



Qik'rtarmiut Asiitmen Kodiak Native Wellness News

Kodiak Area Native Association

Promoting wellness & knowledge for Kodiak's Native People



SUMMER - KIAK 2009

KANA's new Community Development Center: Groundbreaking and Construction Underway!



Together with our partners and Beneficiaries, KANA celebrated groundbreaking of our new building on Monday, May 25th. A crowd of nearly 70 people gathered at our Near Island site for the event. As often the case for late May in Kodiak, a cloudy day promised rain. But by afternoon, just prior to the ceremony, the sun peeked through overcast skies.

Elder Julie Knagin, with assistance from young Maryssa Abston-Toliver, blessed the site by lighting an Alutiiq oil lamp, welcoming the rise of a symbol for the new generation of Kodiak Native achievement—a unique building to house both Koniag, Inc's corporate offices and the new headquarters for KANA's Community Development programs. Both the view over the harbor and the project's development inspire hope for future generations of the Kodiak area Native people.

Located at 194 Dog Salmon Bay Road on Near Island, the project is the result of several years of careful planning and fundraising by KANA. When we designed and constructed our Health Center in the mid-90's, budget constraints resulted in the construction of a smaller facility than was originally planned. KANA has since been forced to lease several outlying facilities to support our Community Development programs. The new facility allows us to consolidate our Community Development programs into a single location to provide the best service to our Beneficiaries.

As you drive down Dog Salmon Bay Road toward St. Herman Harbor, be sure to check out the progress on the new facility. We are currently scheduled to occupy the new Community Development Center by May, 2010. ■

The KANA/Koniag Building groundbreaking is a symbol of partnership on behalf of the Kodiak Alutiiq people. (Photo above, left to right) Andy Teuber, KANA President/CEO; Diane Kaplan, Rasmuson Foundation President/CEO; Will Anderson, Koniag, Inc. President/CEO. Photo by Jay Barrett.



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Attention Koniag Shareholders

Gloria Bishop, Shareholder Records Manager for Koniag, Inc. will be in the KANA lobby the last Friday of each month from 1:00 p.m. to 5:00 p.m. to assist KANA Beneficiaries who are also Koniag shareholders with completion of Koniag Stock Will Forms, descendant program applications, gifting forms, etc. No appointment is necessary. ■



Photo by Heather Johnson.

The Importance of Medicaid, Medicare, and Private Insurance to KANA's Mission

Through our Funding Agreement with the United States Government, KANA receives a little less than \$7.5 million a year in federal funds to provide health services to American Indians and Alaskan Natives on the island of Kodiak. While this is an impressive sum, it is not sufficient on its own to maintain all of the health services and programs KANA offers our Beneficiaries. In fact, at a recent presentation by the Indian Health Service ("IHS"), they acknowledged that the funds provided to KANA and other tribal service providers for healthcare under the compacting process are only addressing 43% of the tribal health needs. That's why it's a good idea for KANA patients, when possible, to **apply for private insurance, Medicare, Medicaid, Denali KidCare or any other third-party payor that helps pay for medical costs.**

Third-party billing does not cost our patients anything, but it has a direct effect on the services available at KANA. When KANA bills and receives payment from a third-party payor, those funds are used to offer expanded health services to all patients. These new health funds allow KANA to hire additional providers and to expand the range of services available to our Beneficiaries. One of the biggest benefits to third-party billing is that the reimbursements are generally equal to the cost of the service. Mandatory programs such as Medicaid and Medicare receive annual increases to address population growth and inflation. In contrast, IHS funding is discretionary, and funding is not required to be adjusted to address population increases and inflation.

We understand that some tribal health beneficiaries may avoid enrolling in Medicare, Medicaid, or private insurance because they feel it is not necessary to receive care in an IHS-funded facility. While this is true, enrollment would increase the care options available to all Beneficiaries. Moreover, many people are

healthy and therefore do not think there is a reason to apply for Medicaid.

Unfortunately, too many Beneficiaries discover too late about the additional health benefits that may come with enrollment. This leads to great frustration, not only for the patient and their family, but for the health aides and doctors who want their patients to receive the benefit of every available federal assistance and service. Therefore, KANA wants to be sure our Beneficiaries understand that enrolling in these federally-funded programs can provide them with health benefits that may exceed those currently available at KANA or through the Indian Health Service system.

KANA is committed to providing trained staff to assist our Beneficiaries in understanding the additional benefits that may be available to them if they qualify for Medicare or Medicaid. We can also assist you in filling-out and submitting the paperwork required to enroll in these programs.

Please assist KANA in achieving our goal of providing accessible, quality healthcare by planning ahead. It is vital that all Medicaid and Medicare eligible persons enroll and remain enrolled. It is equally vital that those Beneficiaries with private health insurance provide KANA with their most current health insurance information. This information helps KANA collect payments for the medical services the patient receives from our clinics so we can re-invest those funds into our tribal health system.

If you have any questions about enrolling in Medicare or Medicaid, or if you would like to update your registration information, please contact Hope Chichenoff, Patient Services Advocate, at 486-9881 or J.J. Marsh, Medical Office Manager, at 486-9828. ■



KANA Patient Services

1-800-478-5721

Patient Services Advocate
907-486-9881

Medical Office Manager
907-486-9828

Denali KidCare

1-888-318-8890

www.hss.state.ak.us/dhcs/DenaliKidCare/

Medicaid & Medicare

www.cms.hhs.gov

KANA Health Summit

Please join us for this gathering of KANA Beneficiaries, health professionals, and administrative and Tribal leadership as we work together to build skills and share ideas and innovations in:

- Enhancing the physical, mental and social health of Native people and communities
- Improving health outcomes and the delivery of services through Primary Care Teams
- Sharing Long-Term Care Planning for Elders, families and caregivers

- Exploring Substance Abuse Treatment for Children and Families
- Promoting Good Health and Disease Prevention in:
 - Diabetes
 - Nutrition
 - Respiratory Infections
 - Oral Hygiene
 - Smoking Cessation
 - Cancer

For more information, please contact Tammy Hansen at: tammy.hansen@kanaweb.org or 907-486-9874.

September 12, 2009

10:00 am - 5:00 pm

Kodiak High School Commons
722 Mill Bay Road
Kodiak, Alaska



KANA Pharmacist Preston Van Curen Retires

Preston Van Curen officially retired from KANA on July 31, 2009. Originally from western New York, Preston served as KANA's Chief Pharmacist from 2000-2009. His departure from Kodiak also marked his retirement from the U.S. Commissioned Corps, a component of the U.S. Department of Health and Human Services and related federal agencies. The U.S. Commissioned Corps is one of seven uniformed departments of the U.S. government, providing health service officials across the country; Preston served 20 years in the Commissioned Corps before his retirement.

Kodiak was a favorite location for Preston and his family. He enjoyed the outdoors, especially fishing, hunting and hiking. Originally, the lure of the Alaskan wilderness called Preston to Kodiak, but his relationships with his colleagues proved a great draw as well.

Fellow KANA pharmacist Brian Narog credits Preston with both good-naturedness and skill. "He was very pleasant to work with. He has a good sense of humor. This job is serious and can wear on you, but Preston kept us laughing and enjoying our work. He enjoyed the Beneficiaries. He also knew how to bear down and get work done. He was a good example at the clinic."

Brian Narog poses with friend and colleague Preston Van Curen at Preston's Going-Away party.



Colleague, Sabrina Christiansen agrees, "He was always funny. He'd come out here and crack jokes with us all the time. No matter what, if you had a question about the meds in a shot you were going to administer, he was always there to answer. If he didn't happen to know, he'd immediately look it up."

Preston recently returned with his family to western New York, where his mother still lives. He's taking some well-deserved vacation time

before deciding on his next venture, though he has tentative plans to return to Kodiak over the next several months to help staff the KANA pharmacy while his colleagues are on vacation. One certainty is that he will be missed by KANA staff and Beneficiaries.

KANA's new pharmacist, Mark Johnson, also a member of the Commissioned Corps, arrived in August. ■

Provider Profile

Sabrina Christiansen, Laboratory Supervisor

Sabrina Christiansen has liked to help people for as long as she can remember. Growing up in Old Harbor, with parents Carl and Darlene Christiansen and four siblings, she was drawn to healing. "I always liked to help when somebody got hurt. I liked to bandage. Blood never bothered me, even when I was little. I was interested in all those kinds of things."

Old Harbor provided outlets for both her curiosity and nurturing instincts. Sabrina describes an idyllic childhood, before television and modern technological entertainment, Sabrina and her friends played outside. "We were always outside playing; we'd make up games. It was fun for kids to live in the village. And everyone always looked out for each other."

Sabrina decided on nursing at an early age and found ways to incorporate medicine and healing into her life even before attending nursing school. She married and had three children, all the while serving Old Harbor as a Community Health Representative (CHR) and Emergency Medical Technician (EMT). She also spent time working as a teacher's aide at the school in Old Harbor.

When she moved to Kodiak, she was excited to have the opportunity to formally pursue nursing. She earned her Associated Degree



Sabrina Christiansen with her daughter Jadin. Photo courtesy of Sabrina Christiansen.

in Nursing from the University of Alaska Anchorage. Obstetrics and pediatric nursing were among her favorite courses. "I like children and babies and delivering babies. It was exciting helping at deliveries. Our courses covered everything from conception through delivery and postpartum."

She finds her job at KANA very fulfilling. "I get to see lots of people from the villages and people I know. I enjoy working with the Native people." She also enjoys the challenge of problem solving that the medical field provides. Sometimes there will be a patient

with a diagnosis Sabrina has never seen before. "I have no idea what it is. When the doctor figures it out, I learn something new. I also enjoy performing a new procedure. I learn something new every day." One aspect of her work that is not as fun: "I still enjoy working with children and babies, except giving them their shots!"

Outside of work, Sabrina enjoys the outdoors, especially taking walks, driving out the road and going to the beach with her three children, Shayna, 17, Bryce, 14, and Jadin, 5. She takes advantage of Kodiak's long summer daylight hours and spends many evenings walking at the Baranov Park track, while Jadin plays on the playground. She counsels her own children and others, that it is never too late to pursue a dream. "Nursing is a lot of hard work, but it's worth it in the end. Even if you are older, you can still do it. Just because you don't do something right out of high school, later, if you decide to do it, you still can."

Sabrina continues to put her passion for helping people into practice. "When beneficiaries come in with questions, I am always willing to help. I'll answer any question or try to find the answer." ■

How to Access Contract Health Coverage While Traveling Out-of-State

The Alaska Native Medical Center (ANMC) receives funds from the Indian Health Service to provide payment for emergent medical care while you travel outside the State of Alaska or while you are enrolled in certain out-of-state higher education programs.

Emergent medical care is defined as “any medical condition in which immediate medical attention is necessary to prevent the death or serious impairment of the health of an individual.”

Steps to Ensure Payment

To make sure your allowable medical care costs will be paid for while out-of-state, you need to follow these procedures:

1 Contact the Alaska Native Medical Center Contract Health Department PRIOR to departing the state at: (800) 478-1636 or (907) 729-2470. You will be asked the dates you will be traveling. If you are attending school, you may be asked to provide proof of enrollment from the school.

2 You must maintain Alaska residency and may be required to provide proof.

3 Indian Health Service (IHS) facilities must be utilized when available. Prior to departing Alaska, you can verify if there is an IHS facility close to where you will be traveling by checking the website at: www.ihs.gov/FacilitiesServices/AreaOffices/AreaOffices_index.asp

4 ANMC must have your eligibility documentation (Certificate of Indian Blood or tribal enrollment card issued by a federally recognized tribe) on file at ANMC.

5 If emergent medical care is required, the ANMC Contract Health Department must be notified within 72-hours (including weekends and holidays) from the beginning of medical treatment or admission to a health



When traveling, attending school, or moving outside of Alaska make sure you follow Indian Health Service procedures to avoid unexpected emergency medical care costs

care facility. The patient or the patient’s family has the responsibility of notifying Contract Health by calling (800) 478-1636. You may leave a voice mail message if the office is closed. Leave your full name, date of birth and contact telephone number. Contract Health staff will return your call the next business day.

6 You are required to provide, within 30 days, the medical records for all out-of-state medical care you receive. If upon medical review, the medical care is considered non-emergent, Contract Health will be unable to authorize payment. If payment is approved, it is the patient or patient’s family responsibility to ensure that Contract Health receives all claims and applicable insurance information in a timely manner. Contract Health is unable to authorize payment for delinquent accounts due to untimely submission of claims and/or insurance information.

International Travel

For those patients traveling outside of the United States, the traveler is required to follow the same procedures outlined above, but must pay for the emergent medical care they receive up front and submit receipts to ANMC Contract Health for reimbursement consideration upon returning to Alaska.

Services Not Covered

The following services are always considered Non-Emergent and **will not be authorized by ANMC Contract Health**:

- Routine Obstetrical Care
- Routine or Emergent Dental Care
- Routine/non-emergent care and follow up appointments
- Medications purchased or prescribed while traveling
- In-patient/Out-patient Mental Health Services
- In-Patient/Out-patient Substance Abuse Services

When Moving Outside Alaska

For individuals moving outside the State of Alaska, you are encouraged to register and utilize the services available at the closest IHS facility. ANMC Contract Health cannot guarantee you will be eligible to receive services at any of these facilities because each area has its own local policies for determining eligibility.

Contact ANMC’s Contract Health Department to request temporary coverage prior to leaving the state. ANMC may provide coverage for emergent medical care for up to 180 days from the date you moved from the State of Alaska.

You will be required to provide copies of airline tickets or an itinerary as proof of the date you left Alaska. ■



Child Services Program

Changing Tides

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

Building on activities initiated in 2008, more recently during *April Child Abuse Prevention Month*, KANA's commitment to child advocacy is unwavering. Recently KANA was able to expand services, collaboration and communication for the welfare of our children by creating a dedicated child services position.

Beginning with our most vulnerable population, KANA is leading a new partnership focused on 0-8 year olds. The goal of this partnership is to identify gaps in service and develop a community plan to support families and prepare all children for success. The *Community Partnership Coalition* meets monthly at KANA, inviting village representatives to participate by teleconference.

KANA is pleased to announce a new Alaska Native Family Placement Advocate position through a unique opportunity to improve foster care services under the Indian Child Welfare Act (ICWA). Partnering with Tribal Councils, the Advocate will coordinate training for ICWA and State of Alaska Child Protective Service workers, offer home visitations, and assist with proceedings and placement for children entering state custody.

Community Health staff who respond to reports of harm against children will benefit from several trainings this fall. Support Teams will present on types of trauma, mandated reporting laws and roles, stress management, trauma healing, and referrals. Additional training opportunities are scheduled for interested community CARE and Child Protection Teams.

Continuing activities to increase community awareness and outreach, KANA provides resources and information on child abuse and neglect at community events, and now on the KANA website. Visit the website at <http://www.kanaweb.org/html/health-programs.php> or call KANA at 486-9800

for more information. Be sure to stop by the child advocacy booth at the KANA Health Summit (Sept. 12th, Kodiak High School) and the KANA Annual Meeting (October 10th, Kodiak Convention Center). The Native Village of Afognak invited KANA to collaborate on an upcoming conference on child abuse and prevention. Watch for more information from NVA!

Ending the silence about child sexual abuse

The *Child Sexual Abuse Task Force* is an interdisciplinary group designed to prevent child sexual abuse, heal individuals and families impacted from the trauma of historical abuse and promote healthy communities in the Kodiak region. Members convene

monthly by teleconference to provide recommendations on policy and activities related to its mission.

The *Task Force* is currently focused on implementing expanded KANA policies and procedures for child protection and mandated reporting, and developing training and technical assistance for *Child Protection Teams*.

*Imagine how
difficult it is for a child
to say "no" to
a parent, a teacher, a
coach or a clergy.*

Facilitators trained in the *Pathway to Hope: Healing Child Sexual Abuse* approach support individuals and communities affected by childhood trauma. KANA is working to train another cohort in the near future, continuing our call to end maltreatment of Kodiak's children. For children to have brave voices they need strong adults and strong communities.

Anirturkii uswillra'apet

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

7 Steps to Protecting our Children from Sexual Abuse or Assault

Step 1: Learn the facts

Understand the risks. Realities – not trust – should influence your decisions regarding children.

Step 2: Minimize opportunity

If you eliminate or reduce one-adult/one-child situations, you'll dramatically lower the risk of sexual abuse for children.

Step 3: Talk about it

Children often keep abuse a secret, but barriers can be broken down by talking openly about it.

Step 4: Stay alert

Don't expect obvious signs when a child is being sexually abused.

Step 5: Make a plan

Learn where to go, whom to call and how to react.

Step 6: Act on suspicions

The future well-being of a child is at stake.

Step 7: Get involved

Volunteer and financially support organizations that fight the tragedy of child sexual abuse.

*Darkness to Light:
7 Steps to Protecting Our Children:
guide for responsible adults*

(photo left) Afognak tsunami trees.

(photo far left, page 4) Granite rocks near summit of Crown Mountain.

Photos by Patrick Saltonstall,
courtesy of the Alutiiq Museum.



Living with Diabetes

Exercise & Diabetes

Metformin, Glyburide, Actos, Insulin, and Exercise. What do these things have in common? They are all used to treat and manage diabetes. Often people focus their attention on medications, forgetting about exercise. Exercise is very important in blood sugar control and has many other health benefits.

Benefits of Exercise

- Lowers blood pressure
- Improves cholesterol
- Relieves stress
- May reduce the amount of insulin or diabetes pills needed to control blood sugar levels
- Increases energy
- Reduces your risk of developing heart disease, stroke, and bone loss
- Improves self-esteem

Given the health benefits of exercise, the next question most people have is...how much do I need to exercise? The *Dietary Guidelines for Americans* recommends people with diabetes should exercise a **minimum of 30 minutes a day** (most days of the week). Walking, gardening, berry picking, swimming, housecleaning, or organized sports are great examples of how to obtain the health benefits of exercise.

Although 30 minutes a day of exercise sounds overwhelming to those with busy schedules or who have been away from physical activity for some time, barriers can be overcome.

Overcoming Barriers

Not enough time

Start slow, do as much as you can, even 10 minutes of exercise helps

Too tired

Try exercising before work or during lunch

Low blood sugar

Talk to your diabetes educator or your primary provider about ways to manage your blood sugar levels before, after, and during exercise

Knee pain

Try chair exercise or swimming

Boredom

Vary your activities daily

Getting Started

Getting started can be overwhelming. Let us help. Make an appointment with your diabetes educator or your primary provider to discuss which activities will be safe for you. Make use of the KANA gym, located below *Total Interiors* on Mill Bay Road (1420 Selig Street, Suite 300). ■

Schedule an Appointment

Nicole Webster
Diabetes Educator
907-486-9866

Your primary KANA provider
907-486-9870

Provider Profile

Steve O'Brien, Personal Trainer

Steve O'Brien arrived in Kodiak in 1975 to visit his brother and quips, "No one has kicked me off the island, yet." Born in Seattle and raised in Tacoma, Washington, Steve brought with him years of athletic experience and has gone on to devote over two decades to the health of the Kodiak community. As a personal trainer at KANA's Fitness Center, Steve continues to inspire Beneficiaries to achieve their personal fitness goals.

Drawn by Kodiak's beauty, community and the array of outdoor activities, Steve quickly made Kodiak home. Utilizing a BA from Southern Oregon University in Ashland and a Physical Education K-12 teacher certification, Steve spent 6 years on the USCG base as the Health Promotion Specialist and 14 years as the USCG Athletic Director. He retired from the Civil Service after 20 years and recently marked his one year anniversary at KANA's Fitness Center.

"My favorite thing about this position is the people. The people who come in here to work

out are all so unique." Steve enjoys working with the Beneficiaries, assisting them in making positive changes, getting in better condition and meeting their fitness goals. "I enjoy working with people; I find my job exciting and the people interesting."

Steve also oversees the Fitness Center's expansion. "The KANA gym has grown and has new equipment. We are always striving for upgrades and I think the Beneficiaries appreciate it."

Steve's positive attitude motivates Beneficiaries to keep returning. "I try to help them enjoy it, get the best out of it and go wherever they want to go with it, whether that is competition, toning up or managing weight and stress." Steve emphasizes that fitness is fun, progressive and a lifestyle. He creates programs for Beneficiaries that they enjoy and can successfully maintain.

During his own leisure time, Steve enjoys a variety of activities, especially fishing, hunting and lately, walking the beaches with his wife,



Elaine. After admitting that he played more sports when he was younger, he details an impressive list of recreation sports he still enjoys: racquetball, volleyball, softball, skiing, and golf, "my main sport right now." He and Elaine also enjoy an annual trip to Cape Cod and the Boston area, where Elaine's family lives; they recently returned from this year's vacation.

"July 1 was my one year anniversary at KANA. It has been a great year and a positive experience," he reflects. What he'd most like to convey to Beneficiaries is a sense of ownership over the KANA's Fitness Center. "This gym is their gym—it's for them. I enjoy Beneficiaries showing up, seeing what's here and getting involved in something that is good for them." ■

Provider Profile

Amanda Miles, Dental Assistant



Amanda Miles wasn't sure what to expect when she arrived at Alaska Native Medical Center to begin Dental Assistant training—she just wanted to see how things would go; she was pleasantly surprised to find a fulfilling career.

Amanda, born and raised in Kodiak, graduated from Kodiak High School in 2003. She tried her hand at a variety of jobs before settling on dentistry—from waitressing to truck driving, daycare provider to cashier. One of her favorite jobs was helping her grandfather, Dudie Wolkoff, on his boat, the Sharon W (named after Amanda's mother). Between the ages of nine and twelve, Amanda has fond memories of painting, cleaning and even scrubbing the bottom of the boat when it was pulled out of the water. She credits both her grandparents for her strong work ethic. "I was in the kitchen

with my grandma (Helen Wolkoff) since I was eight years old, learning how to bake and cook."

Her positive work ethic helped immensely throughout her dental training. ANMC offers a 4 month intensive program, completing college level work at a faster pace with more clinical time than the average university student would see: two days in the classroom, followed by two days in the clinic. Amanda found she liked the camaraderie with colleagues as they worked together to keep the clinic and patient flow running smoothly. She spent six months in specialty training for pediatric dentistry; part of that time was in the operating room, assisting in pedodontic procedures. "The operating room staff is amazing. I was surprised how much work we would do in such a short time—we wanted to get the child out of anesthesia as soon as possible. It was eye opening to me and made me more prepared to work at KANA. For instance, even if we don't think we'll need something, I know it's good to have it on hand just in case. It makes things faster for the patient and the dentist."

Amanda spent a year and a half working at ANMC before transferring to Kodiak to be near family and friends. "I can't go a day without seeing my nieces and nephew," Amanda confides. Kodiak also offers the opportunity for Amanda's favorite activities. "I like being outdoors, beachcombing, berry picking and sport fishing." She also is an active member of the *Relay for Life* organization, which fundraises for the *American Cancer Society*. Amanda is also a travel enthusiast—she's spent time in Washington, Oregon, California, Tennessee and Las Vegas. She hopes to take a trip to Hawaii in the coming year. However, some of her favorite travel destinations are the villages on Kodiak; one of her favorite aspects of her job is traveling to the villages.

"I enjoy bringing a service out to the villages. Many of the people there really appreciate it because it is harder and more expensive for them to come into town. The kids there are a lot of fun; they are always excited to see a new face." She enjoys the challenges posed by village work as well. "In some of the villages you have to make your own clinic. A couple have no clinic, so you set up in the woodshop at the school or a computer room. You have to be flexible and make things work."

Amanda also enjoys working with her home community of Kodiak, a community she's appreciative of and glad to give back to. "As a kid, I was involved with the Alutiiq Dancers and I enjoyed Spirit Camp when I was younger. I like to bead and I enjoy making perok—it was one of my fundraisers for *Relay for Life*. My mom and grandma taught me and I've been working on my own little tricks for ten years. My perok is a lot better now than it was ten years ago, and hopefully in ten years it will be even better."

She welcomes the community she grew up with at KANA. "I think it's important to greet everyone with a smile and a positive attitude. I enjoy making them feel welcome and focusing on them. It's their time when they're here in the clinic. If they have any questions, I'm happy to help or find the answer. Don't be shy about asking a question."

As far as advice for young people who may be deciding on a career, Amanda counsels that practicing dentistry in your home community is very rewarding. "If you like working with people, don't want to be doing the same things repetitively and enjoy providing a service to make people feel better, this is a great option. It's a people person job—hard work and fun." ■

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!

Cislat Calendar

KANA's Health Summit

September 12, 2009
10:00 a.m. to 5:00 p.m.
Kodiak High School Commons

KANA's Annual Meeting

October 10, 2009
9:00 a.m. doors open; starts at 10:00 a.m.
Harbor Convention Center

KANA Specialty Clinics

For a complete listing of KANA's
Speciality Clinics visit:
www.kanaweb.org/events.php
All Clinics require a referral.

Board of Directors

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Kodiak Area Native Association
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KANA's Mission

The mission of this tribal organization is to promote pride and self-determination on the part of the sovereign and indigenous peoples of the Kodiak Island area in their cultural heritage and traditions; to preserve and promote their language, customs, folklore and arts; to promote the health, educational, physical, economic and social well-being of the Native individual, family and community; to prevent and overcome racial prejudice and its inequities; and to restore effective self-government, reminding those who govern and those who are governed of their mutual and joint responsibilities.