

Port Graham Annual Community Health Fair
Disease Prevention and Detection

Health Event Educational Booths
Tribal Council Building

10:00am to 5:00pm

Topic	Title	Description	Host
Tobacco Prevention and Control	Tobacco use is the #1 preventable cause of death in our communities	Did you know using tobacco changes the way your brain works? Want to learn more? Play spin-the-wheel tobacco education and win a prize!	Trudy Valenza, Tobacco Prevention and Control Coordinator
Oral Health	Oral Health	Good oral health is an important part of good overall health. Come by and meet Dr. Murphy and learn what you can do to have good oral health. Some simple changes can make a big difference.	Dr. George Murphy, DDS
Substance Abuse and Addiction/Social Services	Substance Abuse and Addiction/Social Services	Want to learn more about drug use and addiction? Come play Jeopardy to learn more and win a prize! Additional education about substance abuse and social services.	Tosha Saincome, Regional Addictions Coordinator & Donna Malchoff, Social Services Coordinator
Public Health Nursing	Obesity Prevention: Living a Healthy Lifestyle	What's the big deal with obesity and what can we realistically do about it? Come to this booth to learn more about the importance of living a healthy lifestyle, celebrate the ways you and your community practice living a healthy lifestyle now, and brainstorm enjoyable ways that your community can continue to promote a healthy lifestyle in the future!	Lorne Carroll, RN Alivia Erickson, RN Stephanie Stillwell, RN
CPR Training	Save-A-Life CPR Training	The difference between you doing something and nothing could be someone's life. In most heart attack events- it's the bystander who saves the live.	Jeff Wolf, CHA-IV EMS Coordinator
Disaster Planning	Disaster Planning	Create and practice an emergency plan so your family will know what to do in a crisis. Information to help you prepare if a disaster strikes.	Jeff Wolf, CHA-IV EMS Coordinator
Consumer Direct Care Network Alaska	Your In-Home Care Specialists Serving All of Alaska. Every Life. Every Moment. Every Day.	As we walk the path of life, our needs change. Some tasks become more difficult and extra help is needed. Consumer Direct Care Network Alaska provides assistance to Alaskans who experience disabilities and functional challenges. Care services available and information to become personal care attendant (PCA).	Paula Koch, Program Coordinator

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Healthy Homes	Healthy Homes Program	The Air and Healthy Homes program works with Tribal partners to address air quality and healthy homes issues in the communities. Rural communities face a range of air quality challenges. Common home safety concerns include indoor air quality in homes and schools, bed bugs, solid waste burning, smoke, road dust, and mold and moisture intrusion.	Russel Cameron, Assistant Environmental Health Consultant. ANTHC
Cancer	Lung, Breast, and Colon Cancer are the top 3 killers in our Region.	Would you encourage screening for cancer if it meant prolonging your life and loved ones? Do you know what screenings are recommended for your age? Did you know there is a vaccine to prevent cancer? Cancer education and screening information available.	Darlene Anahonak, CHAP
Physical Activity/Nutrition	Physical Activity/Nutrition	Exercise and nutrition- the perfect weight loss and health prescription.	Gala Davis, Regional Health Coach
Nutrition- Kids	Rainbow Nutrition	Head Start's Theme is Rainbow Nutrition! The focus is to reach children age 3-5 years old to promote Health & Wellness. Rainbow Food Education Foundation's, "Rainbow Plate, Healthy Eating Made Simple, " shares a fun approach to teaching nutrition education that is a colorful, inspirational way to share the concept of, "Eating 5 colors on your plate. Activities planned share the theme and concept; "Look for all the colors of the rainbow on your plate every day to build strong healthy bodies!" Activities will include Rainbow coloring activities, "Healthy Helpings"- A My Plate Game, and a Rainbow Plate Activity to illustrate, "5 Colors on Your Plate-Fruits and Vegetables are Flavorful Fun Food!"	Caroline Wolkoff-Harvey, Head Start Coordinator
Purchased and Referred Care	Purchased and Referred Care (PRC)	Formally known as Contract Health Services, Purchased/Referred Care (PRC) is a benefit to Alaska Native and American Indians that provides funding for referred medical services not available within our Tribal Health System. Learn what services are covered and how to be eligible for coverage and our PRC coordinator can answer any other questions you may have.	Ronnie Rome, Chugachmiut Purchased & Referred Care Coordinator

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Community Presentations
Tribal Council Building

Title of Presentation	Time	Description	Presenter
Traditional Foods Initiatives Focusing on Food Insecurity and Food Sovereignty	12:30 pm to 1:30 pm	During the past 15 years, Dr. Ferguson has served the Alaska Tribal Health System. He is the co-creator of the Store Outside Your Door Initiative addressing food and nutrition security for the First People of Alaska. Ferguson serves on the American Diabetes Association's American Indian/Alaska Native Advocacy Committee and as Commissioner for the Municipality of Anchorage's Health and Human Services Commission.	Gary Ferguson CEO, Rural Alaska Community Action Program
Social Services	2:00 pm to 2:15 pm	Chugachmiut's Education & Training, Scholarship, Employment, General Assistance, and Child Care services are components of Chugachmiut Behavioral Health Department's Social Services Program. These programs are available for eligible Alaska Natives and American Indians living within the Chugachmiut catchment area. * Employment Services * Vocational Training Tuition Assistance * Chugachmiut Higher Education Scholarship Application * General Assistance * Child Care Assistance	Donna Malchoff, Social Services Coordinator
Benefits of Alternate Resource Education- Virtual presentation	2:30 pm to 3:30 pm	PRC has its limitations. Interested in looking to see if you're eligible for other coverage at no cost to you to help with non-urgent healthcare needs? Medicaid, Denali KidCare, and the T-SHIP program can serve as a critical source for expanding your care. Health insurance can help you get medical care when you are traveling or away from Tribal health facilities and cover costs for services that the Tribal Health System does not pay for if you are uninsured. Information provided on how to know if you could be eligible and who can help you enroll.	Shannon Hall, Manager of Patient Accounts at SCF Ariel Berg, Supervisor of Family Health Resources at SCF

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Service Program Support

Activity	Time	Description	Host	Location
Head Start Program Physicals	9:00 am to 12:00 pm	Amy Velsko, FNP and Stacy Wester will be seeing 7 head start kids at the clinic for physicals. * Less invasive equipment- hearing screen and hgb	Amy Velsko, FNP and Stacy Wester, MA (clinic)	clinic
Foot Care Assessments	10:00 am to 12:00 pm & 1:30 pm to 5:00 pm	Good foot care is essential for people with diabetes. From foot self-exams to doctor checkups, there are many things you can do right now to keep your feet in good shape, improve circulation, and catch a problem before it becomes severe.	Agnes Miller, CHP (clinic)	clinic
Pedometer Million Step Challenge Walk	3:00 PM	Let's get moving! Join Gala and team for a fun walk!	Gala Davis, Regional Health Coach	clinic
1:1 Tobacco Quit Support	4:00 pm to 5:00 pm	Are you thinking about quitting smoking? Are you ready to quit? One-on-one support provided to help you take the next step and quit.	Trudy Valenza, Tobacco Prevention and Control Coordinator	clinic
Immunizations	1:00 pm to 5:00 pm	Help protect your and your community's health! Vaccines prevent you or your child from getting diseases for which there are often no medical treatments. These illnesses can result in serious complications and even death.	Stacy Wester, MA	clinic

Other Activities

Activity	Time	Description	Host	Location
AromaTouch	7/6/17 5:00 pm to 9:00 pm 7/7/17 1:00 pm to 5:00 pm	An uplifting essential oil experience. The AromaTouch Technique is a clinical approach to applying essential oils to help improve well-being by reducing physical and emotional stressors.	Connie Hedrick, Senior Administrative Assistant	clinic

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Other Activities

CPR/First Aid Certification Class	7/6/17 1:00 pm to 6:00 pm	The difference between you doing something and nothing could be someone's life. In most heart attack events- it's the bystander who saves the live.	Jeff Wolf, CHA-IV EMS Coordinator	dental clinic
Traditional Foods Cook-off	7/7/2017 11:00 am to 12:30 pm Dishes due by 11:00 am	Cook-off contest and the community members are the judges! 3 categories- main dish, appetizer and dessert. Top 2 receive a prize! Also recipes submitted will become part of "Chugach Region's Traditional Foods Recipe Book" 1st edition. Dishes due at 11:00 am Judging ends at 12:30pm.	Adrienne Moonin, Health Administrative Assistant	Tribal Council Building
Floor Bingo	7/7/17 10:00 am to 5:00 pm	Let's have fun while you're visiting the informational booths! Floor Bingo with prizes!	Melody Wallace, Region Office Manager	Tribal Council Building