

QUARTERLY ALASKA NATIVE HEALTH NEWS • 2022, ISSUE 1

MUKLUK



FUN WAYS TO

**GET
ACTIVE**

THIS SUMMER

**PLUS: BOATING SAFETY
AND NEW CAMPUS APP**



For many Alaskans, summer means time on the water

Fishing trips, traveling or just recreation — for all of these trips in your boat this summer, make sure you're ready to keep everyone safe and healthy with this boating safety checklist.

BOATING SAFETY CHECKLIST

- ✓ Ensure the whole family uses flotation devices when near water.
- ✓ Keep young children away from water unless supervised by an adult.
- ✓ Wear a life jacket in an open boat or on an open deck, regardless of weather, boating experience or swimming ability.
- ✓ Attach the engine cut-off device when underway, especially when boating solo.
- ✓ Carry an emergency signaling device to notify rescuers, such as a whistle or GPS.
- ✓ Equip boats with at least one means of re-boarding (e.g., swim step, ladder, foot sling).
- ✓ Share your plan, so someone knows where you are and when you are expected back.
- ✓ Have your family members attend a water safety class such as those provided by the Alaska Office of Boating Safety.

Stay safe from drowning and cold water immersion injuries.

For more information on water and boating safety, contact ANTHC Injury Prevention at (907) 729-3799.

The Mukluk Telegraph is published by the Alaska Native Tribal Health Consortium to share health and wellness information for Alaska Native people.



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CONTACT US

Have a suggestion or a compliment for the Mukluk Telegraph? We would love to hear from you. Email the ANTHC Marketing & Communications Department at akamarketing@anthc.org. Find more information from ANTHC online at anthc.org.

Tinitun wayfinding app

Finding your way around the Alaska Native Health Campus just got easier!

The Alaska Native Tribal Health Consortium and Southcentral Foundation have launched Tinitun, (pronounced "tin-ee-toon") a mobile app that helps campus visitors locate providers or clinics with ease, discover campus food options, find the nearest shuttle, mark the location of their parked cars and more.

GET THE APP AND FIND YOUR WAY!



Indoor turn-by-turn navigation to guide you to your destination.



Parking Planner to tell you where to park and how to get there.



My Car Saver to remember where you parked and guide you back.



The app is available for download from the Apple and Google Play app stores. For more information, or to access Tinitun from your computer, visit <https://anmc.org/tinitun>.



Available on the
App Store



GET IT ON
Google Play

GETTING ACTIVE

STARTING AND STAYING ACTIVE is an important part of your overall health. Long-term benefits include prevention for chronic diseases, including cancer, heart disease and stroke, as well as strengthening bones, muscles and your mind. Adults can also see immediate benefits of physical activity, such as reduced anxiety, improved sleep and mental health boosts.

This summer, set a goal for physical activity and make a plan. Think about: What kind of physical activity can you do? What time of day will you do it? How long will you be active? What days will you do it? Here are some suggestions for your Alaskan summer.



SET A GOAL AND MAKE A PLAN!

1.
*What kind
of activity
will you do?*

2.
*What time
of day will
you do it?*



Walking or hiking

Simple activities like walking can add the benefits of physical activity to your life. And it's even better if you can add in time for checking on the ripeness of berries, plant gathering or just taking in the scenery.



Gardening or yardwork

Planting flowers or veggies, pulling weeds or raking leaves all count as physical activity! Summer is also a good time to take care of projects around your yard or house that are harder to do in the winter.



Dancing

Traditional dances or the latest TikTok trend, any way you like to move is a good reason to get out of your seat! Dancing can also be a fun and healthy way to connect with your family and friends, creating additional boosts to your mental health.



Sports

Basketball, bike riding or just throwing a ball are all fun activities to keep you moving this summer. Remember to wear helmets or other protective equipment to prevent injuries from keeping you sidelined.



Fishing

Get your gear out and go fishing! Fishing is a great way to stay active and is a low cardio workout, making it good for people with disabilities and people with respiratory problems. You can eat what you catch as fish is high in omega-3s and fatty acids and we all know Alaska has the best fishing in the world!



Play with your pup!

Dog owners can enjoy numerous health and social benefits by walking their dog, such as improved cardiovascular fitness, lower blood pressure, stronger muscles and bones and decreased stress. Play fetch or take them with you on your hike, camping or to the beach.

3.
How long
will you
be active?



Health care coverage available for Alaska Native and American Indian college students

There are many options for students (and their dependents) to receive health care coverage while physically away from the Alaska Tribal Health System.

Below is a list of what health care coverage options are available for students.



PRC can only authorize payment for urgent conditions for which medical attention is necessary. Current documents must be on file and prior authorization is required for all non-emergent medical care.

Student health insurance plans or school health programs

Medical care is sometimes offered on campuses through health clinics or other programs through the institution.

Health Insurance Marketplace

Find insurance plans at healthcare.gov.

Expanded coverage for dependents under age 26

Students under age 26 can be included in their parent's health insurance.

Indian Health Services facilities not in Alaska

If students do not have access to other health coverage, they must utilize Indian Health Service (IHS) facilities. A list of facilities can be found at ihs.gov/forpatients/healthcare. Contact each facility to see if you can receive care there.

PRC program through ANMC or your Tribal health organization

At the start of each school semester, provide ANMC Purchased Referred Care (PRC) with a notarized official letter from the school verifying the student's full-time attendance AND a current patient registration worksheet with student's temporary mailing address and telephone number. Once enrolled in the PRC Student Program, report all emergent medical services to ANMC PRC office within 72 hours. A patient, relative, friend or facility may notify ANMC PRC at (907) 729-2470 or visit anmc.org/prc for more information.

NOTE: *Students whose permanent residence is in the service area of Tanana Chiefs Conference, Ketchikan Indian Community or Metlakatla Indian Community should seek coverage through their respective PRC program.*



Salmon with rhubarb glaze and orange balsamic baby greens

So much of Alaska's traditional food bounty can be found during the summer! While you're getting active this summer doing things you enjoy such as fishing, hanging out with family and friends or gardening, make plans to celebrate some of our favorite Alaskan summer treats! When you fish and gather ingredients yourself, you get twice the healthy benefits with physical activity and healthy foods.

SALMON

Fresh-caught Alaskan salmon is a rich source of lean protein and vitamin B12, potassium, selenium and omega-3 fatty acids. Eating salmon has been linked to a lower risk of cancer, asthma, diabetes, heart disease and Alzheimer's disease. Peak season for salmon fishing occurs from May through September.



RHUBARB

The rhubarb stalk is rich in antioxidants that help protect from health-related issues such as heart disease, cancer and diabetes. Note: Do NOT eat leaves of rhubarb plant they are considered toxic and cause nausea, vomiting, abdominal pains, and even death (in severe cases). The best time to harvest rhubarb is May through early July.



INGREDIENTS

1 4 oz. salmon fillet per person
3 stalks rhubarb, diced
1 teaspoon honey or maple syrup
2 cups baby greens per person
Radishes, sliced
1 tablespoon olive oil
½ tablespoon balsamic vinegar
½ tablespoon orange juice
Salt and pepper to taste

PREPARATION

SALMON

1. Preheat a pan on high.
2. Season fillets with salt and pepper.
3. Place salmon in pan, skin down.
4. Cook until juices run clean.
5. Serve with skin.

RHUBARB

1. Put rhubarb in pot over medium-high heat.
2. Cook for 5 minutes or until mushy.
3. Add 1 tablespoon of water if needed to avoid scorching.
4. Add honey and cook for another 2 minutes.
5. Serve over salmon.

SALAD

1. Harvest greens from your garden (if that isn't available, get a mixed bag of spring greens from the store).

DRESSING

1. Combine olive oil, balsamic vinegar, orange juice, salt and pepper in small bowl.
2. Whisk until emulsified; that is, until oil is completely mixed in with other liquid ingredients.



Walk-in Clinic at ANMC

Visiting from out of town? No appointment necessary at the Walk-in Clinic at ANMC.



The Walk-in Clinic at ANMC 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:

- ◆ Cough and cold symptoms
- ◆ Cuts and minor skin infections
- ◆ Fever
- ◆ Medication refills
- ◆ Muscle strains and sprains
- ◆ Pregnancy tests and contraceptive counseling
- ◆ Sinus and ear pain and infections
- ◆ Sore throats
- ◆ Sports physicals
- ◆ STI testing and treatment
- ◆ Urinary tract infections
- ◆ Vaccinations (flu, COVID-19) and TB testing

About the Walk-in Clinic

Hours: 9 a.m.-9 p.m., Monday-Friday, and 10 a.m.-6 p.m. Saturday and Sunday. The Walk-in Clinic is open 365 days a year (including all holidays). Visit anthc.org/departments/walk-in-clinic for holiday hours and more.

Phone: (907) 729-1500

Location: Healthy Communities Building, 3900 Ambassador Drive, third floor