Qik'rtarmiut Asiitmen
Kodiak Native Wellness News
Kodiak Area Native Association
Promoting wellness & knowledge for Kodiak's Native People
Winter - Uksuq 2011

Elder Care Initiative

KANA's vision for our Elders is that *Elders and their caregivers are the primary decision-makers regarding an Elder's care and place of residence*. This vision directs KANA and other service providers on Kodiak Island to work together to develop a long-term care system that focuses on providing the tools and services needed for Elders to live independently and be connected to their families and home communities, for as long as possible.

In 2008, KANA was awarded an IHS Elder Care Planning grant that focused on identifying and understanding the needs of our Elder population, as well as, identifying the availability of current Long Term Care (LTC) services and Elders' priorities for developing new services; we want the Elders to have a say in what their needs are. An Elder Advisory Committee was formed to act as the "guiding body" for the project.

During the planning phase recommendations and priorities were identified by Elders in Kodiak and all surrounding villages through the needs assessment process. Priorities included: *1) Rural Adult Day with Attached Assisted Living Room; 2) A Room with a View; 3) Caregiver Support; 4) Elder Advocates*: Most interviewees expressed interest and a need for local and regional Elder advocates.

The needs assessment also identified the gaps in the following areas: 1) workforce shortages; 2) lack of service availability in area villages; 3) the lack of weekend meal delivery in the villages; 4) the lack of hospice services on Kodiak Island; 5) the limited availability of Assisted Living beds; and 6) the long-term care units at Providence Kodiak Island Medical and Bayview Terrace consistently being at capacity and unable to serve new clients.

Another component of the Elder Care grant was the inclusion of Elder Gatherings. KANA has hosted Elder Gatherings in March, May, September, and December of 2010. For the March gathering, we began with only 15 Elders in attendance but by the December Elder Gathering we had a total of 55 Elders in attendance. The Elder Gatherings provide an opportunity for Elders to socialize; dance, and also listen to speakers convey information on topics that relate to Elder care and services.

On Sunday February 20th KANA hosted an Elder Valentines Dance at the Sun'aq' Bingo Hall. The band "Ookie & Pilot Bread" provided music. In the works is an "Elder Summit" for Elders & Family members for sometime in May 2011.

Elders Mary Peterson & Iver Malutin dancing.

KANA is pleased to announce that funding was received to continue these efforts. As a recipient of an Indian Health Service Elder Care Initiative Long-Term Care Grant, we will strive to develop a more coordinated approach to Elder care by putting the infrastructure and systems in place to support those efforts; in addition to, implementing Care Coordination and Palliative Care.

For more information on the Elders Implementation Grant please contact JJ Marsh or Kathy Nussbaum at KANA (907) 486-9800.

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Board Profile
Margaret Roberts, Chairperson

Margaret Roberts has dedicated many years of service to the KANA Board. She served on the Board of Directors in the late '70s, throughout the 80s and returned to serve again five years ago. "It is truly a pleasure to serve on the KANA Board of Directors. The Board is a great team to work with," she explains. "Nancy Anderson and Karl Armstrong first got me interested in Native issues; I was their protege."

Ms. Roberts was born in Kodiak with Woody Island roots, as both of her parents, Martha Patorochin whose family lived on Woody Island and Ronnie Fadaoff, who was born and raised there. Ms. Roberts is currently the President of Tangirnaq Native Village (Woody Island Tribal Council), as well as contributes to a number of organizations, including: as the President and Chairperson of the Alaska Sea Otter and Stellar Sea Lion Commission for nearly thirty years; the Alutiiq Heritage Foundation at the Alutiiq Museum; and the Alaska Native Health Board for fifteen years. During her long career of service to the Alutiiq people, she also worked as President of the Sun'aq Tribe of Kodiak for thirteen years and organized and taught the Alutiiq Dancers. Margaret also serves on the Natives of Kodiak, Inc. Board of Directors.

One of her longstanding interests is elevating the quality of life of the Kodiak Island people, a focus of the KANA Board. "We have improved patient care, strengthened our policies, and, I'm happy to say, we now have an advocate for our youth, Candace Branson." Alutiiq youth are another of Ms. Roberts' passions. "I was invited to the new Alutiiq Language class at the high school to sit in with the Elders one day. The kids were doing interviews and getting historical background about the villages. It is amazing to see them learning the language. We fought long and hard for that."

Ms. Roberts counts her 40-year marriage and expansive family among her greatest achievements, including seven grandchildren and one great-grandchild, while remaining committed to all Alutiiq children and future generations, advising youth to "pay attention, continue your education, and listen to your elders. You, too, will be elders, with children and grandchildren. It's up to you to keep our culture alive and maintain the health and well-being of our people."

The fruit of Ms. Roberts' and the Board's labor will be on display in the next month, as Kodiak holds its 3rd Annual Health Conference and KANA's 3rd Regional Child Abuse Prevention Summit will be held on March 22 and 23rd and is making great strides. ■

Indian Child Welfare Act (ICWA) Program

What is ICWA?

ICWA stands for the Indian Child Welfare Act, which is a federal law passed in 1978. ICWA was passed in response to the alarmingly high number of Indian children being removed from their homes by both public and private agencies. The intent of Congress under ICWA was to "protect the best interests of Indian children and to promote the stability and security of Indian tribes and families" (25 U.S.C. § 1902). ICWA sets federal requirements that apply to state child custody proceedings involving a child who is either: 1) a member of a tribe; or 2) eligible for membership in a tribe, and one of the child's parents is a member of the tribe.

KANA administers the Bureau of Indian Affairs (BIA) ICWA Grant on behalf of the villages of Akhiok and Larsen Bay. Rachelle Joy, KANA's new Foster Parent Support Specialist, works in collaboration with both tribes relating to ICWA cases and provides placement services and referrals.

Additionally, services are provided that are necessary to retain, support, and increase the number of Native licensed and unlicensed foster homes within the Koniag Region. This occurs through training, outreach, advocacy, media, and collaboration with partnering agencies, as well as ensuring that the ICWA law is followed by all entities. If the child is not in an ICWA compliant placement, collaboration with the Tribal Councils and the State Office of Children's Services will take place to work towards preference placement.

In an effort to support our local foster families, KANA will host monthly Foster Family Fun Nights. The goal is to provide a healthy environment to help existing foster families build a support network, as well as encourage other families to become foster parents within our community. ■

Have you ever thought of becoming a Foster Parent?

- *Do you want to help a child in need?*
- *Are you over the age of 21?*
- *Do you have a safe home?*
- *Are you either single or married?*
- *Could you care for a child if their expenses were reimbursed for the child's daily rate depending on age?*

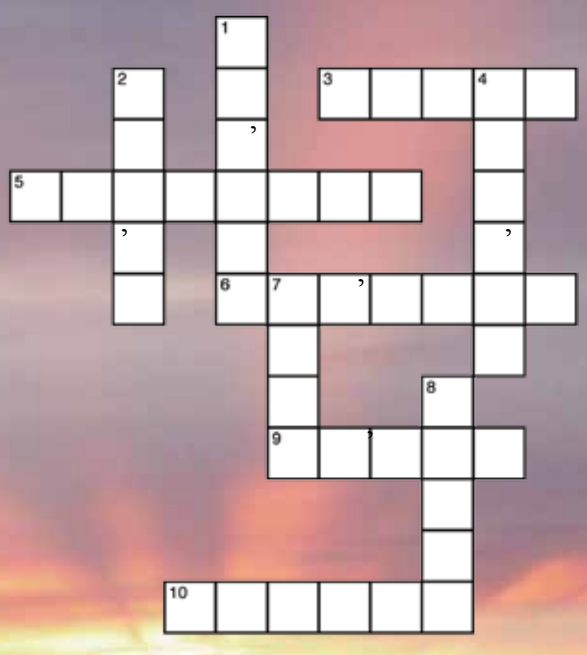
(Only for qualified Licensed foster families)

Foster homes are safe, healthy homes for children to live while a family attempts to repair itself and get back together.

There is great need for Foster Parents on Kodiak Island! Because of the lack of Foster Parents many children are being sent off Island for placement. Together we can foster positive lifestyles, pride of heritage and empower communities to help children succeed. ■

Questions?
Please contact Rachelle Joy, Foster Parent Support Specialist at 486-9869 or via e-mail: rachelle.joy@kanaweb.org

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 5.

Puzzle by Alisha Susana Drabek—*Englartaq*

ACROSS
3 A twinkling eye in the night sky
5 "Our land"
6 It has shores you can circle
9 Nature's palette that changes by the hour
10 The orb that controls our tides

DOWN
1 A goat's territory
2 City at the crown of the Pacific
4 Young lady
7 Salty waters that lap our shores
8 Its radiant light warms & feeds us

Vocabulary found in this puzzle:
agya'aq—girl; agyaq—star; imaq—ocean;
ing'riq—mountain; iraluq—moon; macaq—sun;
nunarpet—our land; Sun'aq—Kodiak; qilak—sky or cloud; qik'rtaq—island

KANA Fitness Center

The KANA Fitness is a full service gym with two ACE (American Council on Exercise) Certified Personal Trainers, Steve O'Brien and Kalen Pedersen. It is our mission to provide you with information and support to improve your overall fitness. Whether you are just starting, re-starting your fitness routine or if you are striving for superior fitness levels we can offer up-to-date information to help you along.

To meet your fitness needs we have the capacity to train and support you in the areas of cardiorespiratory endurance, strength, flexibility, and core strength. The Fitness Center offers body composition testing to track your body fat loss, and muscle gains. We also host "fitness challenges" throughout the year that give you the opportunity to test your fitness progress.

The Fitness Center offers 17 cardio machines and a complete weight room. We offer a mat room for abdominal and flexibility routines as well as special equipment like punching bags, gymnastic rings and battle ropes. We can provide you with the training and tools to create a varied training routine to maximize your fitness goals and achieve great results.

Besides a clean and especially friendly atmosphere the Fitness Center has added native art with local Petroglyphs painted by the people that use the gym, for a comfortable setting.

The Fitness Center is located under Total Interiors, just across the street from Spenard's at 1420 Selig St. Our Phone number is 486-1377.

Stop by and check us out, bring your workout shoes, improve your health, live better, laugh and love. ■

Health Tip
Keeping Heart Healthy

Recent reports have shown that even modest increases in exercise can positively impact your health! Bursts of activity for 2-5 minutes throughout the day, or walking 20,000 steps a week are enough to positively impact glucose metabolism, insulin resistance, and heart disease risk. Single 30-45 minute exercise sessions, for example a moderate pace walk, can significantly reduce triglyceride levels, which reduce the risk of heart disease. ■

Steve O'Brien, Personal Trainer, is ready to help you build an exercise routine that works for your needs, including training you in the use of two new exercise machines at the Fitness Center.

Provider Profile
Cisco Penamora, Addictions Coordinator

Cisco Penamora, KANA's Addictions Coordinator, wears many hats. He oversees KANA's Intensive Outpatient Program and Continuing Care Program for Adult Substance Abuse, as well as supervises the Tobacco Cessation Program and conducts the Prime For Life Program, KANA's 16-hour alcohol and drug intervention service for youth first offenders. Additionally, his case management duties include alcohol and drug assessments and referrals. All the while, Penamora raves about his job and the satisfaction he gets from it.

Penamora moved to Kodiak from the Philippines in 1985 with a degree in Marine Fisheries from the Polytechnic University of the Philippines; he didn't always plan on staying, but "Kodiak gets into your system and you can't shake it off," he says with a laugh. In 1988 he took a position as a case manager at Kodiak Mental Health Services and his interest in helping people with their addictions grew. He returned to school and earned an AAS in Disability Services from Prince William Sound Community College, a BS in Social Work from UAF and is currently working toward a Master degree in Social Work from UAA.

"My favorite thing about this work is the opportunity to serve...watching people grow and blossom and make other choices, instead of the old ones that always lead to the same thing. Statistically, only 1 in 10 make it, but the one keeps me going." As a person who's sustained his own recovery for over 20 years, Penamora welcomes the chance to give back. "I can relate to people when they are struggling. It's hard when you're beginning with no support system. I have a lot of compassion and understand where they are coming from."

When not at work, Penamora indulges in his greatest hobby: fishing. As an experienced and talented fly fisherman, Penamora spends the summer fishing and tying flies. He conducted a workshop at Dig Afognak last summer, teaching fly tying classes for youth. "I was privileged to be invited. During subsistence week, it was the first time I ate seal liver and seal meat. Carl Christiansen from Old Harbor discussed how to prepare and bleed seals. I also learned about the Alutiiq alphabet from Susie Malutin. The last four letters of the Alutiiq alphabet are the same in Tagalog, with the same pronunciation. It's amazing."

For now, Penamora is happily settled in Kodiak, living with his wife and supporting his son, Andrew, in his studies at Montana Technical University, where he's in his second year of an Environmental Engineering degree. Penamora praises Kodiak's atmosphere and community members. "I like the slow pace of lifestyle—no traffic, and friendly people. When you have a flat tire people will stop and try to assist you. There is a lot of kindness." Penamora wants KANA Beneficiaries to know he is available to extend his help when they need, as well as throughout their recovery process. "I'm just human. I'm easy to talk with; they can talk to me." ■

Denali Kid Care

What is Denali Kid Care?

Denali Kid Care is free health insurance for State of Alaska's children, teens, and pregnant women. Denali Kid Care ensures that Alaska's families who meet income guidelines are ensured free and quality health care.

What does Denali Kid Care cover?

- Doctor's visits/ emergency hospital services
- Medical Transportation
- Vision exam & glasses
- Dental checkup/cleaning/fillings
- Mental/Physical/Speech therapy
- Prescription drugs
- Substance abuse treatment
- Hearing tests/hearing aids
- Prenatal/postnatal care

What are the Income Guidelines?

Family Size	Monthly Income	Self-Employed Yearly Income
2	$2,656	$33,689
3	$3,339	$42,347
4	$4,021	$51,005
5	$4,704	$59,663
6	$5,386	$68,321
Addl.	+$683/person	+$8,658

** Youth living with grandparents or in foster care are eligible regardless of income.*

How Can I apply?

Applications can be obtained from KANA. The Alternate Resource Specialist can assist families in filling out applications, mailing out applications, and tracking applications to ensure speedy approval.

Contact Vallory Alter. KANA Alternate Resource Specialist (907)486-9800 ext 1368

State of Alaska

Denali KidCare Application

If you need help filling out this form or have questions, please tell us – we can help! Please call 1-888-318-8890 (outside Anchorage) or 269-6529 (Anchorage area).

What is Denali KidCare?

How do I apply?

Does it cost me any money?

Whose income counts for a child's eligibility?

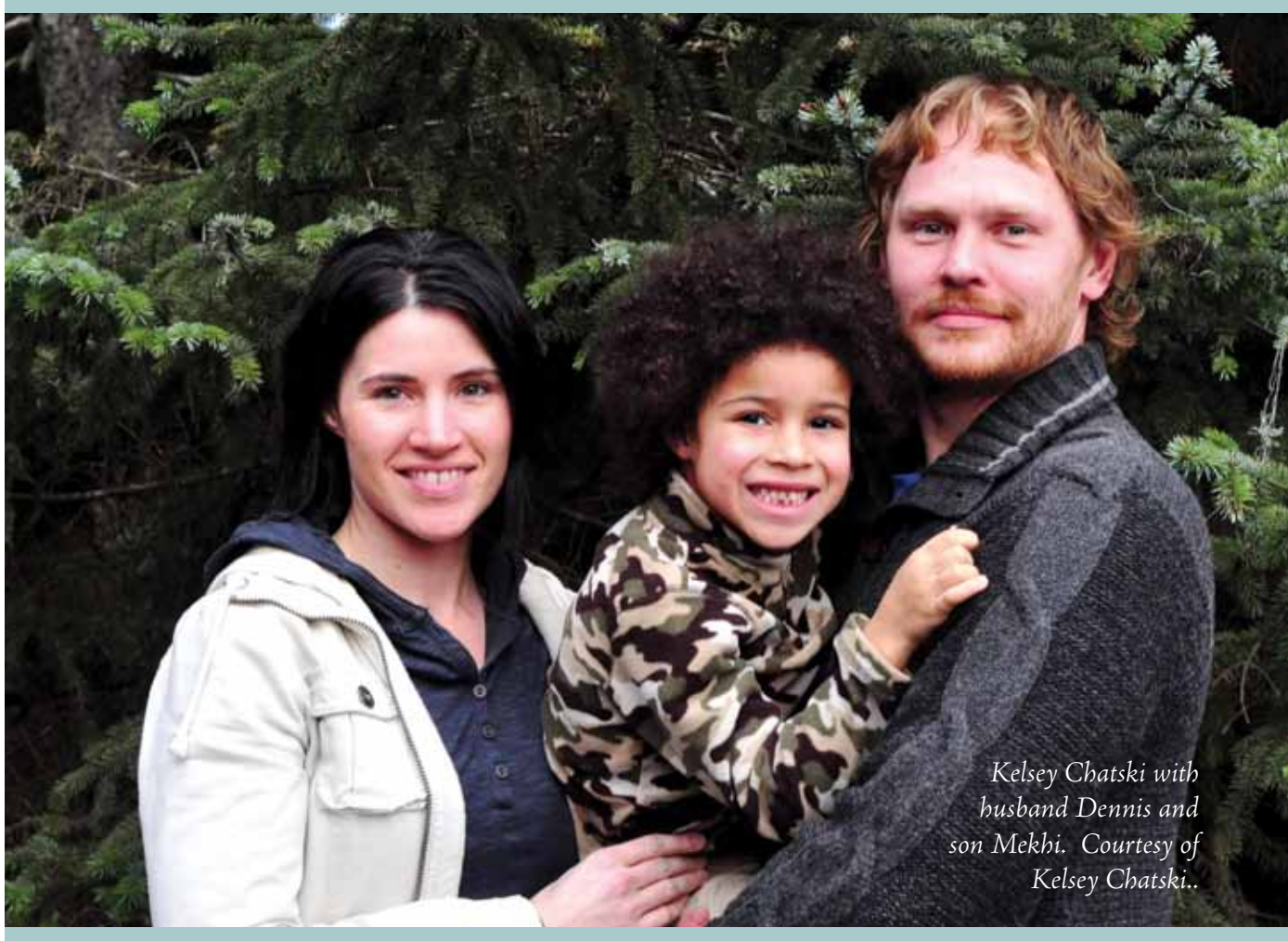
Do assets count for eligibility?

What will happen if my children or I are covered by Tribal or Indian Health Service?

What will happen if my children or I already have other health insurance?

Provider Profile

Kelsey Chatski, Registered Nurse (RN) Case Manager



Kelsey Chatski with husband Dennis and son Mekhi. Courtesy of Kelsey Chatski..

Kelsey Chatski, KANA's newest RN Case Manager, recently returned to Alaska after spending two years in Fort Worth, Texas, where she was stationed with U.S. Public Health Service. Born and raised in Anchorage, Alaska, Chatski always knew she wanted to work in the health care field. In high school, she gravitated toward the sciences, preferring Biology, Physics and Chemistry class above her other courses. It was the same at the University of Alaska, Anchorage, where she received her BS in Nursing in 2008, and later, at TUI, where she earned a Masters in Public Health.

Chatski's positive experience with her own health care providers helped lead her to nursing, as she recalls, "many personal experiences with great health care providers." Being involved in a profession where she could help people was instrumental in choosing a career. "Being able to work with people and make a difference was one reason I chose to go into nursing," Chatski explains, detailing the satisfaction she received during her nursing program, "The clinical portion was very rewarding; seeing you can do it when you don't think you can and connecting with patients was exciting and rewarding."

Chatski completed a month-long preceptorship with the Alaska Surgery Center, where she worked in pre-op and post-op, and discovered that women's health, especially obstetrics, was a favorite. "I love the babies and it's been an interest of mine, especially with my own experience—I had my son before I went into the program." Upon completing her education, she joined the U.S. Public Health Service and served two years in Fort Worth, enjoying both the opportunities to explore the different fields of nursing and to travel, though she and her family welcomed the move back to Alaska.

"We love Kodiak," Chatski smiles. "It is such a big difference from Fort Worth. Fort Worth was so big, with so many people. I love living three minutes away from work. I love the outdoors—biking, hiking, kayaking, snowshoeing, skiing and fishing. The climate is okay. We don't mind the rain." "We" is Chatski's husband, Dennis, her five-year-old son, Mekhi, and their dog, Banana. During her time away from work, she especially enjoys spending time with them, playing with Mekhi, practicing yoga and reading, particularly her favorite genre of historical fiction.

While new to KANA in her sixth month here, she finds her work, colleagues and the atmosphere enjoyable. "My favorite thing about my job is helping people make healthy changes. The success stories from patients and seeing them find relief, is exciting. I'm always available to talk to patients in a non-judgmental, confidential way. Nothing is silly. If they want to make an appointment we can talk about anything." ■

Beneficiary Care Update

Improving Patient Care (IPC)

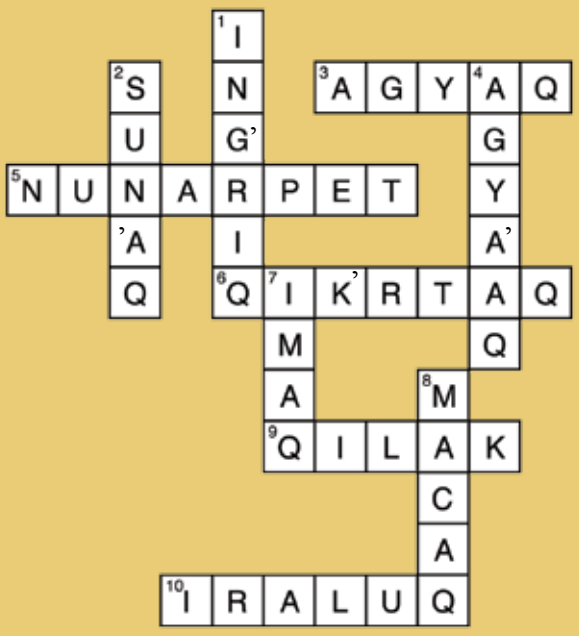
The medical department has started participation in the Indian Health Services Improving Patient Care Collaborative (IPC). The aim of IPC is to improve health and promote wellness for American Indians and Alaska Natives. The IPC Collaborative will focus on strengthening the positive relationships between the healthcare system/care team and the individual, family, and community. The IPC Care Model serves as a framework to guide the creation of a medical home, as well as, an accessible and patient-centered system of care that provides safe, timely, effective, efficient, and equitable care.

Kodiak Area Native Association, as a participating organization, will show improvements in preventive care, management of chronic conditions, and patient quality of care. Currently we are assessing the strengths and areas for improvement within the KANA medical department with the help of national experts in the field of healthcare delivery. Once this is completed we hope to develop an action plan to take the steps necessary to improve. Within a 12-month period, KANA will achieve a basic level of development of the medical home. This improvement will be seen in the delivery of care through teams, improved continuity of care, partnerships with the community and Tribal organizations, and improved integration as a whole into the overall mission of the organization.

We look forward to sharing our ideas with Beneficiaries in the near future for feedback. Engagement with Tribal leadership and the community of Beneficiaries will be essential to the success of these changes. A medical home can only be created through the direction and feedback of the Beneficiaries. ■

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 (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.

New automated medication refill line improves convenience

KANA's pharmacy has a new Automated Medication Refill System that Beneficiaries can access by calling 486-1391 or toll free from the villages 1-877-731-9911. This system is a convenient way for patients to request refills and check on the status of an existing prescription. This system will also let patients know if the refill is too early to be filled, if the refill is expired and the patient needs to contact a provide, or if the refill has been processed and when it will be available for pick-up. Patients can access their prescription information even when the pharmacy is closed, twenty-four hours a day, seven days a week. Patients are encouraged to request refills through the system at least 1 day prior to needing to pick up the medication. Village patients can request refills by calling the automated refill system or by going through their community health aide. The more this system is used, the shorter wait times will be for new medications and the more time pharmacists will have to spend reviewing your medications with patients. ■

Photo by Patrick Saltonstall, courtesy of the Alutiiq Museum.

Vitamin D:
Sunshine in a Tablet Everyone Can Use

by Shanna Moeder, Registered Dietitian

Many of us have heard a great buzz about vitamin D in the past few years and that we may be deficient just because we live in a northern climate such as Alaska. *This is true!* Even on the sunniest of sunny days in the middle of the summer, we are still not getting enough vitamin D from the sun. Vitamin D is needed in order to help with calcium absorption; and deficiency is associated with many chronic diseases such as diabetes, cancer, autoimmune diseases, hypertension and others.

Humans get vitamin D from three primary sources: sunlight exposure, foods such as oily fish (salmon) or fortified milk and supplements like multivitamins. On Kodiak Island, we are blessed with an endless supply of oily fish.

However, if you think that eating salmon often will keep you filled with enough vitamin D, you should ask yourself if you are eating it 5-7 times per week? This is how often you must consume salmon in order to get enough vitamin D.

Supplementing Vitamin D

The recommended dosage is dependent on each person's risk for deficiency. The current recommended daily allowance is 600 IU daily, but this is quite low for anyone over 1-years-old. Children over 12 months need at least 1000 IU daily and healthy adults require at least 2000 IU daily from all sources. High risk patients should consult with their medical provider regarding their recommended dosage of vitamin D. ■

**IU: International Units equals 25 mg.*

Sources	Vitamin D Content
Salmon, fresh, wild (3.5 oz) (AK salmon)	600-1000 IU
Salmon, fresh, farmed (3.5 oz)	100-250 IU
Salmon, canned (3.5 oz)	300-600 IU
Tuna, canned (3.6 oz)	230 IU
Cod Liver Oil (1 tsp)	400-1000 IU
Egg Yolk	20 IU
Fortified Milk	100 IU per 8 oz
Fortified Orange Juice	100 IU per 8 oz
Fortified breakfast cereals	100 IU per 3 oz
Multivitamin	400 IU (make sure it is D3-Cholecalciferol)

Exposure to Sunlight (UVB rays) **3000 IU**

Exposure of arms and legs for 5-30 minutes between the hours of 10am – 3am, twice a week is often adequate, depending on the time, season, latitude, and skin pigmentation. It can be tough to get vitamin D from sunlight in Alaska though.

Resources:

1. Holick, Michael F. MD, PhD, Review: Medical Progress Vitamin D Deficiency. NEJM. 357:3. July 19, 2007. Page 270

2. The Beverage Institute for Health & Wellness. Straight Facts About Vitamin D. October 2008

Honey-Soy Broiled Salmon

Ingredients

1 scallion, minced
2 tablespoons reduced-sodium soy sauce
1 tablespoon rice vinegar
1 tablespoon honey
1 teaspoon minced fresh ginger
1 pound center-cut salmon fillet, skinned (see Tip) and cut into 4 portions
1 teaspoon toasted sesame seeds (see Tip)

Directions

Whisk scallion, soy sauce, vinegar, honey and ginger in a medium bowl until the honey is dissolved. Place salmon in a sealable plastic bag, add 3 tablespoons of the sauce and refrigerate; let marinate for 15 minutes. Reserve the remaining sauce.

Preheat broiler. Line a small baking pan with foil and coat with cooking spray. Transfer the salmon to the pan, skinned-side down. (Discard the marinade.) Broil the salmon 4 to 6 inches from the heat source until cooked through, 6 to 10 minutes. Drizzle with the reserved sauce and garnish with sesame seeds.

Tips

How to skin a salmon fillet:

Place salmon fillet on a clean cutting board, skin-side down. Starting at the tail end, slip the blade of a long knife between the fish flesh and the skin, holding down firmly with your other hand. Gently push the blade along at a 30° angle, separating the fillet from the skin without cutting through either.

To toast seeds:

Cook in a small dry skillet over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Recipe courtesy of www.eatingwell.com

Salmon scales photo, by Heather Johnson.

Health Tip

Flu Vaccine

We are approaching the peak of the influenza season in Alaska but it has not yet hit Kodiak.

Now is a great time to come in for your flu shot – and remember, getting the vaccine will not only protect yourself but also protect your community member, especially important for our Elders, pregnant women and infants. We recommend the influenza vaccine for everyone over 6 months of age! ■

Number & Date of Positive Specimens

Region	Influenza A	Influenza B	Influenza A/B
Southwest (Kodiak & Peninsula)	8 (1 in Kodiak) 2/11	-	-
Statewide	383 2/14	19 2/13	26 2/10

KODIAK AREA NATIVE ASSOCIATION

3rd Regional Summit

Child Abuse Prevention/ Strengthening Families

March 22-23, Kodiak Convention Center

Summit Objectives: Finding a Common Language

- Identify protective factors to increase the health and welfare of children and families
- Expand coordination of culturally appropriate child protection services
- Improve community response to family violence
- Strengthen community resources to support families

Registration: The conference is FREE. Day and evening sessions will be offered. Plan to stay and enjoy the entire conference or register for a specific forum or session of interest. Conference lodging information will be available soon.

Village Participants: Limited travel scholarships are available. Contact Andrea Knowles for an application: andrea.knowles@kanaweb.org or by phone: 486-9833 or (800)-478-5721 ext. 9833. Visit http://www.kanaweb.org for more information as it becomes available. ■

Anirturkii uswillra'apet

Provider Profile

Dr. Kristen Frank, Physician

Dr. Kristen Frank with her husband Brian and their baby Finn. Photo courtesy of Dr. Frank.

Kristen Frank has been a KANA physician for less than three months, but her work in the medical field has been extensive. Raised in Pittsburgh, Pennsylvania, Frank has travelled the world serving humanity in the medical field.

"I grew up wanting to be a doctor," Frank remembers. "I was interested in science and people...my mom was a nurse." While studying for a BS in Biology from the University of Richmond in Virginia, Frank spent her junior year abroad in the International Honors Program, traveling through Europe, India, Thailand, New Zealand and Mexico. The program focused on the effects of globalization and climate change on ecosystems. Following her graduation in 1995, Frank joined the Peace Corps and spent two years in Guinea, Africa, working with refugees and in disaster assistance. "I had always been curious about Africa, and in Guinea I worked with refugees from Sierra Leone. I was moved by that and I wanted to help and do more."

She returned to the U.S. to earn a Masters of Public Health degree from Johns Hopkins in 1999, and then went back to Africa, spending another year in Guinea. Following this second experience in Africa, she took a position based out of Washington D.C. as a Health and Child Survival Fellow, working in the Congo, Liberia and Nigeria in consultation with the federal government regarding the affect of HIV in West Africa and programs that could most impact those communities. "The work was hard—difficult and rewarding. I wanted the clinical skills to go along with the public health."

Frank earned her MD at Albany Medical College in 2006 and completed her residency in Anchorage with the Providence Alaska Family Medicine Residency. While on rural rotation in Dutch Harbor, she met her now husband, Brian Dixon. Dixon had spent time in Kodiak previously, as had Frank; she spent a week of residency vacation kayaking on Shuyak Island. "It was sunny the whole week," Frank laughs. The family, which now includes their 5-month-old baby, Finn, happily settled in Kodiak.

"We love it here. We love doing things outdoors: kayaking, taking the dogs hiking, and cross country skiing." Equally important, Frank found in KANA some of her job essentials: collaboration, teamwork and dedication to patients. Frank's medical interests include women's health, pregnancy, and pediatrics. "I chose family medicine because I like taking care of the whole family. I like to take a holistic approach with people and consider everything going on in their lives—their spirit and mood. I have a strong interest in preventative health care and health maintenance."

Her favorite aspect of her job is "working with people and helping them find solutions to their problems. I love working here and our collaborative approach. I like being part of a team. People are really supportive of each other and we hope to stay for a long time." ■

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:

Quyanaasinaq!

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

KANA developing new Native Youth Support Partnership

The objective of the KANA Youth Leadership Program is to facilitate the growth of youth-led programs in the villages that will support cultural heritage, community service, and healthy lifestyles, resulting in increased youth involvement in the region. In addition, the Native Youth Support Partnership (NYSP) will be established. This will consist of community members who will work together to support Native students. The NYSP will assist students in locating resources, sharing networks and skills, as well as linking the students from the outlying communities and their supporters together, building a strong union of adults and youth. Adults coming together to support youth, and creating opportunities for youth success, will aid communities in becoming cohesive, and demonstrates unity with respect to reaching a common goal. Individuals who are interested in contributing to the success and development of Native youth are welcome to become members of the NYSP.

The KANA Youth Leadership Development Coordinator, Candace Branson, will assist with organizing youth groups in the communities where a youth group is not currently active. Youth groups will also have an opportunity for a regional leadership role, in the newly formed Kodiak Island Native (KIN) Youth Council. The KIN Youth Council represents a practical way of enabling Alaska Native youth to have a meaningful role in helping to solve community problems, while experiencing the value of diverse leadership styles, and improving their ability to work in groups and teams.

KANA will host an annual meeting for the KIN Youth Council in the fall that will focus on assessing the region's needs, developing goals, and an action plan for the year. The KIN Youth Council will be elected by students from all of the Kodiak Island communities. The students will be supported through the process of goal setting, advocating for regional concerns (environment, community needs and education), and community service.

Existing tribal youth groups, student councils, as well as other cultural activities and established projects will continue to be honored and supported. This structure is being built to encourage growth of youth programs island-wide through collaboration; it will give youth a stronger voice, ownership in their activities, and help them become the skilled leaders of tomorrow. ■

If you are an active youth supporter or want to become one,
please attend our first public meeting of the Native Youth Support Partnership!
We will discuss how we can work together and better support each other
as we serve young people in our communities.

March 26th

1-3pm at Koniag Conference Room
Watch for public announcements, and invitations!

Candace Branson,
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Cisllat Calendar

3rd Annual Health Conference & 3rd Regional Child Abuse Prevention Summit
March 22 - 23
Kodiak Convention Center

Native Youth Support Partnership
March 26th, 1:00-3:00 pm
Koniag Conference Room

Elder Summit
In May, TBA

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