Outstanding Rural Health Champion award: Old Minto Family Recovery Camp

The Healthy Alaska Natives Foundation hosted the 12th annual Raven’s Ball on Saturday, March 23 at the Hotel Captain Cook in Anchorage. Regarded as one of Alaska’s most elegant black-tie celebrations and vibrant fundraising events, this year’s event continued the tradition of philanthropy to benefit the Foundation. The three key initiatives of the Foundation are: improving medical care, strengthening wellness and prevention efforts, and promoting healthy village environments.



Legacy & Leadership Award: Linda Clement

An annual highlight of the event is the presentation of the Luminary Awards. Each year, individuals and groups are recognized for their dedication and outstanding contributions to the Alaska Tribal Health System and their communities. The Foundation Board is excited to announce the recipients of the 2019 Raven’s Ball Luminary Awards.

**LEGACY & LEADERSHIP AWARD:  
LINDA CLEMENT**

Linda Clement is a life-long leader and champion of health and wellness for Alaska Native people. The first in her family to graduate from college, Clement taught in Metlakatla for many years and has contributed significantly to the advancement of Tribal self-governance and Tribal health. In 2018, she retired after 14 years of service as a director with the Alaska Native Tribal Health Consortium Board. Clement’s focus on family and child development and the importance of education will leave an enduring impact on the health of Alaska Native people.

**OUTSTANDING RURAL HEALTH  
CHAMPION: OLD MINTO FAMILY  
RECOVERY CAMP**

The Old Minto Family Recovery Camp is a unique recovery program that works to provide clients with skills to help live substance free and productive lives. Located at a historic village site, Old Minto opened in the 1980s and is an alternative resource to substance

abuse treatment with a focus on Athabascan values and traditions as the foundation for recovery. Many Alaskans have completed the program arriving by boat, plane, or snow machine and spend at least 35-days at the camp in cabins with wood stoves for heat, kerosene lamps for light, no running water and no electricity.



Distinguished Provider award:  
Dr. Matt Hirschfeld

**DISTINGUISHED PROVIDER:  
DR. MATT HIRSCHFELD**

Dr. Matt Hirschfeld has devoted his life to develop health systems to improve the lives of Alaska Native women and children. Currently he is medical director of Alaska Native Medical Center Maternal Child Health Services and also serves as pediatric specialist for Norton Sound Health Corp. Hirschfeld’s dedication to health care has brought him to serve in many leadership roles across Alaska such as the All Alaska Pediatric Partnership and the Rasmuson Foundation.

**ABOUT THE HEALTHY ALASKA  
NATIVES FOUNDATION**

The Healthy Alaska Natives Foundation works to raise awareness and funding to further the Alaska Native Tribal Health Consortium’s vision of Alaska Native people being the healthiest people in the world. Proceeds from the Foundation’s fundraising work support three key initiatives: improvement of medical care, wellness and prevention, and healthy village environments. For more information about the Foundation, please visit [inspiringgoodhealth.org](http://inspiringgoodhealth.org).

