



Qik'rtarmiut Asiitmen Kodiak Native Wellness News

Kodiak Area Native Association

Promoting wellness & knowledge for Kodiak's Native People



SPRING - UGNERKAQ 2011

Improving Patient Care

The KANA Medical Clinic has been actively participating in the Indian Health Services Improving Patient Care (IPC) Collaborative. The aim of IPC is to improve health and promote wellness for American Indians and Alaska Natives.



In April an IPC improvement team, consisting of Margaret Roberts, KANA Chairperson, Nicole Webster,

Nursing Director, James Spillane, Improvement Program Analyst and Robert Onders, Clinical Director,

participated in a national "Learning Session". There were only eleven sites from Alaska participating and 68 sites from across the nation. This session focused on learning key concepts of IPC to bring back to the Kodiak Area Native Association in order to build the framework to guide the creation of a patient centered medical home. At this session KANA was one of two teams asked to speak about their success in the IPC collaborative.



KANA was also recognized for its work on the clinical reminder system and had an article written by Dr. Onders and James Spillane published in the IHS Primary Care Provider. The IHS Primary Care Provider is a newsletter distributed to health care providers working for the IHS, tribal, and urban health care programs, to medical and nursing schools throughout the country, and to health professionals working with or interested in American Indian and Alaska Native health care. ■

IPC is not a project but a way of doing business that focuses on two key concepts:

1. Make changes in an organized, measurable way in order to make improvements,
2. Focus the changes on six key areas to improve health and customer service: *access, continuity, team based care, clinical information systems, patient activation, and community engagement.*

We are now at a peak with IPC that we will actively be looking for more ideas from the Beneficiaries as we address these six areas for improvement. Diverse voices contribute to better decisions, and understanding the experience of the Beneficiaries is critical to designing and implementing programs that meet Beneficiary needs.

Board Member Profiles

Loretta Nelson



Loretta Nelson, daughter of Willis and Martha (Berestoff) Nelson, from Afognak and Port Lions, has served on the KANA Board since 2004. Born in Kodiak, raised in Afognak until the 1964 tsunami, and relocated to Port Lions with her family, Nelson developed a desire to serve her community at a young age. She began as a KANA Health Aide in Port Lions, describing her experience as a love affair from the start. "I loved working with the people there, and still carry them close in my heart. I guess you would say, it's in my blood."

That enthusiasm extends to her work with the KANA Board. "The people tie me to KANA. Serving the people and making sure that they are getting the best services possible is something I'm very passionate about." In the past seven years, two Board accomplishments stand out: creating the new KANA building on Near Island and hiring Andy Teuber as KANA President. "Andy worked hard to accomplish the new building and put in hard work to get the KANA services we now offer, that have never been better than what we offer today, particularly medical services. We've never had the amount of doctors that we do now, our new pharmacy equipment, and the new automated refill service program in the Pharmacy."

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Speridon Simeonoff, Sr.

KANA Board Member Speridon "Mitch" Simeonoff, Sr., born and raised in Akhiok to Mary Peterson and Walter Simeonoff, Sr, has been interested in serving his community since he was a teenager. He began serving on the Native Village of Akhiok tribal council when he was seventeen, and, even then, knew he wanted to provide better service to all the Native people on Kodiak Island. Being the representative from Akhiok on the KANA Board since 2002 has provided that opportunity.



Two of his most memorable experiences on the KANA Board were breaking ground at the new KANA building on Near Island, which houses KANA's Community Services Division, and initiating KANA's new Child Advocacy program, to prevent violence against women and children. In future years, Simeonoff has his sights set on developing a KANA treatment center for alcohol and drug abuse. The Board also works to maintain their existing programs, most importantly, "the programs benefitting women and children, keeping our doctor positions at KANA and the hospital fully staffed, and making sure our village employees and health aides have everything they need."

Simeonoff and his wife, Judy, both contribute generously to the Akhiok community and youth, having raised their two sons, Speridon Simeonoff,

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Board Profiles

Loretta Nelson profile Continued from page 1

Nelson brings to the Board a knowledge and love of health care from her early CHA days. After the Exxon oil spill in 1989, Loretta relocated to Kodiak and began working for Afognak Native Corporation, where she worked for twenty years, as the Shareholder Relations Manager. Nelson especially enjoys representing the Afognak tribe on the KANA Board. "The Board is an excellent team of people. Although we come from different tribes, when we sit down at the KANA Board table, we are one group working together for the KANA Beneficiaries."

She emphasizes her open-door policy and welcomes input from all Kodiak Alutiiq people, not just those of Afognak. "I would like the Beneficiaries to know that if they have concerns, issues, ideas or suggestions, I'm here, and they can contact me at home or on my cell phone. My home phone number is 486-8286; my cell phone is 229-6596, and my email address is redsue@gci.net." Nelson looks forward to working with the Beneficiaries and continuing KANA's progress.

Mitch Simeonoff, Sr. profile Continued from page 1

and Teacon Simeonoff, in Akhiok. They host the annual Akhiok Youth Culture Camp in August at the Alitak petroglyph field in collaboration with the Alutiiq Museum and Dr. Sven Haakanson, Jr. Additionally, Simeonoff has served for the past three years as the Akhiok Tribal Council President, while being a career commercial fisherman with his boat the Blue Fox 2 and set net site at Prior Point.

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

Provider Profile

Juanita Muller, Community Health Aide



Juanita Muller serves the community of Ouzinkie.

Juanita Muller is the new Community Health Aide trainee in Ouzinkie. The daughter of Barbara Boskofsky and the late Raymond Kelly, Muller was born in Old Harbor and raised in both Old Harbor and Ouzinkie. "My parents moved a lot," Muller laughs.

She has always been motivated by helping people. "I remember growing up with my dad and him telling me about helping people. It's something I've always wanted to do—benefit the community."

Muller served as a Health Aide in Old Harbor when she was eighteen, then moved to Anchorage and attended the Anchorage Career Academy for a year to become a Certified Medical Assistant. One of her favorite courses involved drawing blood. "I like the challenge," Muller explains. "Sometimes you don't know where a vein is and have to find it. It's fun to say, 'Hey, I've got it!'" Muller spent nine years working as a Certified Medical Assistant at Southcentral in Anchorage, before returning to Ouzinkie. "The water brought me back," Muller says.

"I was tired of the city life, the hustle and bustle. It's more relaxing and I'm more in touch. It was very important for us to come back and be able to be out fishing and hiking. You don't have to drive 300 miles to do what you want to do."

The Ouzinkie health clinic provides a wide variety of medical care for patients, from treating colds and pneumonia to injuries and carrying out KANA doctor orders. Muller especially enjoys working with patients. "I like interacting with people and getting to know them. People truly appreciate what we do for them and that is the most awesome thing." She enjoys getting to know all her patients and has a soft spot for babies and Elders. "I love babies and Elders, especially Elders. I've always been like that. As a Certified Medical Assistant in Anchorage, Elders were always my favorite. Sometimes they were just lonely and wanted to talk."

When not working, Muller enjoys hiking, halibut fishing, sportsfishing and spending time with her husband, Pete Muller, and her children. She has five children, three stepchildren and a grandson, ranging from her oldest son, Cadman, who is 24, to her youngest daughter, Gavina, who is eight. She also has Bliss, 22; Jeffrey, 19; Varvara, 17; stepsons Pete, Jr., 18; Shane, 14; and stepdaughter Teressa, 19. "My grandson, Vadin, is four. He's my favorite," Muller jokes.

As she completes her training, Muller wants Beneficiaries to know how much she enjoys her work. "I'm here to benefit the community," she states. ■

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Emergency Room Usage Procedures

Effective July 1, 2011

The Kodiak Area Native Association receives limited funding to purchase emergency room services from Providence Kodiak Island Medical Center when a medical emergency occurs and requires immediate attention.



PATIENTS SHOULD PROCEED TO THE EMERGENCY ROOM OR CALL 911 IMMEDIATELY IF EXPERIENCING SYMPTOMS OF A LIFE THREATENING EMERGENCY. DO NOT CALL THE HOSPITAL FOR PRIOR AUTHORIZATION.

Emergency Care

The Kodiak Area Native Association may authorize payment for expenses related to Emergency Room visits to Providence Kodiak Island Medical Center (PKIMC) for medical care that is necessary when a sudden, unexpected occurrence creates a medical emergency.

A medical emergency exists when there is a severe, life-threatening or potentially disabling condition that requires medical intervention within hours or minutes that if left untreated until regular clinic hours would result in loss of life, limb or serious impairment to bodily function.

Charges for Emergency Room visits for medical services that do not meet the above definition of a medical emergency will not be authorized for payment through KANA's Contract Health Program. Special consideration will be given to visits for infants and Elders who are experiencing acute symptoms.

After Hours Nurse Advice Services Available:

Providence Kodiak Island Medical Center's Nurse Triage Line is available after hours to provide health care advice. You may call (907)-486-3281 and ask to speak to a triage nurse for medical advice after regular clinic hours.

REFERRALS TO THE EMERGENCY ROOM BY THE PROVIDENCE NURSE TRIAGE SYSTEM WILL NOT GUARANTEE PAYMENT BY KANA. PLEASE REFER TO THE DEFINITION OF MEDICAL EMERGENCY.

72 Hour Notice

Patients must notify KANA within 72 hours of receiving Emergency Room care. Please call (907-486-9828) to notify KANA of Emergency Room usage.

Examples of Conditions that DO NOT meet the definition of a medical emergency:

- Viral infections – colds, sore throat
- Muscle aches/pains
- Diagnosed Anxiety
- Minor headache symptoms
- Alcohol/drug treatment
- Alcohol intoxication/ Substance abuse
- Small cuts/abrasions requiring minor first aid
- Management of chronic health conditions
- Prescription refills
- Chronic pain: back pain, neck pain
- Injuries sustained while committing a crime
- Services received while in custody of law enforcement

Other non-emergent situations that could be treated at KANA during regular clinic hours. (Monday – Friday 8:00am – 5:00pm)

Guideline for Payment of Emergency Room Services

KANA's physicians will review Emergency Room visits to determine whether they meet the definition of a medical emergency. Special consideration will be given to visits for infants and Elders who are experiencing acute symptoms.

KANA's Contract Health Office will confirm that 72 Hour Notice was provided and issue payment for all Emergency Room visits that meet the criteria of a medical emergency and are authorized by KANA.

Patients will be financially responsible for all charges related to emergency room visits that do not meet the criteria of a medical emergency.

If you have any questions about these procedures or other Contract Health issues, please contact JJ Marsh, Patient Relations Director at 907-486-9828.

REMINDER – KANA'S EMERGENCY ROOM USAGE POLICY HAS CHANGED!

PATIENTS ARE NOT REQUIRED TO OBTAIN PRIOR AUTHORIZATION FOR TREATMENT OF MEDICAL EMERGENCIES.

REFERRALS TO THE EMERGENCY ROOM BY THE PROVIDENCE NURSE TRIAGE SYSTEM WILL NOT GUARANTEE PAYMENT BY KANA. CHARGES FOR NON-EMERGENT USE OF THE EMERGENCY ROOM WILL BE THE RESPONSIBILITY OF THE PATIENT OR GUARDIAN. ■



Sexual Assault Response Team (SART) Professional Training

A Child Advocacy Center relies on the expertise of the multidisciplinary team involved in full services for victims of serious child physical or sexual abuse. Professionals from many different disciplines came together for two seminars related to SART Training, one in March and the other in late April. The first focused on identifying and documenting evidence of child sexual abuse, the second on addressing the investigation and prosecution of cases.

The training cohorts included: KANA staff from child advocacy and the Village Police Safety Officers, behavioral and medical health; law

enforcement from both the Alaska State Troopers and Kodiak Police Department; District Attorneys; and Office of Child Services staff.

The last week in April, over fifty people from Kodiak Island and around the state participated in a four day certified training on Sexual Assault Response Teams (SART) at the Kodiak Harbor Convention Center. KANA co-sponsored the event with the Department of Public Safety/ Alaska Network on Domestic Violence and Sexual Assault. The Kodiak Women's Resource & Crisis Center served as co-host.



Child Services Program Changing Tides

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

Choose Respect Initiative

On March 31st the communities of Old Harbor, Akhiok, Port Lions, Ouzinkie and Kodiak joined over 50 Alaska communities that organized events in honor of Governor Parnell's Choose Respect Initiative. The initiative calls on all Alaskans in standing up against domestic violence, sexual assault, and child sexual abuse to end the suffering and bring a renewed sense of hope, security, and opportunity to all Alaskans.

Kodiak was one of four rural communities awarded funding through the Governor's initiative to improve our community response to domestic violence, sexual assault, and child sexual abuse. KANA is working with partner agencies, Providence Kodiak Island Counseling Center and the Kodiak Women's Resource & Crisis Center to implement the Turning the Tide Project, which complements the mission of Child Services.

An exciting new approach being introduced through the project is the Green Dot Program. It is designed to prepare organizations, communities and individuals to implement a strategy against personal violence. The "green dot" that the program refers to is one or multiple persons recognizing that they have the power to make a difference when they witness interpersonal violence. Although there are a vast number of incidents that represent "red dots" when violence occurs, the hope is that by educating people on how to recognize their own power and respond to situations of violence in ways they feel comfortable, we can be the "green dots."

A truly multi-disciplinary approach is required to execute the mission of KANA's Child Services Program – to promote the health, safety and well-being of all children on Kodiak Island. Across KANA departments, and with community partners, there is a deep institutional and personal commitment to fulfill this mission. This commitment was very evident over the past several months in the number of people from many different disciplines who came together in Kodiak to train, share and reflect on strategies in child welfare. We salute these individuals.

Participants ranged from youth to Elders, and included Tribal leaders, professionals, para-professionals and parents, pastors and priests, health providers, behavioral health providers, social workers, early childhood educators and school personnel. Members of law enforcement from Kodiak Police Department, Alaska State Troopers and Village Public Safety Officers were a large presence. Staff from Providence Health Services and Kodiak Women's Resource & Crisis Center staff were key participants. Indian Child Welfare Specialists, District Attorneys, Child Protection Case Workers, and Faith Healers were also present. A full cadre of presenters and trainers contributed their time and expertise for various events.

In addition to local trainings, KANA sponsored nineteen attendees to the Alaska Children's Alliance Child Maltreatment Conference in Anchorage, a multidisciplinary event with nationally reknowned experts providing training tracks for law enforcement, medical providers, advocates and prosecutors.

*Every member of
our community has a role
to help prevent child abuse
and give every child
a voice.*

This summer the Child Services Program will be working with partners on ongoing initiatives to open a Child Advocacy Center and design a Tribal Home Visitation Program for families with young children from 0 to

6. There is a unique role for everyone in the community to contribute to protecting our children and supporting families. We extend a sincere thank you for the contributions of the many partners in this work, and invite everyone to participate in any way you are able. Every member of our community has a role to help prevent child abuse and give every child a voice.

For more information about KANA's Child Services, please contact Cindy Harrington at 486-9878. ■

Anirturkii uswillra'apet

Pathway to Hope: Healing Child Sexual Abuse

A second cohort of Community Facilitators participated in an April training in Pathway to Hope: Healing Child Sexual Abuse. This video and guidebook is a resource for Native people to use to strengthen Tribal community responses to child victimization and to support

community healing from historical and intergenerational impacts of child sexual abuse. Facilitators from the communities of Ouzinkie, Port Lions, Akhiok, Old Harbor and Kodiak participated.



3rd Regional Summit on Child Abuse Prevention Introduces Strengthening Families Approach

Participants gathered in late March to continue the community forum on prevention and intervention strategies to prevent child abuse and neglect. The Summit spanned two days and evenings, hosted by KANA with the support of twenty partners and sponsors. A cost-effective national initiative proven to reduce abuse before it begins was introduced to attendees. The Strengthening Families approach has been implemented in early care and education programs in Alaska over the past few years. More recently, child welfare programs have adopted the approach and the Five Protective Factors, research-based assets that, when present in families, reduce the risk of child abuse and neglect. A Community Café guided conversation on the Five Protective Factors to demonstrate the power of that model to “build community wisdom and parent voice to impact policy, practice and action to improve the lives of children and their families.”

The Five Protective Factors

- Parental resilience: The ability to cope and bounce back from all types of challenges
- Social connections: Friends, family members, neighbors, and other members of a community who provide emotional support and concrete assistance to parents
- Knowledge of parenting and child development: Accurate information about raising young children and appropriate expectations for their behavior
- Concrete support in times of need: Financial security to cover day-to-day expenses and unexpected costs that come up from time to time, access to formal supports like TANF and Medicaid, and informal support from social networks
- Children's social and emotional development: A child's ability to interact positively with others and communicate his or her emotions effectively

Reference Source: *The Center for the Study of Social Policy*
http://www.strengtheningfamilies.net/index.php/main_pages/protective_factors

Additional information on the Five Protective Factors
Strengthening Families Alaska: <http://www.hss.state.ak.us/ocs/families/default.htm>
Child Welfare Information Exchange: <http://www.childwelfare.gov/can/factors/protective.cfm>
Community Café <http://www.hss.state.ak.us/ocs/ChildrensTrust/cafe/>
Center of Study for Social Policy:
http://www.strengtheningfamilies.net/index.php/main_pages/protective_factors



Summit participants contribute to a simple charting exercise over the course of the event. This year's assessment challenged partners to:

STOP

- Saying we're going to change – Take action now! Do something, whatever it may be.
- Encouraging teens having babies. Some kids have such support they think having a baby is cool.
- Stop the loss of the active, concerned & caring parent in the village

CONTINUE

- Family Youth Integrity Program: Bring the Kids Home
- Ongoing development of Kodiak Child Advocacy Center
- Choose Respect Marches

START

- Workshops for parents, foster parents, and others on the OCS process
- Hold regularly scheduled Foster Parent Orientation nights
- Programs to help abusers heal and deal with shame and retribution
- Add another day to the Summit with more workshops
- How to communicate with our youth about respect – what it means to youth

Provider Profile Jessie Takak, Traditional Healer



Jessie Takak fell in love with Kodiak when she attended KANA's 27th Annual Providers' Conference. She spent two days at the KANA clinic and shortly afterwards left her position in Nome to become KANA's first Traditional Healer. She is also a Certified CHA III and EMT I.

Growing up in Shaktoolik, Alaska, in the Norton Sound area, Takak always knew she would be able to help people. At her eighth grade graduation ceremony, Takak remembers giving a speech and telling the audience, “One day, I will be able to help my people using my hands. I didn't know how, but, as I got older, people would come to me with headaches, or shoulders that were bothering them, or any kind of pain, and by laying on my hands, I knew what to do.”

Takak provides massage treatments for patients referred to her by KANA physicians; they arrive with migraines, lower back pain, whiplash, arthritis, fibromyalgia and trick fingers. “I work by how my fingers are feeling. Once I know what a patient has come in for, I'm able to go by what my fingers are feeling. I work until my fingers let me know I'm done.” She works with patients through a holistic approach, as she explains that “the type of work that I do can be more than just physical healing. For a lot of people who have gone through abuse of some kind, it releases emotions that have been held within or at some point they are finally able to talk about what they have gone through.”

Her practice in Shaktoolik and Nome spread by word of mouth. As she was working at the local post office, where she retired after 30 years as postmaster, people would come in from as far as the outlying villages to see her. “I would tell them to come see me after dinner, at my home.” Word spread quickly when migraine sufferers no longer experienced migraines. People with a similar diagnosis would go to her. “People would come and say they needed knee surgery or wrist surgery.” After she worked on them, she'd always send them back to their referring provider, who, surprised, would inform them they no longer needed surgery. When she was offered a position at KANA, she accepted.

“We love Kodiak,” she says warmly. “We love the people here. They have been very receptive and the KANA doctors are very supportive. The people are appreciative. I travel to all the outlying Kodiak villages along with the providers.”

Takak's hobbies include sewing, cooking and baking. “Of course, I love to go out in the country and do subsistence—berry picking, putting away fish—and spend time with the grand-babies.” Takak has been married 39 years to her high-school sweetheart, Gabriel Takak, Sr., and together they have four children; the oldest two still living in Shaktoolik, the third in Nome, and the youngest with them here in Kodiak.

Takak's favorite part of her job is, “when a patient comes to see me and says he no longer has migraines or pain issues, or is off pain medicine, and I know they feel so much better than when they first came in. It is a very rewarding and humbling experience.” ■

2011 Children's Health Fair



The Community Services Division of the Kodiak Area Native Association participated in the 2011 Children's Fair held on April 23rd at the Kodiak High School, along with the Indian Child Welfare Act (ICWA) and Foster Parent Support Programs. This year marked the fourth Children's Fair Kodiak has seen, the first being in 2008. The Children's Fair is meant to coincide with the Week of the Young Child, which is nationally sponsored by the National Association for the Education of Young Children (naeyc.org). As a division, Community Services handed out 148 bags of information and goodies to local children and families, and during that time five potential foster parents picked up applications to become foster parents.

The Women, Infants and Children Program (WIC) were represented by WIC Program Coordinator, DeAnn Pate, and WIC Program Assistant, Courtney Baader. Pate and Baader answered questions regarding WIC Program services and demonstrated how to make play dough for parents interested in learning ways to play with their children to encourage learning and development.

The Infant Learning Program also had some fun interaction helping approximately 70 children make Easter baskets that they filled with plastic eggs. Parents were given an A to Z coloring book of things "every little bunny needs." Childcare providers were given information about the Infant Learning Program; a "Parent's Are the First" to know checklist of important milestones, and "Your Role in Referral" handout.

For more information on any of these programs, services or the Children's Fair visit the Community Services Division located at KANA's Near Island Building or call Gwen Sargent at 486-1361. ■

Provider Profile

Vallory Alter, Vocational Rehabilitation Counselor

Vallory Alter, KANA's Alternate Resource Specialist and soon-to-be Vocational Rehabilitation Counselor, has only been in Kodiak for one year, yet people continually come up to her and ask about her relatives. "Even though I have a familiar face, I'm not related to anyone you know," Alter laughs.

Hailing from Portland, Oregon, Alter moved to Kodiak after hearing great things from acquaintances who had made the move and, more importantly, to be with her boyfriend, Marvin Balloran. After earning a double BS degrees in Social Work and Human Development & Family Studies at Warner Pacific College in Portland, Alter worked as a caregiver in a group home for mentally and physically disabled patients.

"I originally wanted to be a teacher," Alter explains, "but my interest changed. I enjoyed my human development classes, so I pursued that." Many of the Human Development courses overlapped the Social Work curriculum, so Alter double majored in both. "I have a heart to help, but I realized I like different age groups," she explains of the switch from Education. "I enjoy working with kids, but I also enjoy the adult and elderly population."

From a young age, Alter has felt compelled to serve her community. "I enjoy working with people and believe my education is a blessing. I want to use it to serve people. I believe I'm obligated to use my skills to serve."

As KANA's Alternate Resource Specialist, she assists eligible families in signing up for Denali Kid Care and Medicaid, making the paperwork more manageable. One skill she's used frequently is her creativity. "I have to be creative



Vallory Alter

about getting people to come see me. People don't like to fill out paperwork!" she laughs. In order to encourage Beneficiaries to come in, she has organized a raffle for Crab Festival tickets and given away gift cards. She is also looking forward to her new position, which will entail assisting Beneficiaries with disabilities in their job placement and training.

She is enjoying the community and the scenery. "The people are really nice. I love that you can see the mountains and the ocean from anywhere—and how it only takes ten minutes to get anywhere." ■

Training Parent Trainers



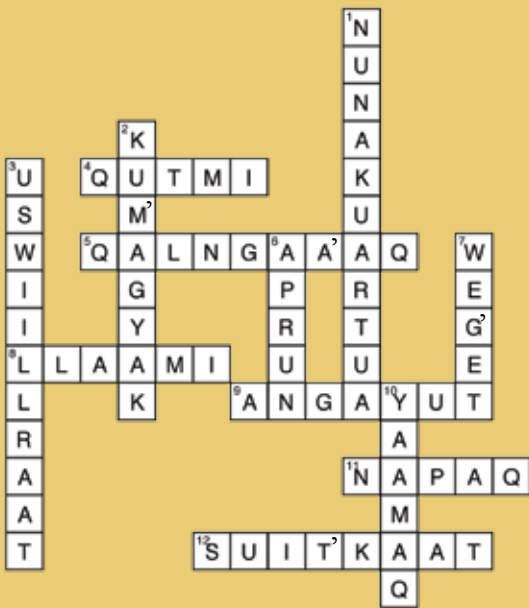
Six new Parent Trainers studied with a certified trainer for four days to complete the Parenting With Love & Logic curriculum. Trainers will be working in teams to offer a series of Parenting Classes in the communities of Kodiak, Akhiok and Old Harbor. The training of trainers will be repeated in the early fall to expand the program.

In response to requests for Parent Education classes KANA partnered with Kodiak Island Housing Authority to provide a four day training-of-trainers session in March with funding from the Alaska Children's Trust and Best Beginnings.

Registration Form

We have included the current registration form utilized for patients requesting services with Kodiak Area Native Association. Please cut out and return to KANA's Medical Reception Desk or fax to (907) 486-9897. For additional family member registration forms you may contact KANA Medical at (907) 486-9870. This information is necessary to ensure all patient information is current. ■

Crossword Solutions for page 8 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.



Kodiak Area Native Association Registration Form

1. Patient Name:			
Last Name		First Name	Middle Name
2a. Date of Birth: _____	3a. Social Security Number: _____		4a. Father's Name: _____
2b. _____	3b. Sex: Male Female		4b. Mother's Maiden Name: _____
City of Birth, State of Birth _____			
5. Patient Mailing Address:			
Street or Post Office Box		Alias/Other Names Used _____	
_____	City	State	Zip Code
6a. Home Phone Number: (907) - _____ - _____	7a. Work Phone Number: (907) - _____ - _____	8. Current Community: (City or Village you live in) _____	
7b. Cell Phone Number: (907) - _____ - _____	Date Moved: _____		
9. Employer:			
Full Time	Part Time	Unemployed	Self Employed Retired Active Military Duty
13a. Do you have private insurance? Yes No If yes please provide your card and complete information below.			
Insurance Company Name: _____		Policy Holder Name: _____	
Policy #: _____	Group # _____	Effective Date: _____	
13b. Does your spouse have private insurance? Yes No Are you covered under that insurance? Yes No If yes, please complete the information below			
Insurance Company Name: _____		Policy Holder Name: _____	
Policy #: _____	Group # _____	Effective Date: _____	
14. Emergency Contact:		Next of Kin (Relative):	
Last Name	First Name	Last Name	First Name
Relationship to Patient	Phone Number	Relationship to Patient	Phone Number
Address		Address	
City	State	Zip Code	City State Zip Code
16. Are you: Aleut Eskimo Alaskan Native: _____ American Indian: _____			
Commissioned Officer		Dependent of Commissioned Officer	Civil Service PHS Employee
Other (Medical Student, Volunteer): _____		None of the Above	
A Certificate of Indian Blood is required to receive services through the Indian Health Service. Without a CIB Registration is incomplete. Please provide the Registrar with a copy of your CIB or a tribal care that verifies your blood quantum.			
17a. Tribe of Membership: (To which federally Recognized Tribe do you belong)? _____			
17b. Or What Tribe are you a descendant of? (To which federally Recognized Tribe(s) did your parent(s) belong)? _____			

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

Photo courtesy of Patrick Saltonstall.

Explore the Rock

What: Go on hikes!

Have fun and learn outdoor skills:
First aid, bear safety, how to make a shelter, edible plants

When: This summer!

on Wednesday afternoons

Where: All over the island!

Abercrombie, Chiniak, Fossil Beach, Old Woman Mountain and more

Who: Incoming 6th through 12th graders

It's free for everyone!

Registration

Registration Packets are available at:
KANA Gym (under Total Interiors)
Kodiak Middle School
There is no deadline for registrations, however we require a completed and signed Registration Packet prior to hike.

For more information call or email
Candace Branson at 486-1393 or
Candace.Branson@kanaweb.org



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

Presorted Standard
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Kodiak, AK
99615
PERMIT NO. 41



Photo courtesy of Patrick Saltonstall.

Cislat Calendar

Save the date....

*KANA Annual Meeting
October 8th, 2011*

Meeting will begin at 9:00 a.m.

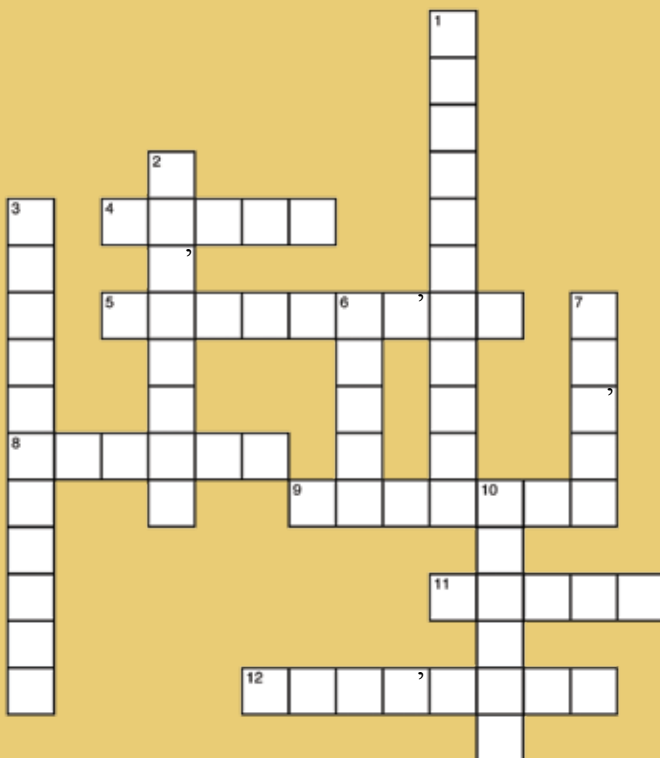
Kodiak Harbor Convention Center

Registration 9:00 a.m. to 10:00 a.m.

Alutiiq Crossword Puzzle

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

Puzzle by Alisha
Susana Drabek—
Englartaq



ACROSS

- 4 At the water's edge
- 5 Large black bird
- 8 Not inside
- 9 Friends or pals
- 11 Kodiak's Evergreen
- 12 Colorful bloom

DOWN

- 1 I am hiking.
- 2 National bird
- 3 Little ones
- 6 Route for walking
- 7 Green plants for basket weaving
- 10 Mineral

Vocabulary found in this puzzle:

angayut—friends; aprun—trail; kum'agyak—eagle; llaami—outside; napaq—spruce tree; nunakuartua—I'm hiking; suit'kaat—flowers; qalngaa'aq—raven; qutmi—at the beach; uswiillraat—children; weget—grass; yaamaq—rock

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