



Qik'rtarmiut Asiitmen Kodiak Native Wellness News

Kodiak Area Native Association

Promoting wellness & knowledge for Kodiak's Native People



SUMMER - KIAK 2011

Improving Patient Care Keeping the Beneficiaries' Experience of Care the High Priority

2011 marks the second year in a row that KANA met all 21 out of 21 clinical indicators for the Government Performance and Results Act (GPRA). Last year KANA was the first site in Alaska to achieve this honor and 1 out of 4 sites in the country to accomplish it.



While maintaining this standard of care is critical in order to truly Improve Patient Care (IPC), we need to focus on more than clinical indicators. For example, it is equally important that the Beneficiary's experience of care be prioritized.

KANA is starting two processes to measure and improve the Beneficiary's experience of care. The first process is continually surveying the Beneficiaries in all departments at KANA. Information from the surveys will be used to identify areas for improvement, as well as, track feedback received, with our goal being to elevate our quality of service. The voice of our community is a crucial component in helping to improve patient care delivery; diverse voices lead to better decision making.

The second process in helping KANA measure and improve our Beneficiary's experience of care, is the facility wide adoption of the KANA Service Standards Evaluation for all employees (copy of form available at KANA). All employees will be evaluated on integration of KANA's mission into their line of work, in addition to, customer focus, motivational fit, interpersonal skills, adaptability/stress management, teamwork, and integrity/trust.

We hope by starting these two processes we will not only provide quality care, but a positive experience for our Beneficiaries at KANA. ■

National GPRA Measures	KANA GY2011	Alaska/ National	Goal Met?	
	Final	Goal	Yes	No
Poor Glycemic Control (should be below goal)	7.7%	19.4%	X	
Ideal Glycemic Control	54.8%	30.2%	X	
Blood Pressure Control	40.4%	35.9%	X	
Lipids Assessment	90.4%	63.3%	X	
Nephropathy Assessment	82.7%	51.9%	X	
Retinopathy Assessment	72.1%	50.1%	X	
General Dental Access	58.1%	23.0%	X	
Dental Sealants *	1,100	997	X	
Topical Fluoride - # of Patients *	1,105	991	X	
Influenza - Adults 65+	68.3%	58.5%	X	
Pneumovax - Adults 65+	94.0%	79.3%	X	
Childhood Immunizations - Active IMM pkg. Pts.	80.4%	74.6%	X	
Pap Smear	69.1%	55.7%	X	
Mammogram	57.1%	46.9%	X	
Colorectal Cancer Screen	66.6%	36.7%	X	
Tobacco Cessation	36.0%	23.7%	X	
FAS Prevention	70.9%	51.7%	X	
IPV/DV Screen	63.2%	52.8%	X	
Depression Screen	64.2%	51.9%	X	
Comp. CVD - All Assessments	63.9%	33.0%	X	
Prenatal HIV Screen	82.5%	73.6%	X	
Total Met or Not Met			21	0

New Patient Advocate Position at ANMC



Pamela has resided in Anchorage for over 30 years. She began her employment on July, 27 2011. Her office is located on the main floor of the hospital within the Customer Service Department, across from the cafeteria. If you have any questions regarding her role or responsibilities please contact JJ Marsh.

Pamela Goodwin
KANA/SEARHC Patient Advocate
Alaska Native Medical Center
4315 Diplomacy Drive
Anchorage, AK 99508
Direct Line: (907) 729-3990
Cellular: (907) 942-5867

ANMC Airport Shuttle

Alaska Native Medical Center patients now have 24-hour airport shuttle service. The van will depart ANMC at the top of the hour and depart the airport every half hour. The van will pick up patients outside the Alaska Airlines baggage claim area.

Special pick-ups can be arranged outside of the listed hours by using the phone on the hotel reservations board at the airport and dialing "16". This will connect customers to ANMC Operators.

Hours of Operation:
Sunday - Friday: 4:30am to midnight
Saturdays - Noon to 5:00pm

We are pleased to announce that Pamela Goodwin has been hired as the new Patient Advocate located at Alaska Native Medical Center in Anchorage. Pamela was hired in conjunction with KANA and the South East Alaska Regional Health Consortium (SEARHC). It will be her responsibility to provide assistance to patients of both facilities who are traveling to Anchorage for medical related appointments. She will help with lodging arrangements, travel, and any situation that may arise.

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President's Letter



Greetings from KANA! I hope that each of you has enjoyed this incredible summer weather as much as I have! As we begin preparations for the upcoming fiscal year, I am pleased to announce that KANA's Board of Directors has taken action to modify the Organization's Mission Statement: "To elevate the quality of life of the people we serve". I have embraced this change as an opportunity to develop operational strategies to raise individual and collective performance within the Kodiak Area Native

Association. KANA's management and staff have developed three broad organizational categories for process improvement:

1. Customer Service
2. Quality
3. Stewardship (Growth & Efficiency)

I believe KANA is an exceptional organization and yet I believe we have extraordinary capacity for growth and improvement. As KANA is recognized for the second year in a row as one of only two organizations in the state and just a handful of organizations in the nation who have met or exceeded treatment and prevention goals established by the Indian Health Service, we acknowledge that our success is more than a measurement of clinical outcomes. We recognize that we need to look to you, our Beneficiaries -our customers, to participate in planning and evaluating KANA's capacity, describing your experiences and sharing your assessments in order to be truly successful in providing patient-centered care.

I look forward to working with you and KANA's staff to ensure the path forward has the greatest likelihood for achieving the intended outcome of elevating the quality of life of the people we serve.

Sincerely,

Andy Teuber

Annual Meeting Notice

The Kodiak Area Native Association's Annual Membership Meeting will be held on **Saturday October 8, 2011**, for the purposes of electing two (2) Directors to the Board, to amend the Articles of Incorporation, and to conduct any other business that may properly come before the meeting.

Registration will begin at **9:00 a.m.**, followed by the meeting being called to order at **10:00 a.m.**

The meeting will be held at the:

**Kodiak Harbor Convention Center
211 West Rezanof Drive
Kodiak, Alaska 99615**

The following tribal chapters will each elect one (1) Director at this year's meeting:

**Native Village of Afognak
Native Village of Akhiok**

In addition to voting for a Director, members will be entitled to one (1) vote on each matter properly submitted to a vote of the members.

If you should have any questions, please contact Nikki Greenlee at 907-486-9803.

Door prizes will be given, including airline tickets. To win door prizes you must be present. We look forward to seeing you there!

Board of Directors

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



KANA Event Highlight Women's Wellness Retreat

The 2011 Women's Wellness Retreat "To Dance with Our Grandmothers" was graciously funded by the KANA Board of Directors. The last retreat was held in 2007. The location of the retreat was on Woody Island. We were very fortunate that this event has been brought back as it is very empowering for the women of our island.

The 2011 retreat participants included a combination of village participants, town participants, both Native and Non-Native. The weather cooperated with us during the retreat. The workshops that were included in this year's retreat were: beading, leather/fur bag sewing, *Pink Papaya* facials, *Bare Mineral* makeover's, healing touch, traditional healing, flower essences, journal station, wellness, quilt squares, manicure/pedicure station, self esteem boxes, tobacco cessation, a honor your spirit talking circle, and a sexual abuse healing prayer ceremony.

Both participants and staff enjoyed nightly banyas, long walks and gathering in the mess hall to connect with one another and enjoy the food that various volunteers and staff cooked. An Honor Quilt was presented to a retreat participant that staff felt made the most strides toward wellness. This year the Honor Quilt was presented to Alutiik elder, Meta Carlson.

There were many heartfelt and tearful comments from the participants on how enjoyable their experience was. All of the participants relayed how appreciative they were that the retreat was revived and revealed at the likelihood that it would continue on next year. ■



Provider Profile

Karen Millstein, Physician's Assistant



Karen Millstein with her family.

Karen Millstein, KANA's Physician's Assistant, is in the midst of a long, productive career. Millstein has been a PA since 1992 and at KANA since 1994, except for two years at the Kodiak Community Health Center. "I have been involved in many things over the years, mostly women's health and the care of children. I've travelled to the villages quite a bit. Right now I travel to Akhiok every two months. While I'm there I take all the village calls from Akhiok and am involved in setting up the Kodiak Children's Advocacy Center, which will provide better care for kids who are abused, physically or sexually."

Millstein grew up in Los Altos Hills California. She earned a BS in Biology from Lewis and Clark College in Oregon and worked for eight years as a biologist with Alaska Fish and Wildlife Services

and Alaska Forest Service. She studied birds, musk ox, botany, and the habitat on the North Slope, Alaska Peninsula, Seward Peninsula and the Yukon Kuskokwim Delta, before deciding to go to medical school. "I was always interested in medicine, but I liked the adventure of being a biologist. It was really fun to go to field camp and be in the wild, but there weren't many jobs in Biology and without going to graduate school I couldn't advance. Plus, it was hard to be in the field six months a year and have a family life."

While taking a college class, Millstein met a Physician's Assistant (PA); this was the first time she'd heard of the profession and decided to pursue it. She entered a graduate program at Duke University in North Carolina and, upon completion, returned to Alaska. She spent two

years working in Anchorage at the Neighborhood Health Clinic and at AK Women's Health Services before moving to Kodiak.

When not working, Millstein enjoys a variety of indoor and outdoor hobbies, including gardening, hiking, kayaking, and skiing, as well as knitting, reading, watercolors and the violin. Her love of the violin coalesced with another interest, travel, when she went with her daughters and the Kodiak Youth Orchestra to Italy on a 10-day tour in March, then met up with her husband and travelled as a family for the rest of the month.

Millstein is still happy with her career change. "I love being a PA. It is much more rewarding. Each person is different; each person has their own story. Problem-solving, teaching and learning about people is challenging and rewarding at the same time. My favorite aspect of my job is listening to people's stories and trying to help them have a better understanding of their health."

In the clinic much of the care provided visits are for depression, anxiety, stress, chronic pain, substance abuse resulting from childhood trauma, continued emotional pain and post traumatic stress. The most effective way to prevent these consequences is to treat children and families more effectively when it happens. She and others have been working toward opening a Child Advocacy Center in Kodiak similar to Alaska Cares in Anchorage. This type of center would provide physical exams and interviews for abused children to aid in prosecution as well as care for the child, case management and counseling services. ■

Did You Know...

October is National

Breast Cancer Awareness Month

- DID YOU KNOW more women in the US are diagnosed with breast cancer every year than any other cancer except skin cancer AND that approximately 1/4 of those that die from the disease could have been saved by early diagnosis.
- DID YOU KNOW that most women who get breast cancer have no family history of the disease or other risk factors. Some women are at slightly higher risk – women whose mothers or sisters had breast cancer, women who have never had children or women who had their first child after age 30.
- DID YOU KNOW that the biggest risk factor for breast cancer is being a woman. It can occur at any age but becomes more common as a woman gets older.
- DID YOU KNOW that the earlier breast cancer is detected the easier it is to treat.
- DID YOU KNOW a woman age 20 – 39 should do a breast self-exam each month & have a clinical breast exam by a health care professional every 3 years.
- DID YOU KNOW a woman age 40 & over should do a breast self-exam each month, have a clinical breast exam by a health care professional every year & have a mammogram every 1 – 2 years.

Take action against Breast Cancer!

For more information contact Nicole Webster or Bettye Plyler at 486-9870
Visit www.nbcam.org to see what's going on Nationally.

Alutiiq Family Terms Crossword Puzzle

Akitmen (Across)

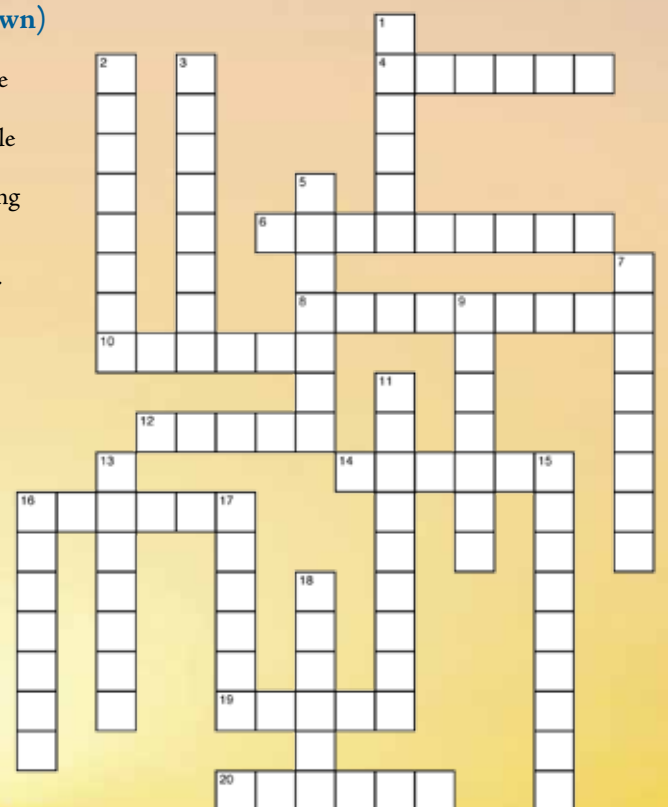
4. my nephew
6. my maternal aunt
8. my son
10. my paternal aunt
12. my husband
14. my older sister
16. my family
19. my father
20. my grandmother

Acitmen (Down)

1. my wife
2. my paternal uncle
3. my baby
5. my maternal uncle
7. my daughter
9. my younger sibling
11. my grandchild
13. my oldest sister
15. my older brother
16. my cousin
17. my mother
18. my grandfather

Vocabulary:

ilanka - my family
aanaqa - my mother
ataqa - my father
apaaqa - my grandfather
emaaqa - my grandmother
elltuwaqa - my grandchild
iluwaqa - my cousin
alqaqa - my older sister
aakaqa - my oldest sister
aningaaqa - my older brother
uyuwaqa - my younger sibling
angaaqa - my maternal uncle
anaanaqa - my maternal aunt
acaqa - my paternal aunt
atataqa - my paternal uncle
wiika - my husband
nuliqa - my wife
paniyaqa - my daughter
awaqutaqa - my son
usguqa - my nephew
carliaqa - my baby



To complete this puzzle, write in the Alutiiq word for each clue above. See word translations and correct spellings in the puzzle vocabulary box. Puzzle solutions on page 7.

Puzzle by
Alisha Susana Drabek—Englartaq
Photo by Patrick Saltonstall

Spotlight on the Alutiiq Culture

New Songs Composed at Alutiiq Dance & Song Workshop

Cutmen Agnguartukut - We Are Dancing Forward



Alutiiq dancer Samantha Heglin rehearses the new Sakuum Pisuryarsta Song
Photo courtesy of the Alutiiq Museum

The Alutiiq Museum recently hosted a three-day workshop called “Cutmen Agnguartukut” - “We are Dancing Forward” on July 19-21 in Kodiak. Renowned Central Yup’ik professional dancer and UAF professor Theresa Arevgaq John, PhD led the workshop, along with her sister Agatha Panigkaq John-Sheilds, a celebrated Yup’ik dancer, drummer and teacher. Twenty-two youth and adults from around Kodiak Island participated in the event, supported by the two instructors and seven fluent Alutiiq elders.

The two instructors guided the group through the traditional cycle of dance performance, song composition structures, symbolic gestures, and musical techniques. John explained, “Dancing is a method of storytelling to pass on heritage.” With the new knowledge, participants set to work in small groups to compose a series of new original songs and dances, with assistance from fluent Alutiiq elders on pronunciation and word choice. At the close of the three-day workshop, they performed five new songs:

- *Umiaqartaqa - I Remember It*
- *Qangyusinaq - Tidal Wave*
- *Qulianguiciqamci - I Will Tell You a Story*
- *Sakuum Pisuryarsta - The Crab Catcher*
- *Puukicaat - Buttons*

“Since dance in our area was suppressed for so long, we are turning to our neighbors the Yup’ik, whose language and performance traditions are similar to our own,” explained Alutiiq Language Manager and event coordinator, April Laktonen Counciller. “With

the linguistic and cultural revival happenings on Kodiak right now, there is a need for accessible information on older, or more subtle aspects of the culture, including traditional dance.” Since the first reawakening of Alutiiq dance arts in the 1980s, through a KANA sponsored dance group, dance groups around Kodiak have grown, yet many struggle or are unfamiliar with how to compose new songs within the Alutiiq tradition and language. As a result of this workshop, many hope these groups will be further inspired to continue to grow the art of Alutiiq dance and song.

As culminating workshop products, the Alutiiq Museum will produce two short videos for learners: one about the workshop and another featuring the new songs created at the workshop for dance practice. Along with the films, the Alutiiq Museum will compile learning kits to help dancers develop their performance skills, including rattles, drums, and a how-to manual for anyone interested in writing songs on their own. The traveling educational kits will be available on loan to dance groups, schools or individuals.

The National Geographic’s Geographic Legacy Fund sponsored the workshop, along with annual support from KANA and Native corporations throughout the Kodiak region. For more information on the workshop or the planned resources, please contact the Alutiiq Museum at 907-486-7004. The DVDs will be available in September at the Alutiiq Museum, and via their website. ■



Instructor Agatha John-Shields dances with participant Kari Sherod as Instructor Theresa John drums and Elder Florence Pestrikoff listens to their Qangyusinaq song rehearsal
Photo courtesy of the Alutiiq Museum

Qangyusinaq Tidal Wave Song

written by Florence Pestrikoff, Kari Sherod, Lena Amason, and Agatha John-Shields with help from Nick Alokli and Dennis Knagin. Inspired by Florence's experience of the 1964 Earthquake & Tidal Wave in Old Harbor

Chorus
Aqum'allianga caqiq niitaqa
I am sitting, I hear something

Nuna man'a aulaluni (N)/arulaluni (S)
the land here is moving

Tuknitmen agluni
It is getting stronger

Yi-ii-ii-ii-rii (chanting)

Verse 1
Uswillranka iwa'iluki
I look for my children

Mayurluta ingrimen
We climb the mountain

Qangyusinaq englupet cayugluki
the great wave pulls away our houses

Nuna man'a arulaluni
the land here is moving

Tuknitmen agluni
It is getting stronger

Yi-ii-ii-ii-rii (chanting)

Chorus
Aqum'allianga caqiq niitaqa
I am sitting, I hear something

Nuna man'a aulaluni (N)/arulaluni (S)
the land here is moving

Tuknitmen agluni
It is getting stronger

Yi-ii-ii-ii-rii (chanting)

Verse 2
Uswillranka allrilurmi
My children are all together (as one)

Quyawiklluku Agayun
Being thankful to God

Nuna man'a aulaluni (N)/arulaluni (S)
the land here is moving

Tuknitmen agluni
It is getting stronger

Yi-ii-ii-ii-rii (chanting)

Chorus
Aqum'allianga caqiq niitaqa
I am sitting, I hear something

Nuna man'a aulaluni (N)/arulaluni (S)
the land here is moving

Tuknitmen agluni
It is getting stronger

Yi-ii-ii-ii-rii (chanting)

Nutrition Tips

New National Nutrition Initiatives

by Shanna Moeder, Dietitian and Diabetes Educator

Every 5 years the U.S. Department of Agriculture (USDA) and U.S. Department of Health and Human Services (HHS) reviews, updates if necessary, and then publishes the Dietary Guidelines for Americans. These dietary guidelines are recommendations for healthy Americans ages 2 years and older. Due to a common poor diet and physical inactivity causing an epidemic of obesity in our society, they are now targeting populations at risk of chronic diseases.

2010 Dietary Guidelines for Americans

Key recommendations stated in the new Dietary Guidelines for Americans:

- **Balancing Calories to Manage Weight**
 - Enjoy your food, but eat less.
 - Avoid oversized portions.
- **Foods to Increase**
 - Make half your plate fruits or vegetables.
 - Switch to fat-free or low-fat (1%) milk.
- **Foods to Reduce**
 - Drink water instead of sugary drinks.
 - Compare sodium in foods like soup, bread, and frozen meals – and choose the foods with lower numbers. (The new daily sodium intake requirement is 1500mg among persons who are 51 years and older and those who have hypertension, diabetes or chronic kidney disease. For other persons not fitting the requirements above, it is recommended to consume less than 2300mg of sodium per day.)

For more information on the new 2010 Dietary Guidelines please talk to the dietitian, Shanna Moeder or go to www.dietaryguidelines.gov

Choose My Plate Initiative

Another new nutrition highlight making its way to our patients at KANA is the "ChooseMyPlate.gov" initiative.

The **Choose MyPlate** model will be utilized here to educate most patients. It was created to help consumers make better food choices and to remind Americans to eat healthfully; it is not intended

to change consumer behavior alone. This model illustrates the five food groups using a familiar mealtime visual, a place setting. I believe in this design and also practice this when I eat my meals.

5210 Let's GO!

Lastly another theme of education that you may receive or see around KANA is the "Let's GO!" campaign information.

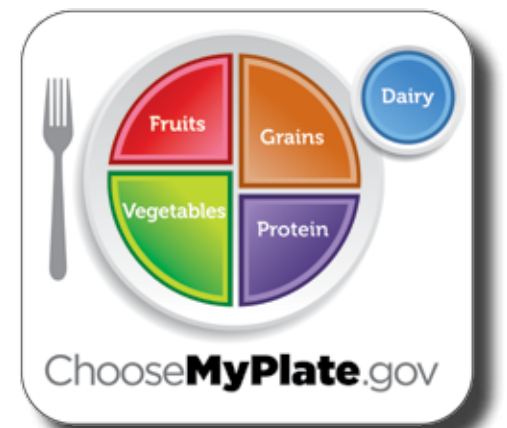


- **5 or more fruits and vegetables**
- **2 hours or less of recreational screen time**
*Keep TV/Computer out of the bedroom. No screen time under the age of 2.
- **1 hour or more of physical activity**
- **0 sugary drinks, more water and low fat milk**

Providers and staff members will be handing out an educational sheet on this program to parents at Well Child Checks and also for Sports Physicals.

For me new initiatives, like the three mentioned above, are as exciting as a sunny week on Kodiak Island. Each time something new comes out on nutrition, chronic disease prevention, or treatment, a dietitian has to re-learn their information and it is also a new chance to practice healthy role model skills. For KANA Beneficiaries it can be a time to step back and ask yourself if you are doing the best things for your body and for your family.

A new season has started, as well as school, seize the opportunity and check out these initiatives further and start making new healthier changes for your health! ■



Whole Wheat Blueberry Muffins

Ingredients

1 cup whole wheat flour
3/4 cup unbleached all-purpose flour
(or you can use all whole wheat for this)
1/4 cup firmly packed light brown sugar
1 Tablespoon + 1 teaspoon baking powder
1 teaspoon cinnamon
1/2 teaspoon ground all spice
1 cup skim milk
2 Tablespoons canola or olive oil
2 Tablespoons unsweetened applesauce
1 egg lightly beaten
1 cup frozen or fresh blueberries—
suggest using those Alaska berries!

Method

1. Lightly spray muffin tin with cooking spray.
2. In large bowl, combine flours, brown sugar, baking powder, cinnamon and all spice.
3. In another bowl, whisk together milk, oil, applesauce and egg. Mix this into flour mixture, just enough to combine, but do not over mix.
4. Stir in blueberries.
5. Spoon batter evenly into muffin cups.
6. Bake at 400 for 20 minutes or until golden brown.

Nutrition Information per Muffin:

123 calories, 3 grams fat, 2 grams dietary fiber

Adapted from *Moving Toward a Plant-Based Diet:*
American Institute for Cancer Research

Child Services Program

Changing Tides

The Kodiak Child Advocacy Center

A child advocacy center is a specialized facility-based program in which a multidisciplinary team of representatives from many agencies, including law enforcement, child protection, prosecution, mental health, medical and child victim advocacy work together to conduct interviews and make team decisions about the investigation, treatment, management and prosecution of child abuse cases. The multidisciplinary approach is totally child-focused in an effort to prevent revictimization of abused children.

After many years of planning, the Kodiak Regional Child Advocacy Center is operational. KANA is providing the specialized facility to meet the requirements for a Child Advocacy Center (CAC) where the Kodiak Multidisciplinary Team can work together to offer the most child and family focused system response possible.

The CAC is staffed by KANA with a Director and Family Advocate. Their role is to coordinate the multidisciplinary team response to child victims and their non-offending family members. The team includes KANA medical and mental health specialists. The CAC staff and multidisciplinary team work closely with Village Response Teams and village-based KANA staff to assure a child-centered response for victims in all communities.

Kodiak is the tenth community in Alaska to develop a Child Advocacy Center (CAC). Together, we form the Alaska Children's Alliance, with a mission "to promote a culturally appropriate multidisciplinary response to child maltreatment throughout Alaska."

Cama'i Home Visiting Program

Child advocates in the Koniag Region are working to build strong families, with a major focus on services for families with young children. We know how critical the early years are for brain development, and how experiences in the first three years of life shape a child's ability to grow, learn and make healthy life choices through adulthood. We know that parents and caregivers are children's first and most influential teachers. It makes sense that helping to strengthen families, beginning with pregnancy, is the most promising way to assure that every child has the opportunity to live to her greatest potential. One of the ways to share resources with busy families is by meeting them in their own homes.

In 2010 KANA led efforts with Tribal and agency partners to secure long-term funding to develop a home visiting program, called simply, *Cama'i*. We entered a five year Cooperative Agreement with the Federal Administration for Children & Families (ACF) that will total over 2 million dollars. One of the requirements of the Agreement is that *Cama'i* will be rigorously evaluated to document its effectiveness in

meeting the needs of Alutiiq families. Five years from now, ACF will have evidence of the program's success, and other Tribes may adapt and replicate the home visiting model.

The program model submitted to ACF for approval will offer: personal visits to pregnant mothers and fathers; health and developmental screenings; connections to community resources; and regular gatherings to share activities, food, and materials that match the child's stage of development. To begin, the Kodiak-based Program Coordinator will be responsible for training and supervising Home Visitors in communities with the largest populations of children up to six years of age. In the near future *Cama'i* will expand to every community who would like to participate.

Please contact Cindy Harrington at 486-9878 for more information about the *Cama'i* Program. ■

Helping to strengthen families, beginning with pregnancy, is the most promising way to assure that every child has the opportunity to live to her greatest potential.

Anirturkii uswillra'apet

Kodiak Early Childhood Coalition: A Best Beginnings Partnership

The Kodiak Early Childhood Coalition is a community-based partnership of agencies working to coordinate services for families with young children. The Coalition shares many of the goals of the new *Cama'i* Home Visiting Program, with an emphasis on improving school readiness. Listen for educational service announcements airing on local radio for tips on preparing children for success in school.

Goals for the Cama'i Home Visiting Program

TO IMPROVE:

- prenatal care and maternal health
- child health and social emotional development
- school readiness skills
- parent knowledge of early child development
- awareness of traditional positive parenting practices
- family economic self-sufficiency
- coordination of resources and services

TO REDUCE

- child maltreatment and family violence

Alitak photo courtesy of Patrick Saltonstall

Provider Profile

Dr. Anna Stevens, Clinical Psychologist



Anna Stevens with her grandmother Thelma Johnson

KANA's newest Clinical Psychologist is Kodiak local Anna Stevens. Born and raised in Kodiak, and a graduate of Kodiak High School, Stevens loved growing up here. She says, "It was the best place to be a kid."

Stevens' career path has recently led her back to Kodiak. After earning a BA in Psychology from Gonzaga University and a Masters in Teaching from University of Alaska Southeast in Juneau, she returned to Kodiak and spent a year as a behavioral health clinician at KANA and a year as a Language Arts teacher at Kodiak Middle School. She credits her mother for her interest in psychology. "My mom was always talking about wellness and taking care of yourself." While in Kodiak, she met her husband, another Kodiak local, Colby Imus, and moved to Seattle. "I taught in Seattle for a while and realized the kids I was teaching had so much going on at home that comma placement and correct spelling was not what I should be doing."

After discussion with her husband, Stevens moved to San Francisco and earned a Doctorate in Psychology (PsyD) at the California School of Professional Psychology. "It was the most fun I've ever had in school and the most challenging experience of my life." Stevens' positive relationship with her professors, especially her dissertation chairperson, led to her unique dissertation project: *A Culturally Relevant Treatment Curriculum for Alutiiq Families with Substance Use Issues*. Stevens explains, "There is no published research or even raw data about psychological treatment for Alutiiq people." Her four year program included three practicum experiences and a predoctoral internship at the University of California, San Francisco General Hospital's Trauma Recovery Center and Rape Treatment Center. Stevens appreciated the opportunity to work with a variety of people and considers the experience, "by far the most important thing I've ever done."

She completed her 2-year post-doctoral residency in Seattle in Dialectical Behavior Therapy—all significant preparation for her current position. "When KANA called to ask about my interest in returning to Kodiak, I was extremely happy. I've always wanted to come home." Stevens will be providing individual and group therapy to Beneficiaries, specifically adolescents in the Family and Youth Integrity Program and children served by the upcoming Child Advocacy Center. Stevens is passionate about her profession. "I feel so strongly about helping people get their lives closer to what they want, rather than being harassed by fear and depression. It's so fulfilling to see them fight back, get control, and do with their lives what they want. I can't put into words how powerful that is."

Outside of work, Stevens is relishing Kodiak life. "Since I've been back, I've been outside every day. I love looking at the ocean and mountains, hiking, fishing, picking berries and visiting my grandmother. I feel like I'm home."

She encourages KANA Beneficiaries to seek treatment. "If you are feeling alone, or feeling like your thoughts or emotions are taking hold of you, you don't have to live like that. You can talk to me or anyone at KANA and we can help you take your life back." ■

Crossword Solutions

for page 3 Alutiiq Puzzle

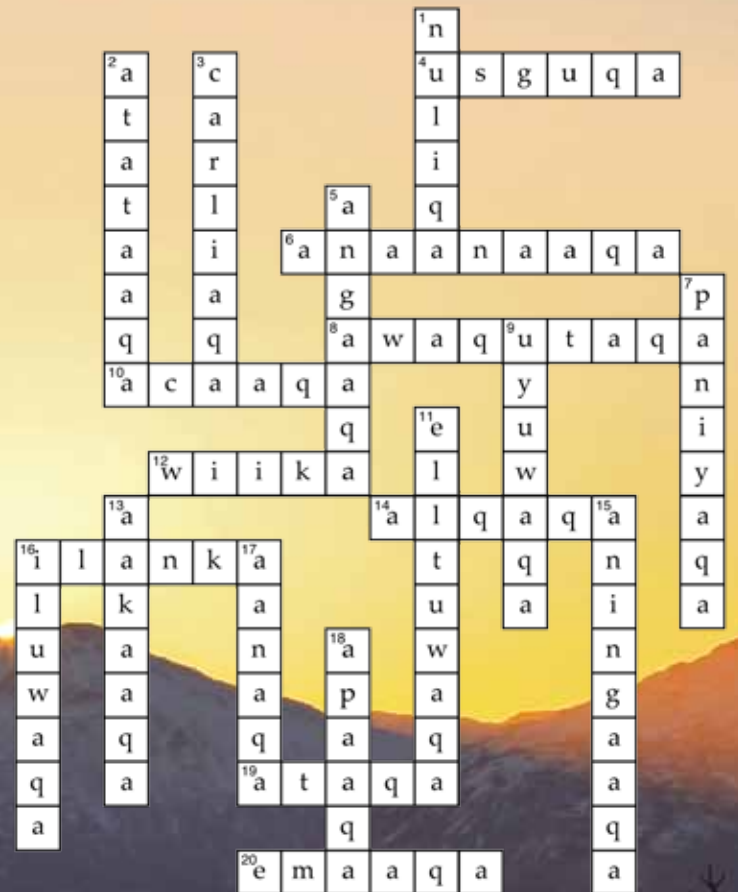


Photo courtesy of Patrick Saltonstall

For help with pronunciation of Alutiiq words, talk with a fluent elder, or visit the Alutiiq Museum's Alutiiq Language website at www.alutiiqmuseum.org (select Alutiiq Language from the side menu). You will find both an Alutiiq Alphabet page to help build Alutiiq literacy and also an archive of past Alutiiq Word of the Week publications, many of which feature audio recordings.

New Online Alutiiq Language Learning Resource:

Planned for launch in September 2011, a new educational website will provide an online dictionary with audiovisual flashcards and Alutiiq language learning resources organized thematically.

www.alutiiqlanguage.org

KANA Newsletters Available Online

Past KANA Newsletters are available to read online at:

<http://www.kanaweb.org/html/events/publications.php>

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) _____

Quyanaasinaq!

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

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

Rural Services Update

Village Public Safety Officer Program

VPSOs are the heart of public safety in Alaska's rural communities. Their motto, "First responders-Last Frontier" best describes their role. The program was created to prevent unnecessary loss of life in rural communities caused by fire, crime, drowning, lost persons, and lack of emergency medical response. They receive training at the Alaska State Trooper academy in Sitka, in a ten-week program that is tailored specifically to the needs of rural public safety.

Many people see the VPSO uniform and think law enforcement. While that is part of their job, in reality they are so much more. They teach D.A.R.E. in schools, visit elders, train volunteer firefighters, provide emergency medical assistance, organize disaster preparations and perform assessments, checks and other tasks involved in accident prevention and safety promotion.

An ounce of prevention is worth a pound of cure. To that regard, the VPSO seeks to solve problems by dealing with them before they occur or escalate. They keep in contact with community members and leaders so that they can keep abreast of issues and concerns. They may meet flights or vessels coming into town so that they can see who is coming into the community. They patrol the roads and trails to look for hazards or unsafe activities and dispense safety advice as needed. They are involved in the school to help provide the children with positive contact with law enforcement. They perform the parole and probation checks necessary to help local offenders successfully reintegrate into the community. Another common issue in Kodiak requires that they monitor and learn the activities and habits of the Brown bears near their communities.

Brad Ames is our longest serving VPSO at nearly 15 years on the job. He has served all of those years in the village of Port Lions. He is a longtime Alaskan resident who feels comfortable in the rural environment. He keeps an eye on the bears, follows the students on field trips, keeps up with events occurring in town and watches who comes and goes. Brad has the ability to patiently deal with issues to prevent unnecessary law enforcement action or to keep them from escalating. His long-term tenure has made him a local fixture, providing community members with a sense of security, as well as a deterrence to criminal activity.

Roy Jones of Larsen Bay is our second longest serving VPSO at 10 years. He has been in the community for even longer, so he knows what is going on as well as the history of the locals. He also deals with the bears, keeps track of the huge influx of cannery workers and lodge guests, provides

assistance with his boat and patrols the town. He has provided emergency generators to keep locals warm and responded to flash floods caused by beavers. A ride around the village with him showed his awareness of current issues and depth of historical knowledge.

Speridon Simeonoff is on the second of his tenures as the Akhiok VPSO. After his initial period of service, he came to Kodiak for a spell of the city life. As his family began to grow, he decided to return to the village of his youth so they could experience the same life he had. He brings a familiar face to the community, providing a local feeling of trust that is so hard for a visiting police force such as the Troopers to develop. Like Roy, he has the historical knowledge of the community to help him understand local conflicts and issues.

Jim Cedeno, a New Yorker and an ex military man, is the VPSO for the village of Old Harbor. He adapted rapidly to the village life and he brings an incredible amount of energy and capability to the community. He has helped establish foster homes, provides emergency awareness and preparedness, keeps an eye on the bears and engages the community members to help in local issues. The local fire department has been reinvigorated under his guidance, and he has helped in setting up the Green Dot program to change the approach of how communities deal with issues. Through the last program, the community has been able to get the elders, such an important part of the village social fabric, to be more involved. He displays a keen awareness of local customs and issues not usually found in an outsider.

Our newest addition will be Travis Sheppard, who will fill the VPSO position in Ouzinkie. He is a longtime rural firefighter and EMT from Missouri. He is moving to Alaska to escape the heat and experience the adventure of rural life in Alaska. Well aware that he is an outsider who will face the many challenges and surprises of life in an Alaskan village, Travis has contacted as many people as possible who are living that life to gain an insight and to hear their stories. He will be counting on the experience and support of his fellow VPSOs as he adapts.

There are a few new things we are pursuing for the VPSO program to better serve the villages of Kodiak Island. The first is a new 'Roving' VPSO that will be based out of Port Lions. This position will assist and learn from Brad, and then fill in any time there is another VPSO away from their village for an extended time. We are currently recruiting for this position. The second is a development grant to explore building a duplex in each village

to provide housing for VPSOs and health aides. Housing has always been difficult to locate, so this would ease the strain on the communities. This is a much longer term project and will take several years to see to fruition.

Always feel free to meet and talk to your local VPSO. Get to know them as they are a source of safety, knowledge and assistance. Community involvement is the key to successfully providing public safety. If you want to contribute, either by comment, volunteering or with your ideas, or if you are interested in becoming a VPSO, contact the KANA coordinators office and talk to Rob Stauffer at (907) 486-9835. It is his desire to see this program and its officers successfully serve and protect the people of Kodiak Island. ■

Kodiak Area Native Association
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Kodiak, Alaska 99615

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Employee Spotlight

KANA VPSO in Old Harbor

Jim Cedeno is Old Harbor's Village Public Safety Officer (VPSO). His primary duties include community policing, overseeing the fire department, and participating with the Village Response Team, search and rescue and EMS first respondents.

Originally from New York City, Cedeno spent nearly 30 years in the Marines before retiring and looking for a new home. He came to Kodiak for an interview and discovered, "one of the most beautiful places in the world." He accepted the VPSO position because, "I was impressed with the people I met during the interview and the

community's commitment to making things better. I wanted to be part of their team. It motivated me, knowing there were people committed to making things better and healthier for everyone."

He especially enjoys interacting with children to "show them how life can be better." He also embraces the opportunity to interact with elders, learn from them, and try to reconnect elders and children in traditional community values.

"The food out here is awesome, too," he adds with a smile. ■