



Qik'rtarmiut Asiitmen Kodiak Native Wellness News

Kodiak Area Native Association

Promoting wellness & knowledge for Kodiak's Native People



FALL - UKSUAQ 2009

KANA awarded *Bring the Kids Home* Grant

KANA is the proud recipient of a three-year *Bring the Kids Home* (BTKH) grant. *Bring the Kids Home* is a partnership between the Alaska Mental Health Trust Authority, the Alaska Department of Health and Social Services, State planning boards, Families, Youth, Providers, Tribes, and other Stakeholders. The program aims to enhance or establish an array of services statewide to ensure that Alaskan youth experiencing severe emotional disturbance have appropriate treatment options within their communities or close to their families and to minimize out-of-state placement in residential psychiatric treatment facilities.

When the initiative began in 2004, over 800 Alaska youth were in out-of-state residential treatment facilities. Over the past five years, that number has been reduced to 126. The program has demonstrated great success, and we hope to replicate that success in Kodiak. In January of 2009, conversations with the Department of Juvenile Justice revealed that from their department alone in 2008, twenty-two children left Kodiak Island for residential treatment programs due to substance abuse and behavioral health issues. Eleven of these children were KANA Beneficiaries. This count

did not include youth that were referred off-island to treatment by the Office of Children's Services and by private placement. Last year, one-fourth of Alaskan youth that were in out-of-state treatment programs were from Kodiak, according to Bradley Grigg of the Department of Health and Social Services.

KANA will use the *BTKH* grant to implement a day-treatment Family and Youth Integrity (FYI) program. This program is designed for youth to receive intensive and structured education, skill development and substance abuse treatment services during the day while allowing the youth to remain in their own home at night. These youth will come to the program

Construction on our Near Island Community Development Center continues. We are currently on schedule to occupy the new facility in May of 2010.



in the morning for treatment, go to school (or be home-schooled), then in the afternoon they will participate in activities designed to correct unhealthy behavior. A major component of the program will be activities that help rebuild and strengthen cultural identity.

A basic principle of this program is that the whole family will be involved in the "at risk" youths' treatment. The youth will learn new skills on how to behave and cope—and the family will learn new skills on how to support that youth in succeeding. We hope this grant will help us keep our kids at home, in Kodiak, where they belong. ■

Iluani Inside

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Photo courtesy of Dake Schmidt.

President's Letter



Cama'i,

Happy Holidays from all of us here at the Kodiak Area Native Association. As we draw closer to the end of the year, I'd like to take the opportunity to personally thank you for entrusting KANA to serve such an important role in your lives. The decision to come to a healthcare provider is never a small one. Whether to go, and, whether to go elsewhere, are questions likely considered each time one of our 3,500 customers schedules to come and see us.

As we proceed into this era of healthcare reform, a number of questions remain unanswered. Fortunately, we are certain that within both bills being considered in Congress, Beneficiaries of the Indian Health Service will continue to receive the services they're entitled to, without additional costs to them. What is uncertain is whether increased options will exist for Beneficiaries in terms of chosen service providers in the future.

Regardless of the outcome of the current healthcare reform efforts, KANA is and will remain committed to doing our best to meet the needs of our Beneficiaries. We strive to deliver the best possible care and are committed to a continual process of improvement. If you haven't been to KANA for your healthcare needs in a while, come and see us and then tell us how we did. Our staff work hard for you and we're proud to be your healthcare and service provider.

All the best to you and yours this holiday season, and may the New Year bring great joy.

Quyanaa,

Andy Teuber
President/CEO

Chairperson's Letter

Cama'i,

On behalf of the Board of Directors I want to extend a cheerful holiday greeting and wish all of you a very merry Christmas season and happy New Year. The Board is pleased to report that KANA is winding down another banner year and eager to build on the successes we've achieved in 2009. To do so, we'll be commissioning another Beneficiary survey to hear from you where further improvements can be made and where resources should be directed.



As we approach 2010, we're excited with the scheduled opening of our new Community Development Building on Near Island. This new facility will be the first new construction KANA has undertaken in more than a decade. This building will also symbolize the collaboration which is occurring within the Region, not just between Koniag, Inc. and KANA, but also between our Tribal Councils, Borough and City governments, Housing Authority and non-profits. Together, we're working to diminish the incidence of child abuse and domestic violence, reduce the effects and rate of substance abuse, encourage healthy lifestyles, and assist our people to regain strength and pride when challenging circumstances are encountered.

The Native Community of the Kodiak Archipelago is vibrant and rooted in values and tradition of which we can all be very proud. I'm honored to once again be serving as the Chairperson of KANA's Board and pledge to do all I can to ensure this organization is meeting the needs of our communities and addressing the priorities of our people.

Atgurtuci Agayunermi (Happy Holidays),

Margaret Roberts
Chairperson

Board Director Profile Arnold Kewan



Arnold Kewan
Board Director

KANA Board Member Arnold (Arnie) Kewan was born in Kodiak in 1965 to Peter and Charlene Kewan. He was raised in Port Lions, where he currently resides with his wife Dorinda and their four children, Charlea age 19, Jeremy age 17, Paul age 12, and Joseph age 11.

Arnie is employed as a custodian for the Kodiak Island Borough School District, as a Postal Agent for one of the Airlines that services Port Lions, and as a commercial fisherman. He has worked as a crane operator in Danger Bay loading log ships, and on many construction jobs in Port Lions

for the Kodiak Island Housing Authority and the Alaska Native Tribal Health Consortium.

In addition to his service on the KANA Board, he serves on the Port Lions Traditional Tribal Council as the President. He is also an Alaska School Activities Association (ASAA) certified basketball and volleyball official, coaching the Port Lions Little Dribblers. He has chaperoned Port Lions students to Alaska Federation of Natives and Culture Trips over the past five years. One of his favorite activities is helping students harvest silver salmon for their school salmon incubation projects.

Arnie loves to hunt and sport fish. He also loves to ride his 4-wheeler, pick berries and watch sports. All of these activities usually include a "Tribe" of kids, some his own and a few nieces, nephews and friends collected from around the village. ■



Celebrating KANA Rural Preschool Teachers

KANA currently administers rural preschool services in Old Harbor, Ouzinkie, Port Lions, and Akhiok. The preschool services are funded through the Johnson O'Malley program. The goal of the preschool program is to prepare children to enter school with a strong foundation for learning reading, writing, and math.

Our preschool teachers provide a critical service and role in influencing our children's development and preparation for success as lifelong learners. We appreciate the services that our preschool teachers provide to the children.

Marlene Gundersen in Port Lions has served as the preschool teacher for twenty-five years, and has positively influenced the lives of many generations of children.

Following Georgia Smith's retirement after thirty-two years of dedicated service, Gale Boskofsky has joined KANA as preschool teacher in Ouzinkie. In her first year, she is already doing great things with the children.

Also new to the preschool program are Julia Keeling and Jennifer Christiansen in Old Harbor. Jennifer was hired through our Workforce Investment Act training program, and Julia was recently hired as the teacher. These two ladies are working collaboratively to teach the young children of Old Harbor and we are looking forward to seeing all the wonderful things they will do with them.

Akhiok currently does not have a preschool teacher and KANA supplements the families with educational materials. There are currently 4 students in Ouzinkie, 4 in Port Lions, and 7 in Old Harbor. KANA appreciates all of our village preschool teachers and the excellent service they provide for our young children. ■



Rural Preschool Teacher Gale Boskofsky with her students in Ouzinkie.

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 6.

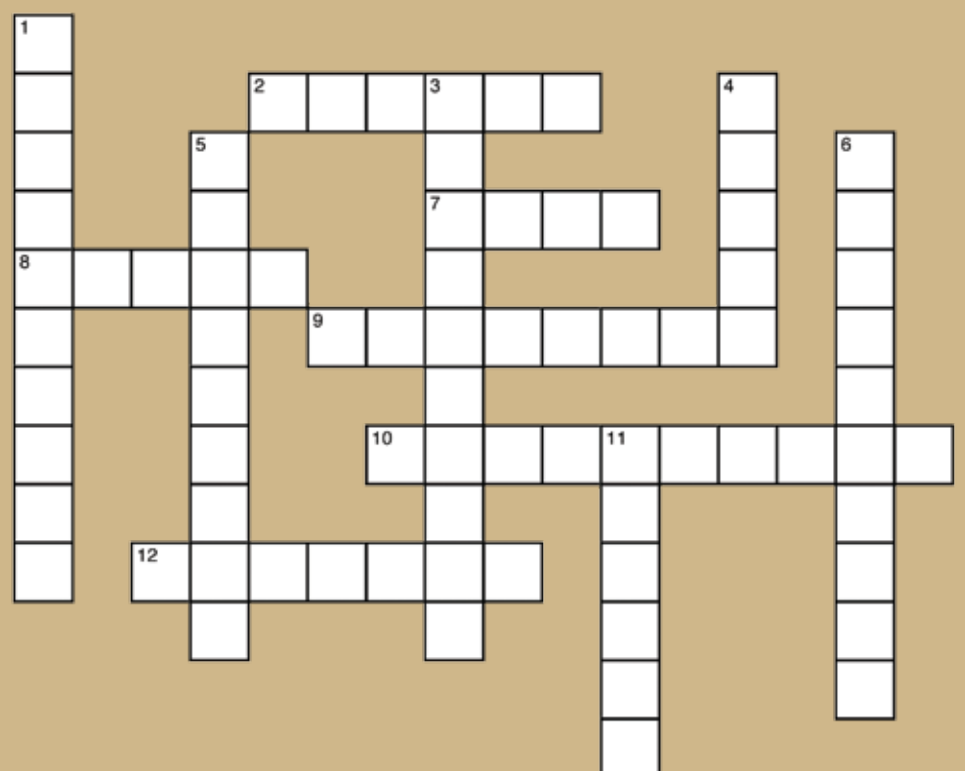
Puzzle by Alisha Susana Drabek—*Englartaq*

ACROSS

- 2 Enamel coated chewers
- 7 Cozy cloth cover
- 8 Support stick for walking
- 9 His body part hurts. (phrase)
- 10 Crunchy, healthy fruit
- 12 Nourishment to eat

DOWN

- 1 Doctor to tend 2 Across
- 3 Head healthcare provider
- 4 Front of mid-torso
- 5 Melodic sounds
- 6 Healing drugs
- 11 Vision improvers in frames



Vocabulary found in this puzzle: ackiik—eyeglasses, Angq'rtuq—His body part hurts, aqsaq—belly, aya'uq—cane, cauyautet—music, guutet—teeth, guutai'ista—dentist, neq'rkak—food, sungcautet—medicine, tuung'taraq—doctor, ulik—blanket, yaplaakaaq—apple.

Child Services Program

Changing Tides

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

Learn the Facts, Understand the Risks Reality Should Guide You

The following statistics are national. Alaska has the highest rate of sexual abuse in the nation.

It is highly likely that you know a child who has been or is being abused.

- Experts estimate that 1 in 4 girls and 1 in 6 boys are sexually abused before their 18th birthday. This means that in any classroom or neighborhood full of children, there are children who are silently bearing the burden of sexual abuse.
- 1 in 5 children are sexually solicited while on the Internet.
- Nearly 70% of all reported sexual assaults (including assaults on adults) occur to children ages 17 and under.
- The median age for reported sexual abuse is 9 years old.
- Approximately 20% of the victims of sexual abuse are under age eight.
- Most child victims never report the abuse.
- Sexually abused children who keep it a secret, or who "tell" and are not believed, are at greater risk than the general population for psychological, emotional, social, and physical problems, often lasting into adulthood.

It is also likely you know an abuser. The greatest risk to children doesn't come from strangers, but from friends and family.

- In more than 90% of sexual abuse cases the child and the child's family know and trust the abuser. Nationally, 30-40% of children are abused by family members.
- As many as 60% are abused by people the family trusts—abusers frequently try to form a trusting relationship with parents.
- Nearly 40% are abused by older or larger children.

How do we cope with the level of violence in our lives? As a society, we are infiltrated with increased exposure to violence in media, entertainment, schools, relationships, communities, and far too many homes. The negative impact of violence in the lives of children is becoming more evident as comprehensive studies show that children's exposure to violence can lead to significant physical, mental, and emotional harm, resulting in long-term effects that can last well into adulthood.

Responsible parents and vigilant Elders regulate children's exposure to violence and watch for emotional and physical signs that require intervention to support children's wellness. Responsible communities seek intervention strategies and lead prevention efforts.

A first step in defense against violence is access to information. You will find links to national studies regarding violence in children's lives and new parental resources on the Children's Services page under KANA Health Programs at <http://www.kanaweb.org>. Also of interest is a toll-free hotline and website for Alaska teens in crisis.

- People who abuse children look and act just like everyone else. In fact, they often go out of their way to appear trustworthy to gain access to children.
- Those who sexually abuse children are drawn to settings where they can gain easy access to children, such as sports leagues, faith centers, clubs, and schools.

Consequences to children and to our community begin immediately. Child sexual abuse is the direct source of a number of problems facing us.

- 70-80% of sexual abuse survivors report excessive drug and alcohol use.
- One study showed that among male survivors, 50% have suicidal thoughts and more than 20% attempt suicide.
- Young girls who are sexually abused are more likely to develop eating disorders as adolescents.

On November 12-13, 2009, working with our Tribal partners the Native Village of Afognak and Sun'aq Tribe of Kodiak, KANA co-hosted the **Keeping Our Children Safe conference** to increase community dialog about child abuse.

A first step in defense against violence is access to information.

This regional community event was an opportunity to learn more about the signs and symptoms of child abuse and neglect, and be introduced to the individuals and programs committed to prevention, intervention and victim assistance.

A newly funded KANA project focuses on intensifying our community response to child abuse victims. The U.S. Department of Justice awarded a three year grant to improve the investigation and management of child abuse reports on Kodiak Island. \$175,000 in Year One of the project will be used for specialized training to develop a culturally diverse, highly competent professional team to provide services for victims and family members.

Anirturkii uswillra'apet

Please contact Cindy Harrington at 486-9878 about our child advocacy initiatives. ■

- More than 60% of teen first pregnancies are preceded by experiences of molestation, rape or attempted rape. The average age of the offenders is 27 years old.
- Approximately 40% of sex offenders report sexual abuse as children.
- Both males and females who have been sexually abused are more likely to engage in prostitution.
- Approximately 70% of sexual offenders of children have between 1 and 9 victims; 20-25% have 10 to 40 victims.
- Serial child molesters may have as many as 400 victims in their lifetimes.

Adapted from: Reporting Child Abuse & Neglect in Alaska, DHSS, Office of Children's Services; and Darkness to Light: 7 Steps to Protecting Our Children



Photo courtesy of Dake Schmidt.

Screening Exams

KANA is committed to Health Promotion and to providing education regarding Cancer Screening to our Beneficiaries. There are pamphlets available at the KANA clinic that offer information on cancer screening.

Breast Cancer Screening

(to include Mammogram):

Women 20-39 years of age should have a breast exam by a medical provider every 1-3 years. Women age 40 or older should have a breast exam by a medical provider, as well as a mammogram every year. Mammograms require a referral from a provider.

PAP Test:

Women should start being tested no later than 21 years of age and have the test once a year or as designated by their provider. Women 70 years of age and older may consult their provider to discontinue the test.

Colorectal Screening:

The American Cancer Society recommends that individuals begin screening at age 50. A colonoscopy is one of the best colorectal screening procedures and a referral from a provider is required for this test.

Prostate Exam:

Men 50 years old and over should consult their provider about annual screening. This exam is usually accomplished during the annual physical.

If you fall into one of these categories and have not had an exam in over a year, call the KANA appointment desk at 486-9870 to schedule an appointment with your provider.

Judi Spoerer, RN

Healthy Recipe

The Savory Side of Blueberries

By now, you've heard about blueberries' potent antioxidant benefits. But did you know about their hidden talent for tasting good with main-course ingredients? In green salads, poultry dishes and relishes like this recipe, blueberries provide intriguing contrasts of taste, texture and color. Try this compote with fish, poultry and tofu. It will keep up to two weeks, tightly covered, in the refrigerator.

Blueberry and Red Onion Compote

- 1 Tbsp. unsalted sweet butter
- 1 Tbsp. canola oil
- 2 large red onions, halved vertically, and cut crosswise in 1/4-inch slices
- 2 Tbsp. light brown sugar
- 1 Tbsp. balsamic vinegar
- 1 cup water
- Pinch of salt
- 1/2 cup blueberries, fresh or frozen

In a heavy, deep saucepan over medium heat, melt the butter with the oil. Stir in the onions. Cook until the onions are wilted, about 5 minutes, stirring often.

Mix in the sugar and vinegar. Cook, stirring until the sugar dissolves, about 1 minute. Add 1 cup of water and the salt. Cook until most of the water has evaporated and the onions are simmering in thick, bubbly syrup, about 25 minutes. Add the blueberries. Cook further until the compote thickens to the consistency of jam, about 20 minutes. Cool to room temperature before serving.

Makes 2 cups (6 servings)

Per serving:

84 calories, 4g. total fat (1 g. saturated fat), 11 g. carbohydrate, 0 g. protein, 1 g. dietary fiber, 53 mg. sodium.

Courtesy of the American Institute for Cancer Research

Living with Diabetes

Foot Care during the Winter

Schedule an Appointment

Nicole Webster
Diabetes Educator
907-486-9866

Your primary KANA provider
907-486-9870

Photo courtesy of Dake Schmidt.

The winter season is quickly approaching the Emerald Isle. While beautiful and serene, winter weather poses many hazards to the health of our skin (especially our feet). For people living with diabetes this is especially important as they are at high risk for infectious disease and delayed healing time. One of the best ways to avoid serious foot problems that can lead to toe, foot, or leg amputation is daily self foot care and yearly diabetic foot exams with your primary provider.

Follow the suggestions below to reduce your risk of developing foot problems during the winter season and throughout the year.

- Keep your diabetes in good control: take your medications as prescribed, stop smoking, keep your blood glucose (sugar), blood pressure, and cholesterol levels close to normal, and have your feet checked at least once a year by your primary provider.
- Check your feet daily: look for cuts, sores, red spots, swelling, or infected toenails. Call the clinic immediately if a cut, sore, blister, or bruise on your foot does not begin healing after one day.
- Wash your feet daily: wash your feet in warm, not hot, water. Test the water with a thermometer or your elbow before bathing. **DO NOT SOAK YOUR FEET!** Dry your feet well.

- Keep your skin soft: rub skin lotion, cream, or petroleum jelly on the tops and bottoms of your feet. **DO NOT PUT LOTION BETWEEN YOUR TOES!**
- Gently rub corns and calluses with a pumice stone: **DO NOT USE RAZOR BLADES, CORN PLASTERS, OR LIQUID CORN OR CALLUS REMOVERS!**
- Trim your toenails straight across and smooth with a nail file.
- Wear shoes and socks at all times: **DO NOT WALK BAREFOOT!** Check the insides of your shoes before your put them on. Wear shoes that fit well and protect your feet.
- Protect your feet from the cold: **DO NOT PUT HOT WATER BOTTLES OR HEATING PADS ON YOUR FEET.** Keep your feet away from radiators or open fires. Check your feet often to avoid frostbite.
- Participate in daily exercise to keep blood flowing to your feet.

By following these easy and quick recommendations, you can prevent or delay foot problems and enjoy the winter season.

If you have any questions, please call your diabetes educator, Nicole, at 907-486-9866. ■

Need help with heating bills?

For many Alaska households, heating costs place a severe and continuing stress on the family budget. In some instances, the household is forced to make painful decisions regarding which bills to pay and which necessities to survive without.

The Heating Assistance Program (HAP) helps eligible low-income households pay for winter heating costs. HAP will provide a one-time benefit to eligible households to be used for heat and associated electric bills. The payment amount is determined by geographic location, fuel type, income, and household size. The Heating Assistance Program strives to ensure that no one's health is jeopardized due to the inability to pay heating bills; this program is available in Kodiak and the villages of Akhiok, Old Harbor and Larsen Bay.

How does it work?

We provide a one-time benefit to eligible households to be used for heating bills.

- Overdue bill or cut-off notice is not required.
- You don't have to own your home or pay heating bills directly to be eligible for assistance.
- You do not have to be receiving public assistance to qualify.

How to apply...

Step 1: Application

Application forms are available from your heating supplier, electric company, WIC Clinic, Kodiak Senior Center, Division of Public Assistance Office, at KANA, or we will mail one to you upon your request. You can also download one from the following websites:

<http://www.hss.state.ak.us/dpl/heat>
<http://www.kanaweb.org>

To apply, complete the application form, enclose the following information, and return by mail:

- Proof of gross income from all household members for the calendar month prior to application date;
- A copy of your current heat and electric bills (if you pay for your home energy directly);
- If you rent, a copy of your rental agreement and a recent rent receipt.

Step 2: Notification

Eligibility will be determined based on the information you provide. You will be notified of eligibility status within 45 days. If you are eligible, you will be informed of the amount of assistance you will receive.

Step 3: Payment

If you are eligible, a payment is made to your heating vendor as a credit to your account or, in some cases, directly to you.

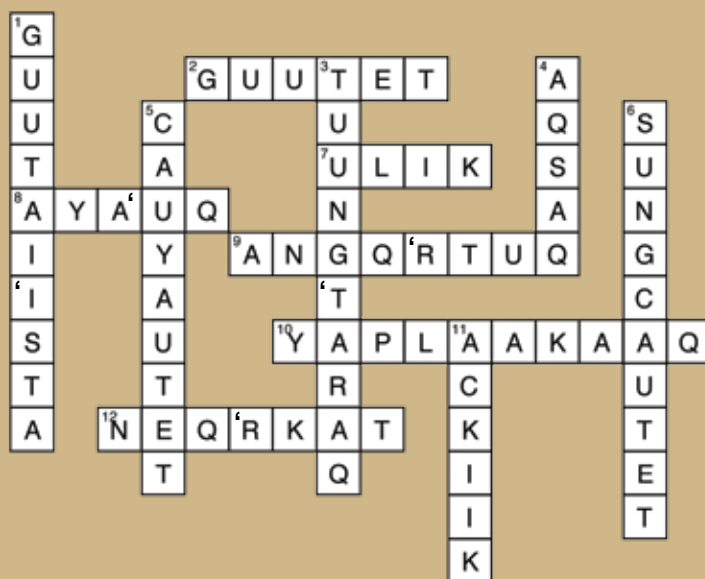
It's easy to apply! Just complete the application form, and be sure to enclose the requested information. Applications must be postmarked between **September 1 and April 30**. Please call Joanne Quass at 486-9839 for more information. ■

Alutiiq Crossword Puzzle Answers

Solutions to page 3 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.



Provider Profile

Dr. Joseph Glasheen

Dr. Joseph Glasheen's willingness to pursue life's possibilities has resulted in a varied professional background, from Peace Corps volunteer to public school teacher, and led fortuitously to his role at KANA. Hailing from Troy in upstate New York, Dr. Glasheen entered Sienna College in Loudenville, New York in the early 70s with all his options open. While deciding on a major, Dr. Glasheen says, "Teaching chose me."

After receiving his degree, he returned to his hometown and settled in teaching math at the same elementary school he'd attended as a child. His next adventure began just as serendipitously. "I was teaching school and I saw an ad about the Peace Corps. The recruiter was at a place I drove by every day, so I stopped in. I was originally interested in VISTA, but the recruiter said they currently had no need for people with my skills and suggested the Peace Corps."

The next year found Dr. Glasheen on his way to Africa, to fulfill a Peace Corps teaching assignment. As if that weren't change enough, he also met his future wife Virginia in Africa. "I loved it," he says of his three years in Africa, one in Ghana and two in Swaziland. However, he found the consistency of the weather, "95 degrees with 90% humidity, sunrise at 6:00a.m., sunset at 6:00p.m.," monotonous—a trait which would lead him to appreciate the vast meteorological variety he'd find in his future home, Alaska.

Upon returning to the United States, Dr. Glasheen and his new wife settled in her home state of Michigan and Dr. Glasheen

resumed teaching as a remedial math instructor with the Tahquamenon Area Schools in Newberry, Michigan. After a year, he made another life-altering decision: medical school seemed interesting.

"I applied on a whim and amazingly someone said yes," he jokes modestly. He graduated from the College of Human Medicine at Michigan State University in 1983 and received his post-graduate training at MSU St. Lawrence Hospital in Lansing, Michigan. Not surprisingly, he specialized in family medicine, taking an immediate liking to the variety it offered. "I wouldn't enjoy spending my days in a dark room reading x-rays."

Dr. Glasheen spent the next twenty years practicing medicine in Michigan and raising his family, two sons Jack and Mike, until his wife suggested she might enjoy living in Alaska. Dr. Glasheen was up for the adventure and in 2006 accepted a position at KANA. The family fell in love with Kodiak's community. "My family likes it here. The people in the community are open, friendly and interesting." They enjoy it so much that, when the time comes, Dr. Glasheen plans to retire here.

When not working, Dr. Glasheen enjoys reading, sports and outdoor activities. He is an avid reader, sampling from all genres and topics. "My wife picks out books at St. Mary's that she is interested in and I end up reading them, too." As for sports, he's a fan of college basketball and football, especially the Michigan State teams. In the winter months, the family likes snowshoeing at



Dr. Glasheen enjoying the KANA Annual Employee Picnic, July 31, 2009, at the Buskin Beach House.

their favorite Kodiak spots, Ft. Abercrombie and Anton Larsen.

For the moment, he is enjoying his life in Kodiak and his position at KANA. "KANA is a nice place to work. The patients and the people are very nice." Speaking to the Beneficiaries, he believes that, while internet research can be helpful, it is not always reliable, and he encourages them to bring their health questions to him and the other KANA doctors, emphasizing they are always available to address Beneficiaries' concerns. ■



Photo courtesy of Dake Schmidt.



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 East Rezanof Drive, Kodiak, AK 99615

Quyanaasinaq!

Provider Profile

Dr. Murdock

Dr. William Murdock recently returned to KANA's Dental Department after a nineteen year hiatus. Dr. Murdock was the Dental Director at KANA throughout the 1980s, initiating and implementing KANA's first dental services program. Since 1990 he has been both a private practitioner and a professor at the University of North Carolina School of Dentistry in Chapel Hill. Dr. Murdock describes his return to Kodiak as a homecoming. "They say you can't go home [again]; in a lot of ways I've found that's not true here."

Dr. Murdock first experienced Alaska as an undergraduate student at the University of North Carolina (UNC). An avid lover of the outdoors, he became a professional mountaineer before graduating from college. "I liked to be outside; one day I wound up on the end of a rope. I started at 19; my first professional climb was at 20. I had to get good enough to go professional so someone would pay me to take them up a mountain, or I wasn't going at all." Along with spending summers in the Wind River mountains in Wyoming and leading 5-week mountain expeditions in Lander, Wyoming, he was hired his senior year to lead an expedition on Denali and fell in love with Alaska. "That's how I got to Alaska, otherwise I would have been a small town dentist in North Carolina."

After earning a bachelor's degree in Chemistry, he continued on at UNC's School of Dentistry. Becoming a dentist was a lifelong goal. "I have no idea how I decided to become a dentist, but since I was five years old I never wanted to be anything but a dentist. In my fifth grade talent show at Davie Avenue Elementary everyone had to dress up as what they wanted to be and I was a dentist." He completed his post-graduate training at Pankey Institute in Florida and the University of Rochester School of Medicine and Dentistry in New York. After practicing dentistry in North Carolina for five years and Germany for one, he was drawn back to Alaska.

In 1981, he became KANA's first Dental Director, building the program through the next decade and remaining in Kodiak to see his children, Emmy and Lucy, graduate from Kodiak High School. At that time, KANA was housed in the old post office building by the ferry terminal. "I told Jerome Selby, then KANA's Health Director, that I'd stay for two years; and I stayed ten. I stayed because I liked the people."

His return in 2009 was equally unexpected. Through his work at UNC, he was traveling in Alaska for the Dental Health Aid Therapist program, funded by the Kellogg Foundation, and he found he did not want to leave. "I'd intended to retire, but when it was time to leave, I felt like I was already home. Being a professor at UNC was wonderful work, but I missed being here. At the end of the day you're in Chapel Hill, not Kodiak." With his return, he brings the unique perspective of someone who's been with KANA first during its foundational years and again as a more established corporation.



Naturally, he says, KANA is a larger organization now, with more people and a beautiful building and work space. He's especially pleased with the larger Elder presence. "Elders have always been part of the Native traditions, but now it is more formalized. There are Elder parking spaces; they are at more meetings." He finds the organization more formal now, with an attention to detail and a decision-making process that didn't exist in the same capacity in the 1980s. He's pleased with the management and effective methods of dealing with community problems.

"The healthcare is the same. We did that the best in the 80s and we still do," says Murdock. But most of all, the people who drew him back are still the same. "At KANA, there is the same great bunch of people. And this is the most appreciative patient family I've ever worked for. At UNC, I had patients flying from London, England to Chapel Hill for dental work, and they were no more appreciative than folks here."

Dr. Murdock also continues to indulge his love of the outdoors in Kodiak, walking his favorite paths at Three Sisters and Termination Point. He remains deeply involved with NOLS, the National Outdoor Leadership School, as a member of its Board of Trustees. "NOLS has been the longest running thing in my life, even longer than practicing dentistry." He is a lover of all things marine and still enjoys packing and hiking, as well as getting into a good piece of fiction.

"The only thing I miss in Alaska is my daughters." His oldest daughter, Emmy, graduated from Dental School in May and his youngest, Lucy, is entering the Health and Wellness program at Duke University in January. This holiday season, he is looking forward to them both being in Kodiak for a visit.

"Returning to Kodiak and KANA has been a powerful experience for me. The people are great. I enjoy helping people take care of their teeth. Dental care is the basis for their visits, but there is a personal, human side of it. The children I treated in the 80s are grown and have children of their own. Returning has been more powerful than I anticipated—a personal and professional validation I did not expect. I chose clinical dentistry when I was five; if I had to make the decision over, I would again. I have no regrets." ■

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

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Board Elections

KANA is pleased to announce the results of our latest Board of Directors Elections:

Arnie Kewan—Port Lions
Al Cratty—Old Harbor
Kara Amodo—Kaguyak
Olga M. Malutin—Sun'aq

Board of Directors

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

