



# Qik'rtarmiut Asiitmen Kodiak Native Wellness News

## Kodiak Area Native Association

Promoting wellness & knowledge for Kodiak's Native People



SUMMER - KIAK 2010

## KANA Governance & Leadership

KANA is governed by a Board of Directors of (10) ten Beneficiary representatives, entrusted to promote and uphold the KANA mission. Their three-year terms of office are staggered so that in any given year Beneficiaries elect either three or four directors for a new term. The Directors are entrusted to guide the organization in response to and in anticipation of the needs of our Beneficiaries.

Over the last three years, KANA has enjoyed great success and growth. We have secured funding and coordinated construction of new clinics in the villages of Akhiok and Ouzinkie. We have completed the planning

and construction of a new KANA Community Services facility on Near Island. We have increased access to our health clinic, incorporating expanded hours, early and late appointments, lunch-hour visits, and increased village visits. We have created new programs, including our Elder Advocacy program, Patient Advocacy program, Child Advocacy program and the Bring the Kids Home program. We have increased patient satisfaction across the board for our health services. Additionally, we have expanded our contract health services to cover village patient travel to specialty clinics, and to provide expanded coverage for eye glasses and substance abuse treatment. We appreciate the opportunity to

address the needs of our Beneficiaries in offering new and improved services.

We are very proud of the accomplishments of the organization over the past three years. We are proud to serve and represent all Native Beneficiaries within our region, including the communities of Akhiok, Karluk, Kodiak, Larsen Bay, Old Harbor, Ouzinkie and Port Lions. We'd like to recognize and thank those four directors whose terms expire in 2010 who have played such a great role in promoting and advancing our organization: Jill Boskofsky, Dee Dee Christofferson, Alex Panamaroff, Jr., and Margaret Roberts.

## Quyanaasinaq!

**Jill Boskofsky** *Native Village of Ouzinkie*



Jill has served on the KANA Board for 3 years. She serves as Tribal Vice President and Environmental Director for the Native Village of Ouzinkie, and on the Spruce Island Development Corporation board. She worked with the AmeriCorps Program for 2 years, supporting healthy community activities, and has been involved in the KIHA Rural Leadership Forum for the past five years. Jill is a licensed hairdresser and mother of two. Born in Kodiak to Barbara Boskofsky (Agnot) and Raymond Kelly, raised in Old Harbor, Jill moved to Ouzinkie in 1972. She greatly enjoys working on behalf of KANA Beneficiaries.

**Alex Panamaroff, Jr.** *Native Village of Larsen Bay*



Alex has served on the KANA Board for several decades, starting in 1967. Born in Karluk to Olga and Alex Panamaroff, Sr., Alex moved to Larsen Bay in 1971 where he raised 4 children. After 38 years working for the Postal Service, he retired began work for Native Village of Larsen Bay. He currently serves as their Environmental Coordinator. Alex has also served on the Kodiak Island Housing Authority board for nearly two decades; as past Mayor of Larsen Bay; as former Tribal Council President for Karluk; and as a past Tribal Council member for Native Village of Larsen Bay. His knowledge and commitment to KANA Beneficiaries has been a great asset.

**Dee Dee Christofferson** *Gwangkuta Suuget (At-Large)*



Dee Dee has served on the KANA Board since 2008, including KANA's Finance and Bylaws Committees. She is the daughter of John and Verna Panamarioff and grew up with three brothers and five sisters in Ouzinkie. She now lives in Kodiak and works for Koniag, Inc. as Executive Assistant to the President. Prior to Koniag, she worked for 14 years for Ouzinkie Native Corporation. Dee Dee also serves on the Kodiak Island Housing Authority board and the KIBSD Alaska Native Education Grant Evaluation Committee. Her strong commitment to KANA Beneficiaries and region-wide unity are appreciated.

**Margaret Roberts** *Tangirnaq Native Village aka Woody Island*



Margaret currently serves as Chair of the KANA Board. She is the daughter of Ronald Fadaoff and Martha Dunlap (Patarochin) of Woody Island. She served the Kodiak Alutiiq people as former President of Sun'aq Tribe of Kodiak for 13 years; founder of the Kodiak Alutiiq Dancers; cofounder and chair of the Alaska Sea Otter Commission; KANA Health Committee Member for 15 years; Alaska Native Health Board Member for 14 years; and as co-founder of the Alaska Inter-Tribal Council for which she is currently Secretary of the AITC Executive Council. Margaret's extensive service on behalf of the Kodiak region and her knowledge of Federal Indian Law are a great benefit to the KANA Board and staff. ■

## Iluani Inside

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## Board Profile Mitch Simeonoff



Photo by Jan Pennington.

KANA Board Member Speridon “Mitch” Simeonoff, Sr. was born and raised in Akhiok to Mary Peterson and Walter Simeonoff, Sr. He and his wife Judy have also raised their two sons in the village of Akhiok: Speridon Simeonoff, Jr. and Teacon Simeonoff, who are both now grown and raising their own families. Together, Mitch and Judy have both actively contributed to the Akhiok community and youth. Mitch has assisted Akhiok as a tribal council member for the Native Village of Akhiok for many years, serving now for the past two years as Akhiok Tribal Council President.

Mitch is a career commercial fisherman with his boat the Blue Fox 2 and set net site at Blue Fox Bay. He regularly shares his Alutiiq cultural and subsistence knowledge through a variety of community and regional activities. For many summers, Mitch and Judy have hosted the Akhiok Youth Culture Camp each August at the Alitak petroglyph field in collaboration with the Alutiiq Museum and Dr. Sven Haakanson, Jr.

In addition to Mitch’s 10 years of service on the KANA Board, Mitch also contributes his knowledge and leadership on numerous boards, councils, and committees, such as Chairman of the Alaska Native Harbor Seal Commission, Commissioner of the Alutiiq Museum and Archaeological Repository representing the Native Village of Akhiok, Chairman of the Kodiak/Aleutians Federal Subsistence Regional Advisory Council and past member of Koniag’s Kodiak Shareholder Committee and KIBSD Advisory School Board.

Mitch’s commitment to the Kodiak Alutiiq regional community and village of Akhiok is widely known and valued. ■



## Iluani makes a comeback: Student publication for sale now

by Zack Watkins, KHS 2010 graduate

Kodiak High School’s Journalism staff recently created the newest edition of *Iluani*. *Iluani* was a long-standing tradition at Kodiak High School for many years, though the last edition was published nearly twenty years ago. *Iluani* is a collection of Elder interviews, conducted by students. This book can be considered the roots of Kodiak and a documentation of Kodiak history.

The class brainstormed interview questions together and chose approximately twenty-five Elders to interview. Each student then transcribed hours of recorded conversation onto paper. Despite some pre-interview jitters, the conversations went magnificently.

Junior Melvin Anton interviewed Rosabel Baldwin. “I felt a little stressed because I’ve never interviewed an Elder, but all in all it went well. I didn’t expect it to be so simple.” Senior Jodi Gonzalez agreed, “I interviewed Julia Naughton. I barely had to break the ice! Just by saying hello I was greeted and the interview took off from there.”

The students were also impressed with the Elders’ depth of knowledge and friendliness. KHS senior Amy Watkins interviewed Kodiak Elder Iver Malutin. “It was rewarding and I learned a lot. It was nice to hear how people lived in the past.” Senior Zack Watkins interviewed Neil and June Sargent. “This family welcomed me in not as a stranger but as a guest. After hours of golden conversation, it was a handshake and I was on my way to type it down. Everyone always says ‘the good ol’ days,’ when in reality Kodiak experienced two tsunamis, the Katmai eruption, and food had to be frozen or dried to reach here. No roads were paved until the military paved them.

The information I’ve learned about the past has helped me realize how far we’ve come as a community and how things around our island have drastically changed. I also learned from Neil and June how well children today have it.”

Students also felt like they had made new friends. Senior Willie Roberts interviewed Ole Mahle, “He was a great guy and I still see him around town and talk to him. He is a great guy to have a conversation with.” Senior Abe Sullivan agreed, “I interviewed Roy Madsen. He’s a pretty cool cat. I could relate to his agreeable manner very well.”

Students at the Dig Afognak summer camp also participated, interviewing Elders over the summer and submitting creative writing pieces. Mrs. Dillard’s Art class contributed artwork inspired by the Alutiiq myth *The Girl Who Married the Moon*, and KHS student photographers contributed photos. You can purchase the *Iluani* book by leaving a message for Kodiak High School instructor Tonya Heitman at 481-2501. ■

Reprinted from *KHS Bear Naked News*; Vol. 2, No. 7



## Alutiiq Crossword Puzzle

To complete this puzzle, find keyword answers in Alutiiq for each clue below. See word translations and correct spellings under the clues. Puzzle solutions on page 7.

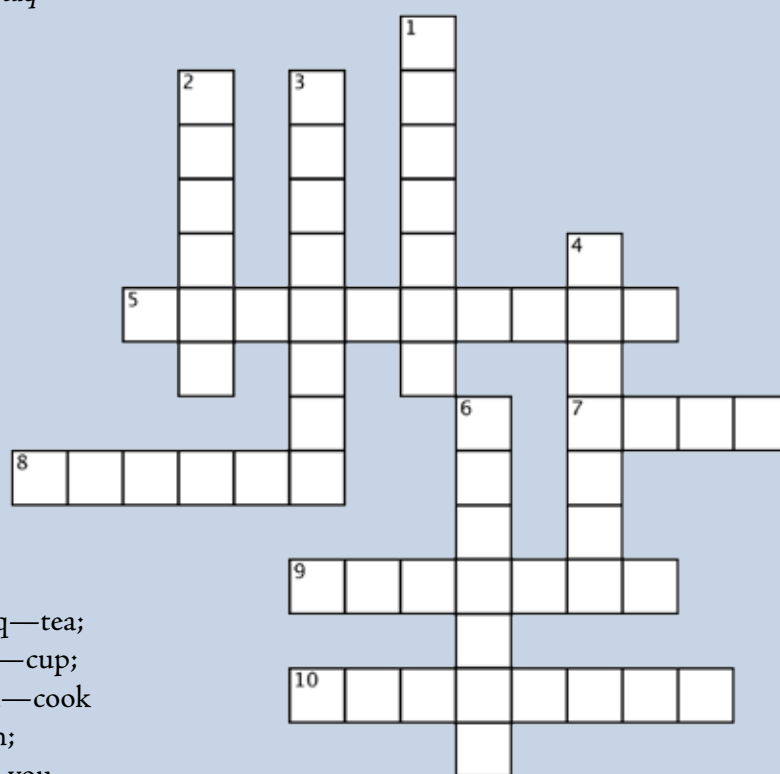
Puzzle by Alisha Susana Drabek—*Englartaq*

### ACROSS

- 1 Newborn person
- 2 Hot herbal drink
- 3 Child of your son or daughter
- 4 Chef
- 6 Pot for boiling tea

### DOWN

- 5 I love you. (phrase)
- 7 Relatives
- 8 Ceramic vessel
- 9 Clear drink
- 10 Room we cook in



Vocabulary found in this puzzle: caayuq—tea; caniiik—teapot; carliaq—baby; caskaq—cup; elltuwaq—cousin; ilat—family; kenirta—cook (person who cooks); kenirwik—kitchen; taangaq—water; Qunuqamken—I love you.

# Child Services Program

## Changing Tides

Promoting the health, safety and well-being  
of all children on Kodiak Island

### *A Child's Earliest Years Build the Foundations for Lifelong Health & Learning*

An explosion of research in the neurosciences has stimulated public discussion about the importance of environments and experiences in the very early years. Scientific evidence shows developing brains are actually wired in the first 36 months of life to build the foundation, or the architecture, to acquire a broad range of skills and learning capacities. All future learning, behavior, and health depends upon life experiences during this critical time of growth. Children who experience poverty, neglect, or violence in the early years can end up with faulty wiring if they do not receive positive adult interventions.

Interventions may range from simply introducing a highly responsive caregiver to the child's environment, to providing more structured family services. KANA's goal is to expand the system of Beneficiary care to increase services that promote strong, healthy families. Components of an integrated system will build family resiliency to cope with challenges, and may include home visitation beginning during pregnancy, increasing early childhood behavioral and mental health consultations, and providing family strengthening and parent skills training. KANA is working closely with our Tribal and community partners to coordinate and sustain resources available for the Koniag Region.

### *Child Stress & Trauma*

Early childhood trauma generally refers to the traumatic experiences that occur to children aged 0-6. Because infants' and young children's reactions may be different from older children's, and because they may not be able to verbalize their reactions to threatening or dangerous events, many people assume that young age protects children from the impact of traumatic experiences. However, young children are affected by traumatic events, even though they may not understand what happened. These traumas can be the result of intentional violence—such as child physical or sexual abuse, or domestic violence—or the result of natural disaster, accidents, or war.

Child traumatic stress occurs when children and adolescents are exposed to traumatic events, and when this exposure overwhelms their ability to cope with their experiences.

Depending on their age, children respond to traumatic stress in different ways. Many children show signs of intense distress—disturbed sleep, difficulty paying attention and concentrating, anger and irritability, withdrawal, repeated and intrusive thoughts, and extreme distress—when confronted by anything that reminds them of their traumatic experiences. Some children develop psychiatric disorders.

While some children “bounce back” after adversity, traumatic experiences can result in a significant disruption of child or adolescent development and have profound long-term consequences. Repeated exposure to traumatic events can affect the child's brain and nervous system and increase the risk of low academic performance, engagement in high-risk behaviors, and difficulties in peer and family relationships. Fortunately, there are effective treatments for child traumatic stress. (Visit [www.nctsn.org](http://www.nctsn.org))

Holistic approaches to social problems and other challenges have been used historically in Tribal communities (Wasserman, 2003). Community-based programs that incorporate scientific insight with approaches that honor culture and tradition, and acknowledge historical trauma, will best support efforts to prevent childhood exposure to trauma, beginning with the unborn child. All children begin life with equal potential to thrive and lead productive lives. To live their lives to the fullest, they depend upon adults to make the right choices in the first stages of development.

### *Partnerships & Gatherings*

Following a series of regional summits to address child abuse and family resiliency, KANA recently received a mini-grant from the Bureau of Indian Affairs to continue this series with follow-up Forums this fall, and a spring 2011 Summit. With a program emphasis on the critical early years, KANA is also the lead agency for the *Kodiak Early Childhood Coalition: a Best Beginnings Partnership*. The Coalition completed a needs assessment and strategic plan in 2010, and is funded by Best Beginnings to begin implementation in 2011. The assessment and plan will soon be available on KANA and Best Beginnings websites.

As a community developing a Children's Advocacy Center, Kodiak is a member of the Alaska Children's Alliance. With grant funding from the Department of Justice/Office for Victims of Crime, KANA is helping to coordinate a multidisciplinary response to allegations of child sexual abuse or severe physical abuse. Representatives from Law Enforcement, Child Protection, Medical and Behavioral Health, the District Attorney's Office, and Victim Advocates sit on the Multidisciplinary Team. Team members are participating in professional training to meet the specialized needs of child victims.

### *Anirturkii uswillra'apet*

Please contact Cindy Harrington at 486-9878 for information on our child advocacy initiatives. ■

### *Did you know...*

*The brain is a 'use it or lose it' machine.*

*A baby's brain uses three times the amount of energy as an adult!*

*By 6 years of age, a child's brain will be 95% of its adult size.*

*Children who watch more television during the first three years of life are more likely to have problems with attention deficit disorders when they are 7 to 9 years old.*

*By 18 months of age, the areas that control emotions are connecting. Babies learn about healthy relationships and how to handle stress from you, so if you are stressed, your baby will be too.*

### *Experience Shapes Our Brain: Help Children Grow Healthy Brains with 6 Simple Steps*

- Help me make connections.
- Be there for me.
- Understand the building blocks of my brain.
- Build my self-esteem.
- I need to feel safe.
- Keep being there!

*From The Amazing Brain: What Every Parent and Caregiver Needs to Know; Linda Burgess Chamberlain, PhD, MPH*

### *6 Basic Facts About Trauma and Brain Development*

- The brain's building blocks develop from bottom to top.
- Trauma interferes with learning.
- Post-traumatic Stress Disorder (PTSD) hurts the brain.
- Trauma leads to other health problems.
- You can make a difference.
- It's never too late!

*From The Amazing Brain: Trauma and the Potential for Healing; Linda Burgess Chamberlain, PhD, MPH*



## Beneficiary Care Update

# New Prenatal Care Services

In July 2010, KANA medical staff began a new approach in how we care and treat our prenatal and obstetrics (OB) patients, which has already received many positive responses.

As pregnancy is such a special time in a women's life and so critical to a baby's wellbeing, we decided to engage a well-rounded team as we care for pregnant women. Initially, pregnant mothers will be seen by Bettye Plyler, LPN, as part of their first prenatal appointment where Bettye will gather patient history and personal background information through a prenatal intake questionnaire. Bettye will then assist each patient in setting up an appointment to see one of KANA's medical providers. Bettye will also refer the patient to our registered dietitian and a behavioral health coach to ensure optimum health and comfort.

Then, Shanna Moeder, the registered dietitian here at KANA, will meet with the patient to discuss nutrition during pregnancy, as well as introduce the mother to the *Kodiak Kindness* program and provide information on the WIC program if needed. As of July 2010, Shanna

has joined the Kodiak WIC team to provide services alongside the nutrition services she provides at the medical clinic. Studies show that women who see a dietitian during their pregnancy have a healthier pregnancy.

Either Kathy Nussbaum, registered nurse and behavior health consultant, or Melody Livingston, social worker and behavior health consultant, will then meet with each pregnant mother to introduce themselves during an intake and educational nursing appointment, in addition to schedule follow-up or educational visits as needed. They will share a variety of educational pamphlets, short videos and personal appointments at various stages during prenatal care. This is offered both for first time Moms and as refreshers for seasoned parents.

The staff here at KANA is excited to be able to take this new team approach for our prenatal and obstetrics patients. We hope this new service helps make pregnancy a happier and healthier time for expectant families.

## Provider Profile

# Nicole Webster, RN Case Manager

Nicole Webster first visited Kodiak eight years ago, when her sister and brother-in-law were stationed here with the Coast Guard. Born and raised in Juneau, Nicole found Kodiak appealing and was enthusiastic about being transferred here herself two years ago, as part of the U.S. Public Health Service Commissioned Corps. Webster has served as KANA's Diabetes Nurse Educator and Grant Manager and, next month, will begin her new position as a Clinical Nurse Case Manager, where she will coordinate preventative home care, chronic disease management and medicine refills, as well as become the first point of contact for patients with questions.

Webster hails from a family in medicine, including a grandmother, sister and cousin in nursing. "I went to college when I was seventeen; I liked science, but I didn't want to go into medicine. I preferred nursing." Webster received her BS in Nursing at Washington State University, after briefly considering a career as a veterinarian. She decided on a medical clinic environment because, though she liked working in the emergency room, she didn't like hospitals. "I like the clinic

environment better. It's nice to get to know people on their own ground, not in a gown on our turf, but in an environment where they have more control."

Webster and her husband, Courtney Webster, are also enjoying Kodiak's environment. She first introduced him to Kodiak during a sunny Crab Festival weekend several years ago and he, too, fell in love with Kodiak. "I like the speed of life here—it's slower. There's not too much to get stressed out about—no traffic, no hustle and bustle. Everyone is relaxed and understanding. This is a very friendly, hospitable, inclusive community." Kodiak also offers Webster the chance to indulge in some of her hobbies, such as ice hockey, running and reading. An avid reader, Webster especially enjoys medical non-fiction, contemporary fiction and children's literature. A recent favorite is *The Immortal Life of Henrietta Lacks*.

Webster finds her work at KANA particularly rewarding. "I like conducting home visits and traveling to the villages. I've been to all of the villages but Akhiok. The villages are a different world and I enjoy the opportunity to see people



Nicole Webster and her husband making paper in Thailand. Courtesy of Nicole Webster.

in their element. It allows me to be more understanding of their situations and lifestyles." She is also enjoying working at KANA. "This is an awesome medical facility; people administer really good care, work hard and have good hearts. From administration down, everyone cares about the Beneficiaries. If they need anything, they can contact me at 486-9800 and I'll help them navigate the medical system." ■

# KANA Community Services Updates

## Infant Learning Program (ILP)

ILP Toddler group is open to clients and children enrolled in the Ages and Stages Questionnaire (ASQ) Program. We meet Wednesdays at 3:30 p.m. either at the Family Activity Center located at the new Near Island building, or on sunny days we meet at the Father Herman Street Park. For more information or if you are interested in joining the ASQ Program, please call Tammy at 486-1369.

The Infant Learning Program provides **free vision and hearing screens** for children birth through age 5. Please call 486-1366 to schedule an appointment. September is *Fetal Alcohol Awareness* month. We encourage all pregnant mothers to choose healthy alcohol free beverages for the best development of their baby. We have many **delicious non-alcoholic recipes** available to those who are interested, contact Tammy at 486-1369 for some tasty creations.

ILP is fully staffed with Nancy Wells as Program Coordinator, Amanda Sanford, Developmental Specialist, Margaret Kavanaugh, Developmental Specialist, who has been newly hired and has just retired from the Kodiak School District, and Tammy Pyles, Program Assistant. Our staff is available to help with all developmental needs. Our office number is 486-1366.

## Foster Care

Do you have room in your heart and home for a child? In Alaska, approximately 2,000 children are in custody of the Office of Children's Services. We have a growing need for loving foster families throughout our state and on Kodiak Island. Becoming a Foster Parent is an opportunity to make a difference in a child's life. To learn about how to become a Foster or Tribal Kinship Parent, contact Lureta Porter at KANA 486-9869 or Kodiak Children's Services at 486-6174.

## Low Income Home Energy Assistance Program (LIHEAP)

KANA serves the villages of Akhiok, Larsen Bay, Old Harbor, and Kodiak through the LIHEAP program. We will be accepting applications for the FY-2011 program beginning October 1, 2010. Applications will be available at both the KANA Main building, the Near Island Building, and also at tribal council offices.

We start our outreach to the villages in September to assist with the application process and answer any questions. For more information please contact Joanne Quass at 486-9839.

## Summer Youth Program

The KANA 2010 Summer Youth Program was a huge success! We employed twenty-eight students this summer, which is the highest participation KANA has ever had! The program goal is to provide eligible youth between the ages of 14-24 summer employment and educational opportunities, so that they can experience real-world labor expectations and prepare for future careers. For more information about the 2011 Summer Youth Program contact Jennifer Wolfrom at 486-1358.

## Work Investment Act (WIA)

We are excited to announce that two individuals who successfully completed the WIA Program have been offered and accepted full time employment recently. The program was established to assist individuals obtain permanent employment through guidance and counseling, training or education, and funding assistance specific to their needs. For more information about the WIA Program you may contact Jennifer Wolfrom at 486-1358. ■

## Provider Profile

# Ann Marie Narog, RN Case Manager



*Ann Marie Narog with her family.*

"Ever since I was a little girl, I wanted to help people." Anne Marie Narog knew she wanted to go into the medical field throughout her childhood in Golovin, Alaska, a village of 150 people near Nome. "Growing up in Golovin was like being at fish camp all the time. It's very rural; there is no running water or flush toilets. We didn't have T.V. until I was in high school. We appreciated the little things—everything we got was special. Growing up in a village like that fosters close relationships with family and community."

Narog's dedication to community and Native people led her to KANA. After moving to Anchorage to attend nursing school, she earned a Bachelor of Science in Nursing from the University of Alaska, Anchorage in 1999. She began work at the Alaska Native Medical Center (ANMC) in the Intensive Care Unit and as a case manager for internal medicine. From 2003-2006, she worked in the Nome Emergency Room (ER), until she moved to Kodiak with her husband, Brian Narog—KANA Pharmacist. She served at Providence Hospital ER until offered a position at KANA in January, 2010, which she gladly accepted.

"Kodiak is beautiful; we like living here. We have a small skiff and we go gill netting, set our longlines for halibut and pick berries. I grew up with a subsistence lifestyle; learning how to subsist here has been fun. Kodiak is a good place to raise kids; it's small enough for safety, but big enough for opportunities." Narog has four children, the oldest in college at Ft. Lewis in Durango, Colorado, and the youngest beginning kindergarten.

Her children provide further inspiration for involvement in the health field. "I really feel I need to be working with Native people. The Native health system is close to my heart; I'm familiar with it, I grew up with it, and my kids and their kids will be utilizing it."

When she is not working, Narog enjoys reading historical fiction, camping, fishing and traveling. She recently returned from a vacation in Mexico; her favorite vacations are to "warm places" such as the Caribbean and Hawaii. She is also pursuing her Masters of Public Administration degree.

"I'm really happy to be here, working for KANA. Our Native health care is one of the better systems. We have good providers and a top notch hospital in Anchorage. We are inclusive here; everything is in one building and comprehensive. We have good communication and that benefits the patient. KANA is at a really good place right now and it's only getting better." ■



## Diabetes

# The Power to Prevent

by Shanna Moeder, Registered Dietitian

We all have the power to prevent diabetes! Diabetes is a disease that effects 23.6 million people in the United States; over 5.7 million go undiagnosed with diabetes each year. Unfortunately, Alaska Natives and American Indians, African Americans, Hispanics, Asians and Pacific Islanders, are at a higher risk for getting diabetes sometime in their life. Currently there is no cure for diabetes.

For many, preventing diabetes is relatively easy but it does take some work. It can be as simple as grabbing something on your way out the door for breakfast or by sharing your “take-out” or dessert with someone else. It can mean taking a small walk after a big dinner and, of course, choosing healthy options most of the time.

The worst thing we can do is not be screened for diabetes or disregard crucial advice from a medical provider when they tell you are at risk for diabetes. Knowing that your fasting blood sugar is in the pre-diabetes range might be scary but actually it can be quite motivating if you accept it as a warning sign. It means you have a chance to make a change before your blood sugar gets out of control and develops into diabetes. Having pre-diabetes is not anything to be embarrassed about. It is something you have the power to change!

If you are at risk for diabetes or you want to prevent diabetes, these are some life changes

you can make that will help you keep from developing diabetes:

- Participate in your subsistence way of life (gather local native foods and participate in your cultural ways);
- Move more or start an exercise regimen most days of the week;
- Watch your portions when you eat;
- Eat whole grains, more fruits and vegetables, lean meats like deer and fish and less store bought beef and sausage;
- Eat less processed foods, such as boxed foods, or white foods;
- Drink water every day;
- Quit smoking;
- Cut down or quit drinking empty calorie drinks like soda, juice & energy drinks.

People over the age of 18 should be screened yearly for diabetes. You can achieve this by talking to the diabetes department at KANA or with your medical provider. You hold the power to prevent a disease that is rapidly increasing among Alaska Natives. November is National Diabetes Month—a great time to motivate yourself to be screened for diabetes!

*Dessert can be healthy and taste great at the same time. Below is one of my favorite dessert recipes to share with family. ■*

## Raw Berry Crisp

Serves 8

Rich nuts and sweet dates make a tasty topping for mixed berries in this no-cook version of berry crisp.

### Ingredients

6 cups mixed berries (local or fresh/frozen),  
such as salmonberries, blackberries, blueberries, raspberries and sliced strawberries  
1 tablespoon pure maple syrup, more or less to taste depending on sweetness of berries  
1 cup raw pecans  
1/2 cup raw walnuts  
1/2 cup pitted dates, roughly chopped  
½-1 cup of oatmeal (optional)  
1/2 teaspoon ground cinnamon

### Method

In a (7- x 11-inch) dish, toss berries with maple syrup. Put pecans, walnuts, dates and cinnamon into a food processor and pulse until coarsely ground. Scatter nut mixture over berries and serve immediately, or chill until ready to serve.

### Nutrition

Per serving (about 5oz/146g-wt.): 240 calories (140 from fat), 16g total fat, 1g saturated fat, 0mg cholesterol, 0mg sodium, 25g total carbohydrate (8g dietary fiber, 16g sugar), 5g protein.

Courtesy of [www.wholefoods.com](http://www.wholefoods.com) website

## Provider Profile

# Carrie Randolph, Dentist

Carrie Randolph's fond memories of her positive childhood experiences at the dentist contributed to her desire to become one. Born in Cordova as Carrie Donaldson, Randolph relocated to Kodiak in the 5th grade, graduated from Kodiak High School in 2002, and headed off to college knowing she wanted to go into the health services field.

After transferring from Jamestown College in North Dakota her sophomore year, Randolph continued her education at Eastern Washington University in Spokane, Washington. She began narrowing down her career options, finally settling on dentistry. "There is a biologist in my family, but I wanted something more artistic. A lot of people don't realize there is artistry in dentistry. I enjoy the artistry and engineering of putting a tooth together and working with my hands. Seeing a tooth that is really broken down and restoring it to brand new is rewarding."

Randolph earned her D.S.S. at University of the Pacific in San Francisco. "It was a good experience. San Francisco is culturally diverse and I met a lot of different people. It was fun." Randolph focused on becoming a general practitioner (her favorite courses included Fixed Prosthodontics) and thoroughly enjoyed her working environment. "It was a humanistic environment, where people were expected to meet their responsibilities while treating everyone with respect. I appreciated that; I have that here as well."

Randolph is grateful for the opportunity to work in Kodiak. "I'm happy about coming back to the town I grew up in and helping out the community." She was thankful everything



fell into place to come home. Kodiak also offers Randolph the opportunity to indulge in many of her favorite pastimes, especially her love of active, outdoor hobbies such as hiking, fishing, and using her newly purchased kayak. Randolph is also an avid runner; she attended Jamestown College on a running scholarship and held the Kodiak High School Pentathlon record for the track team, a title that includes events as diverse as the shot put, high jump and 300 meter hurdles. When the opportunity arose

to work in Kodiak, Randolph immediately accepted. She and her high school sweetheart, now husband, Tyler Randolph, drove a 26 foot U-Haul up the Al-Can highway in July and she is happily settling into her new position.

"I appreciate the opportunity to provide oral health care for fellow Natives. Giving a patient her smile back or improving chewing ability is rewarding. KANA has a good dental staff and team environment. I'm honored to provide care here." ■

## We want to hear from you! Comments & Suggestions

If you have a comment or suggestion for the Kodiak Area Native Association, please let us know. We welcome the opportunity to better serve the needs of our Beneficiaries. Thank you.

Name (optional) \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

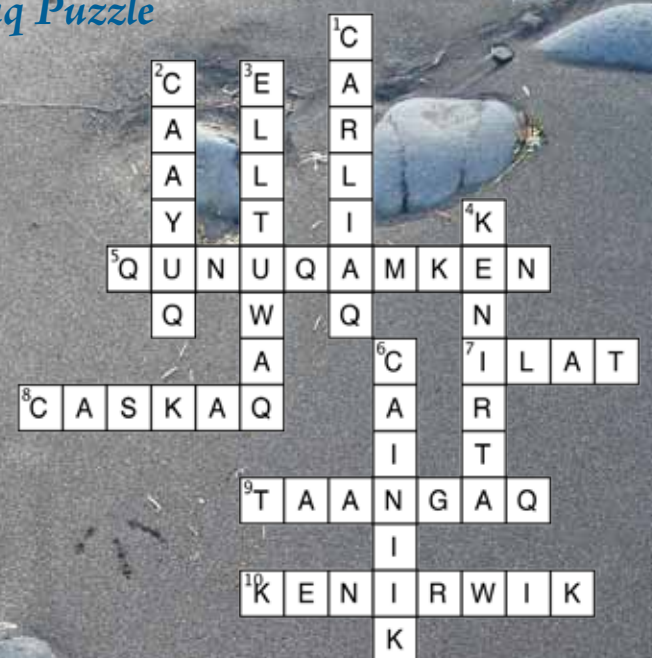
\_\_\_\_\_

Clip and drop off this card at the KANA reception desk, or mail to:

**Kodiak Area Native Association**  
3449 Rezanof Drive East, Kodiak, AK 99615

**Quyanaasinaq!**

## Crossword Solutions for page 2 Alutiiq Puzzle



For help with pronunciation of Alutiiq words, talk with a fluent Elder, or visit the Alutiiq Museum's Alutiiq Language website at [www.alutiiqmuseum.org](http://www.alutiiqmuseum.org) (select Alutiiq Language from the side menu).

You will find both an Alutiiq Alphabet page to help build Alutiiq literacy and also an archive of past Alutiiq Word of the Week publications, many of which feature audio recordings.

# KANA's Fitness Center makes a difference in people's lives

The Honorable Judge Roy Madsen, 87, has lived in Kodiak for 70 years. He retired from the Alaska Court System after serving the people of Alaska for 37 years, 22 as a lawyer and 15 as judge. In the Navy, he served as a Quartermaster on a PT boat for 4 years. Madsen also worked as a bear guide and commercial fisherman. Active throughout his life, he recalls that in order to get to his fishing site, he either sailed or rowed a boat.



Retired Honorable Judge Roy Madsen with fitness trainer Ron Williams. Photo by Steve O'Brien.

Recently, he survived a serious medical condition and was not expected to live. He now has a filter in his blood stream to help protect against further blood clots. Roy might be in his Elder years, but nothing has slowed him down yet!

His Honor comes to the KANA Fitness Center twice a week, and works out for at least one hour with his personal trainer, Ron Williams. Judge Madsen may enter the gym on two canes, but he stands tall and inspires everyone at the Fitness Center, including the gym staff.

Roy Madsen's cardio workout includes: treadmill for 5-7 minutes and rowing for 10. For strength training he uses barbells, dumbbells, exercise bands, and the Smith

station, targeting chest, back, abs, arms, and legs—all super sets, 5 movements, non-stop. He bench presses 100 pounds. Roy says he feels healthier and has dropped 1% of body fat.

Judge Madsen's message to you: "This newsletter article is not about me, but about the KANA Fitness Center and what it can do for you. It offers great exercise variety and a very supportive staff. I believe the gym is under used and I want to know: What's your excuse?" ■

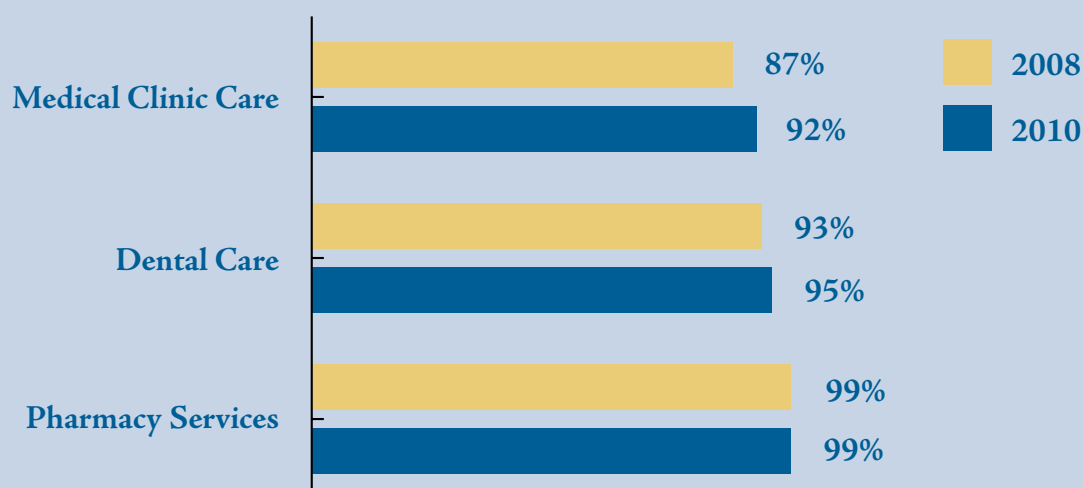
**KANA Fitness Center**  
 M – F 6AM – 7 PM  
 Call 486-1377

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## 2008-2010 KANA Accomplishments

- Increased access: earlier and later appointments, lunch hour appointments, open Wednesday mornings, increased village visits.
- Automated medical and dental records
- Added physician: 4 docs and 2 midlevels
- Added second personal trainer
- Added dietician
- Nutrition services
- GPRA- met all 21 IHS treatment and prevention goals. Top 1% in the nation (1 of 4 organizations in the nation).
- Improved Patient Care program – panelized patients, care teams, clinical reminders
- Patient advocacy program
- Integrated Behavioral Health
- Bring the Kids Home
- Child Advocacy Program
- Increased laboratory capacity- in-house labs
- Traditional Healing Program
- Expanded contract health services: travel for village patients to specialty clinics, eye glasses, allergy, dermatology, treatment
- Automated pharmacy dispensing system (robot)
- Digital dental x-ray conversion
- Elder long term care planning
- Added medical case management
- Semi-annual Health Summits
- Health Committee
- Pain Management support groups and increased accountability
- Improved patient satisfaction scores

Percentage of Kodiak Clients "Very Satisfied" & "Satisfied" with KANA Health Services, 2008 & 2010



## Cisllat Calendar

### KANA's Annual Meeting

Saturday, October 9, 2010  
 Kodiak Harbor Convention Center  
 211 Rezanof Drive West, Kodiak  
 9:00 a.m. - doors open for registration;  
 10:00 a.m. - meeting starts  
 Door prizes will be awarded; members must be present to win.

The following tribal chapters will each elect one Director at this year's meeting:

- Gwangkuta Suuget (AKA At-Large Chapter)
- Native Village of Larsen Bay
- Native Village of Ouzinkie
- Tangirnaq Native Village (AKA Woody Island Tribal Council)

### Board of Directors

Margaret Roberts, Chairperson  
 Olga M. Malutin, Vice Chairperson  
 Arnold Kewan, Secretary  
 Alex Panamaroff, Jr., Treasurer  
 Kara Amodo, Member  
 Jill Boskofsky, Member  
 Cheryl "Dee Dee" Christofferson, Member  
 Al Cratty, Member  
 Loretta Nelson, Member  
 Speridon M. Simeonoff, Sr., Member