

Nupuat



A quarterly publication of Chugachmiut, the tribal not-for-profit organization serving the Alaska Native peoples of the Chugach Region.

Summer 2024 Edition

Chugach Region Language Summit, page 5



The Chugach Region Language Summit was held at Chugachmiut's main office in Anchorage. Pictured (not in order) are Kalunka Angelina Roehl, Teglnunaliq Shyla West, Nancy Pulliam, Holly West, Jocelyn Joseph, Rhozalita Moonin, Danaya Hoover, Nangneq Mark Hiratsuka, Apamia Ephimia Kvasnikoff, Fran Norman, Daniel Anahonak, Luba Anahonak, Gertrude Valenza, Thelma Vlasoff, Diane Selanoff, Patrick Selanoff, Collette Brantingham, Atakaa Rhoda Moonin, Lillian Elvsas, John Moonin, Inée Slaughter, Doris Kompkoff, and Paul McDonough.

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Career Opportunities

Chugachmiut is a rapidly growing 501(c)(3) non-profit agency the Tribal consortium created to promote self-determination to the seven Native communities of the Chugach Region. We are seeking highly motivated, talented candidates to join us on our journey to excellence. At Chugachmiut, you not only start a job but a career that truly makes a difference in the lives of others. Join our team!

Opportunities Throughout the Region

- Advanced Practice Provider (Seward)
- Behavioral Health Aide (Tatitlek)
- Benefits Administrator (Anchorage)
- Community Health Aide (multiple positions & locations)
- CHAP Director (Seward)
- Community & Family Services Division Director (Anchorage or Seward)
- Dental Hygienist Itinerant (Seward)
- EMS Training Officer (Anchorage, Homer, or Seward)
- Finance Division Director (Anchorage)
- Health Administrative Assistant (Chenega & Port Graham)
- Health Coach (Seward)
- Health Information Technician (Seward)
- Human Resources Director (Anchorage)
- Medical Billing Specialist (Anchorage)
- Medical Director (Seward)
- Project Accountant Temporary (Anchorage)
- Realty Specialist (Anchorage)
- Records & Information Manager (Anchorage)
- RN Case Manager (Seward)
- Staff Accountant (Anchorage)
- Starlink Satellite Dish Technician (Nanwalek & Port Graham)
- Vehicle Service Specialist (Nanwalek, Port Graham & Tatitlek)
- Village Public Safety Officer (Nanwalek, Port Graham & Tatitlek)



Scan this QR code to apply and learn more about our openings.

2024 Fire Crew Recruitment

Join the 2024 Fire Crew in Kenai and be part of something extraordinary! We're looking for dedicated individuals to fill various positions on the Yukon Fire Crew and Denali Wildland Fire Module.

- Denali Module Leader
- Yukon Fire Crew Crewmember FFT2
- Yukon Fire Crew ICT5 Squad Boss
- Yukon Fire Crew Superintendent
- Yukon Fire Crew Assistant Superintendent

Chugachmiut has a hiring preference for qualified Alaska Native and American Indian applicants under P.L. 93-638 Indian Self-Determination Act. If you have any questions, please get in touch with the HR department at employment@chugachmiut.org.

APPLY NOW

www.vscyberhosting.com/Chugachmiut

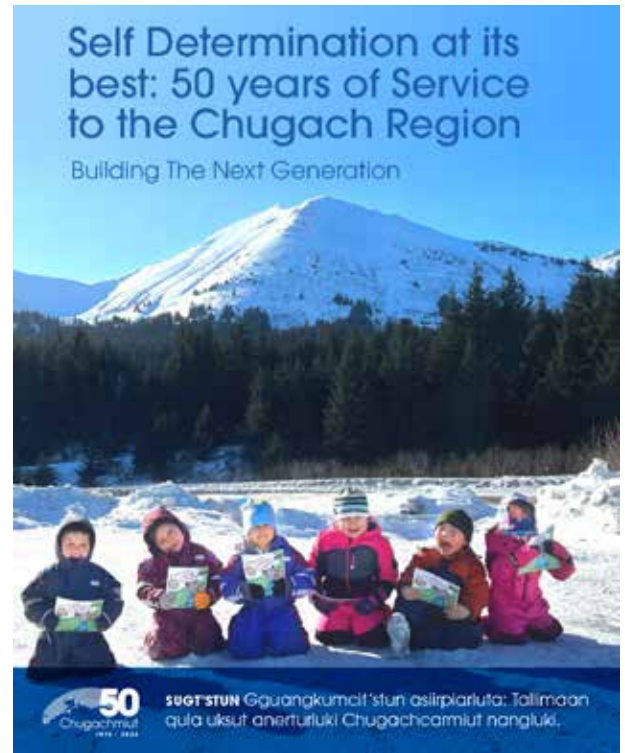
Celebrating 50 Years of Chugachmiut!

This year marks a significant milestone for Chugachmiut as we celebrate our 50th anniversary! We are excited to share this special occasion with our community and invite you to join us in reflecting on our journey. To commemorate this event, we have produced a heartfelt video and a commemorative booklet that capture our history and achievements.

Explore Our Journey:

- Our commemorative booklet (at right) is available at: www.chugachmiut.org/50th-anniversary
- Our anniversary video is at: vimeo.com/948427228

Quyanaa and Awa'ahdah to the Board of Directors, Alternate Board Members, early founders, incorporators, and leaders for guiding Chugachmiut to where it is today. Over the past five decades, Chugachmiut has evolved from a tribal consortium focused on health and social services into a dynamic organization dedicated to culture, language preservation, economic development, and education. Our growth and success are a testament to the collective dedication and hard work of our team, but most importantly, to the steadfast support and active participation of the seven Native tribes in the Chugach Region. It is your involvement that has made our journey so meaningful and impactful.



Cover: Head Start students at the Linda Norman Center in Port Graham show off their new books recently donated! Left to right: Gordon Norman, Dariya Norman, Iris Joseph, Ziyana Malchoff, Phillip Nalikak, Jr., and Celeste Hetrick. Photo by Cyrena Joseph.

We take pride in our significant strides in healthcare, behavioral health, and economic development, driven by our unwavering commitment to serve the Chugach region with integrity and compassion. Thank you for being a part of Chugachmiut's history. Here's to 50 years of making a difference and many more to come!



Scan this QR code with your mobile device for a video link

Esther Ronne, Chief John Kvasnikoff, Angela "Jan" Vanderpool, Melody Wallace, Fran Norman, Larry Evanoff, Phyllis Wimberley, Samantha Eleshansky, and Arne Hatch reflect on Chugachmiut's 50th anniversary.

Traditional Sugpiaq Headdresses

Robert McMullen gifted each of his daughters with a traditional Sugpiaq headdress at a small gathering in the beautiful Port Graham log transfer facility. He commissioned Master Artist **Christalina Jager** to make the intricately crafted headdresses. Daughters **Bobbi Sue McMullen**, **Tania McMullen**, and daughter-in-law **Dana (Allen) McMullen** were thrilled to receive the beautiful gifts that connected to their culture and heritage.

Robert, a proud father, explained the cultural significance of the headdresses, saying, “I wanted the three of my daughters to receive a traditional presentation of the beaded headdresses in honor of our Sugpiat people’s matrilineal-based heritage and their life-giving spirits as mothers.

Quyanaa to Robert for sharing this story! Learn more about how you can submit a story below.



Left to right: Fenia Anahonak (Tania and Bobbi’s mother), Tania McMullen, Bobbi McMullen, Dana McMullen, and Christalina Jager. Photo by Robert McMullen.



Left to right: Bobbi McMullen, Tania McMullen, and Dana McMullen look out at Port Graham Bay wearing beautiful headdresses. Photo by Robert McMullen.

Call for Submissions for Nupuat Newsletter

Do you have an update, story, essay, or poem to share? We welcome submissions from Tribal and community members, councils, and employees. Please email your ideas, articles, poetry, and photos to media@chugachmiut.org. The submission deadline for the fall edition is Friday, August 30, 2024.

Building Resilience with Badminton

The Strengthening Families program was in Tatitlek in May to play badminton. All the kids worked hard to acquire the basic skills for handling the racket. The workouts were intense, but after three days, everyone played skillfully and had fun. We will continue working on improving the game and preparing for the State Tournament in 2025. Badminton is a sport adopted by Alaska Native communities. Engaging in such activities helps build protective factors, such as fostering resilience and strengthening family bonds, which are crucial for family success and well-being. Learn more about the Strengthening Families Program by calling (907) 334-0159.



Quyanaa to the Tatitlek School, especially Nichole Palmer and Jed Palmer, for your support.

Chugach Region Language Summit

The Chugachmiut Heritage Preservation program recently hosted our second Chugach Region Language Summit with the theme “Our Languages in Crisis.” Over 20 language bearers and learners from diverse Native language backgrounds and teachers or learners of Sugt’stun, Eyak, Yugtun, and Inupiatun attended. Additionally, esteemed guest Inée Slaughter from the Indigenous Language Institute in New Mexico joined the Summit. Attendees worked on crafting a comprehensive Chugachmiut Language Strategic Plan, emphasizing the group’s dedication to reviving and preserving the Native languages spoken in our community.



Keynote speaker Inée Slaughter.

Throughout the Summit, participants learned about the landscape of Native language learning projects, including featured learning styles and available resources from Sugt’stun teachers from Nanwalek and Cordova. Other notable presentations included a showcase on the Nunaka video game of a fictional Sugpiaq Native village, insights from the state ANLPAC report on Indigenous languages, and interactive breakout sessions modeled after the World Cafe format that fostered open dialogue and the exchange of ideas. While the theme of our event acknowledged the challenges our languages face, the activities underscored the resilience and promise inherent in nurturing our Native languages in the Chugach region.



Lillian Elvsaaas at the Summit.



Atakaa Rhoda Moonin sharing during a panel discussion.

Attendees wrapped up the Summit by creating a draft language strategic plan, a significant milestone outlining this community’s guiding principles, mission statements, and actionable goals. This blueprint will serve as a roadmap for future language initiatives within the Chugachmiut region and a catalyst for a broader movement to nurture a renaissance of Indigenous languages. The plan is scheduled for additional polishing and approval at an upcoming language summit, which will mark a pivotal step forward in our community’s language revitalization efforts.



Apamia Ephimia Kvasnikoff hosts a group discussion.



Patrick and Diane Selanoff speak during the Summit.

Protecting Alaska: 2024 Firefighting Season Begins

Chugachmiut's Yukon Fire Crew and Denali Wildland Fire Module in Kenai.

Back from left to right: Jerome Nukusuk, Jordan Woods, Curtis Semaken, Kayden Brown, Aryeh Rubke, Brent Semaken, Dex Lehman, Gavin Bennett, Grafton Francis, Jesse Nanuk, Jeremy Cook, Joseph Seton, and Bryan Simon.

Front from left to right: Olivia Fulton, Charlotte Evans, Elias Moonin, Preston Kvasnikoff, Gregory Rivers Jr, Rudolph Smith III, Cedric Tall, Alden Boyscout, Gideon Green, Evin Matchian, John Lake, and Peter Seton, Jr.

Not pictured: Keenan Lacy, Landon Lacy, Lee Edwin, Dallas Alexander, Derek Williams and Robert Lacy.

Photo by Robert Lacy



Chugachmiut, a key player in wildland firefighting since 1998, has officially launched the 2024 fire season. Our nationally recognized wildland fire program makes a positive environmental impact and significantly contributes to the state's economy through job creation and fire damage prevention. Our team, consisting of 40 dedicated individuals from the region and beyond, is fully equipped to combat fires across Alaska and the western United States. This year, a select few crew members had the privilege of attending the Alaska Basic Wildfire Academy and the Intermediate Wildfire Academy, hosted by the Alaska Division of Forestry & Fire Protection (<http://forestry.alaska.gov>).

Four crewmembers attended the Alaska Basic Wildfire Academy, including **Elias Moonin** of Port Graham, **Aryeh Rubke** of Fairbanks/Stevens Village, **Jordan Woods** of Fairbanks/Stevens Village/Tanana, and **Landon Lacy** of Anchorage/Hooper Bay. This immersive training program aims to equip entry-level cadets with the skills, knowledge, and mental fortitude required to suppress wildfires in one of the most challenging environments. Additionally, two crewmembers completed the Intermediate Wildfire Academy, including **Preston Kvasnikoff** from Nanwalek and **Alden Boyscout** from Chevak. They are now Firefighter 1 (squad boss) trainees. We are immensely grateful for their commitment to learning and growth.

Employee Spotlight - Elias Moonin

Elias Moonin grew up in Port Graham and Kenai and now lives in Soldotna. He most recently worked part-time at Buckets Sports Grill and joined the Yukon Fire Crew this season. He draws inspiration from his family's involvement in firefighting, which has motivated him to pursue a career in the field. In late April, Elias completed training at the Alaska Basic Wildfire Academy, acquiring fundamental and intermediate skills for combating wildfires.



Crewmember Elias Moonin. Photo by Robert Lacy.

2024 Firefighting Season Begins, continued

Looking ahead, Elias aims to transition firefighting into his primary career path, seeking opportunities to enhance his skills and expand his professional horizons. Elias views the Academy as an invaluable opportunity to hone his firefighting skills and cultivate essential qualities such as leadership and effective communication. “This is such a great opportunity for anyone,” Elias remarks, “not just to become a standard firefighter but also a better person overall. Becoming a great leader and a better listener to everyone.”

Employee Spotlight - Alden Boyscout

Alden Boyscout is a crewmember of the Yukon Fire Crew. He has been firefighting since 2010, primarily based in McGrath. He has shown a strong interest in training opportunities to advance his career in firefighting. He is thankful for the opportunity to attend the Intermediate Wildfire Academy and is one step closer to advancing up the chain of command. He acknowledges that it may take time, but he is confident in moving in the right direction to gain more qualifications. He believes in taking it one step at a time and being patient throughout the process.



Alden Boyscout (upper right) with his family in Chevak. Courtesy photo.

For those aspiring to become firefighters, Alden emphasizes the importance of persistence and demonstrating a strong commitment to this line of work. He acknowledges the challenges, particularly the time spent away from family for three to four months each year. He says, “Remember that you must push yourself to keep reminding yourself you are here for a reason and can make it.”



Crewmember Preston Kvasnikoff. Photo by Robert Lacy.

Employee Spotlight - Preston Kvasnikoff

Preston Kvasnikoff lives in Anchorage with his family. He has been a Yukon Fire Crew crewmember since 2021. After seeing people from his hometown join the crew, he was inspired to become a firefighter. He also draws inspiration from retired Navy SEAL David Goggins, who has excelled mentally and physically through resilience and hard work.

Preston recently completed the Intermediate Wildfire Academy to further his firefighting skills. The Academy training taught him about being ready and the importance of coming prepared for the season. He hopes to continue learning and pass this knowledge on to anyone who sees a future in this career. He emphasized the importance of being physically and mentally strong. He says, “The war inside yourself isn’t one with a tucked chin. Keep your chin up! Keep your head up!”

Join Our Efforts: Safeguard Alaska’s Wildlands and Communities

As the season unfolds, Chugachmiut remains committed to protecting communities and wildlands from the devastating impacts of wildfires. Our team is top-notch, with a dedicated and well-trained team bolstered by programs like the wildfire academies. The inspiring stories of our crew members underscore the values of leadership, persistence, and resilience that drive our success. Want to make a significant impact in safeguarding both the environment and the people of Alaska and beyond?



Apply at www.chugachmiut.org (see page 2) to join our team.

Construction Project Management Workshop

We are excited to announce the launch of our new Construction Project Management module workshop by our Trust & Lands Division. This workshop is designed for Tribes and organizations working on community construction projects. Developed by **Charlie Sink**, Trust & Land Management Division Director, the course covers essential topics from project preparation to completion, including strategic planning, safety protocols, and contract management. Available online or via a thumb drive, participants can take the course at their own pace without leaving their community.



Practical insights for real-life projects.

Whether you're experienced or new to construction project management, you will gain valuable insights. The workshop emphasizes planning, defining scope, setting goals, and securing funding. It also touches on leadership, client relationships, and effective communication. Participants will learn about developing scopes of work, creating timelines, managing budgets, and understanding various contract types. We aim to equip you with the necessary skills for successful project management.

For more information on how to take this course, contact Charlie Sink at (907) 562-4155, toll-free at (800) 478-4155, or charlie@chugachmiut.org.

Chugachmiut Housing Improvement Program



Applications are open for the Chugachmiut Housing Improvement Program (HIP), a need-based initiative funded by the Bureau of Indian Affairs (BIA). Designed to address housing challenges among Native American and Alaskan Native families, the HIP helps repair or renovate existing homes and supports purchasing new ones. Priority is given to disadvantaged individuals, including the elderly, disabled, low-income families with dependent children, veterans, and those living in overcrowded or unsafe conditions.

Apply online at www.chugachmiut.org.

For more info, contact **Georgina Sumstad**, Executive Assistant at (907) 562-4155, toll-free (800) 478-4155, or georgina@chugachmiut.org.



Scan the QR code for the application link

Choose Respect and Gun Safety in Chenega

Gail Evanoff, Behavioral Health Aide & Prince William Sound Tribal Advocate, organized a Choose Respect rally in Chenega. With the help of **VPSO Ken Parker**, they were determined to hold the event rain or shine. Since 2011, community members across the state have joined together every year to take a stand against domestic violence and sexual assault by joining the annual Choose Respect March. Lunch was provided for all who participated, and they did a fun coloring activity before going out. Gail provided a table with community resources. It was snowing and raining, but everyone made the best of it.



Gail also organized a Special Presentation on Gun Safety for Families event. VPSO Parker presented about the BE SMART program and how gun storage leads to the reduction of an important risk factor for firearm injury among youth in and around the home. Families who attended took home gun safes and locks.



Photos courtesy of VPSO Ken Parker.

Head Start Graduation Ceremonies

It's been a great school year, and the Birth to Five Head Start programs in Nanwalek and Port Graham have held their graduations. Congratulations to the children who will attend Head Start (HS) and kindergarten (K) in the fall! Thank you, families, for sharing them with us. We hope all children enjoy their summers!



Juanita Nan Early Learning Center
graduates promoted:
Delilah Hetrick (to K), Giannis Demas (to HS), and Avery Ukatish (to K).
Not pictured (to HS): Lauralie Swenning and Sparrow Wilson.

Linda Norman Center
graduates promoted:
Celeste Hetrick (to K), Ziyana Malchoff (to K) and Gordon Norman (to K).



Chugach Region Teams Shine at NYO

Congratulations to all Chugach region teams that participated in the Senior Native Youth Olympic (NYO) Games held in Anchorage in April! The NYO celebrates and promotes Alaska Native culture through traditional athletic competitions inspired by the hunting and survival skills essential to the Indigenous peoples of Alaska. Here are some photos from the opening ceremonies taken by [Angelina Kalunka Roehl](#). Kudos to the coaches, parents, and communities that supported the athletes!

The participating teams included the Chenega NYO Team, Nanwalek NYO Team, Native Village of Eyak NYO Team, Port Graham - Paluwik Arllut NYO Team, Qutekcaq NYO Team, Tatitlek NYO Team, and Valdez NYO Team (not pictured).



CHENEGA



NANWALEK



EYAK



QUTEKCAK



TATITLEK



PORT GRAHAM/PALUWIK



Exciting Opportunity for Youth: Drone Training

Nanwalek has invited Chugachmiut to participate in their summer work program, focusing specifically on Natural Resources careers. Chugachmiut's expertise in drone technology allows them to play a crucial role in monitoring forest health, conducting inventory assessments, supporting firefighting efforts, and enhancing community education and storytelling. With three forestry staff members holding FAA Part 107 drone pilot licenses, participants will receive top-notch training from experienced professionals.

A team of natural resources experts from Chugachmiut, Homer Soil & Water Conservation District, and Cooperative Extension will run programs on forest inventory, drones, invasive species, fire, and biochar. The program kicked off on May 30 by conducting forest inventory with **Nathan Lojewski**, **Clay Hoyt**, and guests from the BIA. The goal was for youth to gain hands-on experience measuring tree diameter, counting trees within a plot, and using mathematical statistics to determine the estimated number of trees on the entire allotment based on the measurements of the small plots.



We held an introductory Unmanned Aerial Vehicle (UAV) or drone programming session in Nanwalek on June 6. We utilize a variety of drone models to collect data, apply research, and monitor our fire crews' work. Youth will learn the importance of safety while flying, explore careers involving drones, and provide an opportunity to fly a drone during an activity.

After that, for interested youth, our Accessing Choices in Education (ACE) program offers an opportunity to complete additional drone training, where they will become TRUST (The Recreational UAS Safety Test) certified and receive a drone! The Drone (UAV) Training will be held in local communities and is limited to 10 students per class, ages 12-17, or 18 if still enrolled in school.

Accessing in Choices in Education (ACE) Summer Events

Chugachmiut Heritage Preservation is hosting summer camps and other events. The ACE program provides educational opportunities for Alaska Native students in our communities to meet their educational goals. Youth around the Chugach region are invited to participate in language and cultural activities.

Event	Dates	ACE Deadline
Drone (UAV) Training in communities (up to 10 students per class, ages 12-17, 18 only if enrolled in school)	TBD, varies	June 30
Sugt'stun Language Immersion in Anchorage (ages 12-17, 18 only if enrolled in school)	August 5-9	June 30
University of Alaska Fairbanks Educational Tour in Fairbanks (ages 13-17, 18 only if enrolled in school)	August 12-16	June 30

Interested or have questions? Please contact us at:

Angelina Roehl, ACE Program Manager

Email: ACE@Chugachmiut.org

Phone: (907) 334-0119 | Toll-free: (800) 478-4155

APPLICATION: www.chugachmiut.org/forms-downloads

Health Services Division News

Here are some highlights from our busy spring.

Spring Health Services Highlights

- The 2024 Seward Spring Health Fair was held in April.
- We hosted Emergency Trauma Technician/CPR Training for the Chenega community members in April.
- ANTHC conducted an Annual Clinic Environmental Health & Safety Survey in Nanwalek and Port Graham and worked with the tribal councils to resolve facility findings that must be addressed.
- State of Alaska Vaccines for Children facility site inspection in May. We are pleased to share that our pharmacy passed the inspection with no issues discovered and no follow-up items to address.
- The State of Alaska Immunization Program approved the sponsorship application to receive one-time funding (\$5,000) to offset costs for the COVID-19 vaccine for uninsured and underinsured adult patients.
- Injury Prevention - We received a grant (\$1,000) to purchase walking poles to help encourage Elders or those with mobility concerns to get out and walk more and assist with balance and fall prevention. We have a limited amount, so we are working with providers in each community to identify those with the highest need. We also purchased some ice cleats.
- Upgraded Telehealth Cart Systems - We will receive new telehealth carts with upgraded software and equipment in the next few months. When working with care providers within the tribal system, we must have functional equipment to help with diagnosis and treatment. These carts will help provide better connectivity to care providers. They will come equipped with equipment to help take better quality photos, provide a clear view of the ear canal and eardrum, perform simple tests that can help diagnose problems related to hearing loss and perform an EKG (a quick test to check the heartbeat).

Chugachmiut Clinics Summer Hours Update

Effective: June 3rd - August 30th, 2024

For information or updates, please get in touch with the respective clinics. See the On Call Calendars at www.chugachmiut.org/health-social-services/clinics. We are closed on Juneteenth on June 19 and Independence Day on July 4.

Anesia Anahonak Moonin Clinic in Port Graham

OPEN Mon. - Fri.: 8:30 AM - 5:00 PM
Lunch: 12:00 PM - 1:00 PM

Arch Priest Nicholas Kompkoff Clinic in Chenega (Medical Services)

OPEN Tues. - Fri.: 8:00 AM - 6:00 PM
CLOSED Mon.
Lunch: 12:00 PM - 12:45 PM

Arch Priest Nicholas Kompkoff Clinic in Chenega (Behavioral Health Services)

OPEN Mon. - Fri.: 8:30 AM - 5:00 PM
Lunch: 12:00 PM - 1:00 PM

Nanwalek Clinic

OPEN Monday - Friday: 8:00 AM - 6:00 PM
Lunch: 12:00 PM - 12:45 PM

North Star Health Clinic

OPEN Mon. - Fri.: 8:00 AM - 6:00 PM
Lunch: 12:00 PM - 12:45 PM

North Star Health Clinic Pharmacy

OPEN Tues. - Fri.: 8:00 AM - 6:00 PM (**CLOSED** Mon.)
Lunch: 12:00 PM - 12:45 PM

Tatitlek Clinic

OPEN Mon. - Fri.: 8:30 AM - 5:00 PM
Lunch Break: 12:00 PM - 1:00 PM



Enjoy your summer and stay healthy!

Health Services Division News

Community Health Aide Recognition!

The Community Health Aide/Practitioner (CHA/P) profession, unique to Alaska, is one of our region's most vital healthcare provider roles. These dedicated individuals attend to patients during regular clinic hours and extend their services on-call after hours. The role of a CHA/P is demanding, with the community's healthcare resting on their shoulders twenty-four hours a day. They handle various medical issues and concerns, from treating common illnesses to assessing emergencies. We are thankful for the crucial support they receive from their family, community members, and village leadership.

CHA/Ps undergo comprehensive training at ANTHC, learning to work within the Alaska Community Health Aide/Practitioner Manual (CHAM) guidelines. They operate under the supervision of a referral physician and advanced practice provider, maintaining frequent communication. CHA/Ps begin their journey as trainees, progressing through certification levels to achieve the highest level of recognition as a Certified Community Health Practitioner. Congratulations to CHA/Ps on their recent accomplishments!

Community Health Aides Achievements

- **Tania McMullen** completed her preceptorship and testing and received her CHP certification!
- **Melonie Kashevarof** completed training and testing and is now certified as a CHA-IV!
- **Kelly Yeaton** completed training and testing and is now certified as a CHA-III!
- **Tania Romanoff** completed training and testing and is now certified as a CHA-II!



Tania McMullen
Port Graham



Melonie Kashevarof
Chenega



Kelly Yeaton
Nanwalek



Tania Romanoff
Nanwalek

Streamlining Patient Care: Health Administrative Assistants & Patient Empanelment

Health Administrative Assistants across the region actively engage in projects aligned with our strategic planning initiatives. These initiatives encompass tasks such as MyHealth Portal enrollments to facilitate patient communication, conducting patient surveys to gather feedback, and implementing patient empanelment processes to enhance access and promote continuity of care, among other endeavors. Our administrative team has assumed a proactive role in supporting local staff and specialty providers who travel to different communities, ensuring seamless service delivery without disruptions.

Continuity of care is pivotal for overall wellness, and a cornerstone of this is establishing a relationship with a Primary Care Provider (PCP). Patient empanelment fosters collaboration between patients and their healthcare teams, aiming for more comprehensive, coordinated, and consistent care. During your next clinic visit, if you haven't designated a PCP in your medical records, we will guide you through the process or suggest a provider to oversee your care.

Health Services Division News

Chugachmiut Regional Health Center Update

We're thrilled to share that construction is well underway in Seward, and we're on track for our planned opening in March 2025. Get ready to experience state-of-the-art healthcare services in the region and stay tuned for more updates.



Stages of construction of Chugachmiut Regional Health Center in Seward.

Medicaid Redeterminations

We are here to assist anyone in need, providing necessary information to the Division of Public Assistance (DPA) to ensure uninterrupted coverage. In March, the DPA introduced a new portal, enabling individuals to upload documents directly for all public assistance programs. We encourage utilizing this portal for document submission, as it helps streamline processes.



Secure Document Upload Portal

Access the portal at:

<https://health.alaska.gov/dpa/Pages/Document-Upload.aspx>

Health Services Division News

Dental Services

We remain committed to recruiting new dental team members to ensure consistent dental services throughout the region. We are currently sharing the dental service schedule and plan to expand dental service visits as we onboard additional staff.

Chenega	Nanwalek	Port Graham	Seward	Tatitlek
DENTAL SERVICES <ul style="list-style-type: none"> • Aug. 1-2 • Aug. 15-16 HYGIENE SERVICES <ul style="list-style-type: none"> • Apr. 5-12 	DENTAL SERVICES <ul style="list-style-type: none"> • June 17-21 • July 7-12 • Sept. 3-6 • Sept. 9-13 HYGIENE SERVICES <ul style="list-style-type: none"> • Aug. 5-14 	DENTAL SERVICES <ul style="list-style-type: none"> • June 10-14 • July 8-12 • Aug. 26-30 HYGIENE SERVICES <ul style="list-style-type: none"> • Aug. 15-23 	DENTAL SERVICES <ul style="list-style-type: none"> • July 15-19 • Aug. 19-23 • Sept. 23-27 	DENTAL SERVICES <ul style="list-style-type: none"> • July 29-31 • Aug. 12-14

DENTAL SERVICES: Dr. Owens, Dr. Zimin, Dr. Wood | **HYGIENE SERVICES:** Angela McKinney

New Dental Staff

We welcomed **Dr. Kendall Wood** and **Lenore Wood** to the team in May. They will provide village dental services. Dr. Kendall Wood, Dentist Itinerant, has been a practicing dentist in Oregon for 30 years but fell in love with Alaska 20 years ago. He purchased a home in Soldotna in 2015 and has been working on it during his spare time, now full-time, with his permanent move to Alaska. He loves fishing, hunting, traveling, and spending time with his family. He looks forward to the new adventures awaiting as he shares his love of dentistry and builds new memories in the community. Lenore Wood, Dental Assistant Itinerant, has worked with Kendall for 30 years in his dental practices as an office manager and is now by his side as a certified dental assistant. Kendall and Lenore have four children, two of whom are dentists and two of whom are physician assistants. They have eight grandchildren and cherish the summers with them. They have always loved working as a team and look forward to serving in the Chugach region.



Lenore Wood and Dr. Kendall Wood. Courtesy photo.

Registered Dietitian (RD) Services

Our registered dietitian provides professional advice to help you develop a personalized nutrition plan. If you want help losing or gaining weight, enhancing your physical performance, or feeding your family, contact **Joe Nyholm**, RD, at (800) 224-3076. Joe also hosts community nutritional talks with a variety of topics during visits to communities (see schedule below). This quarter, he discussed Food Security and Tribal Food Sovereignty (see page 18). Contact Joe if you have a topic that would interest your community, such as healthy eating habits, junk food consumption and health consequences, sports nutrition for young athletes, effects of sugar-sweetened beverages on health, or the influence of diet on mood and stress.

Travel Schedule for Registered Dietitian

Chenega	Nanwalek	Port Graham	Tatitlek
July 8-10	Aug. 8 (Health Fair) Sept. 9-12	June 24-27 July 22-25 Aug. 6 (Health Fair)	Aug. 26-28

Health Services Division News



The Acilquq Dance Group performed at a farewell gathering for Louise Chikigak, former Finance Division Director.

Being Active is Traditional

For millennia, Alaska Native culture has thrived on activity, from hunting and gathering to vibrant traditions like dancing and drumming. This active lifestyle is not just tradition; it's good medicine for the body, mind, and spirit. Traditional activities like dancing, running, drumming, carving, and playing games offer many health benefits. Being active nurtures your spirit and connects you with your heritage. Embrace tradition and embark on a journey to wellness today.

Staying active offers a wealth of health benefits:

- Reduce stress and improve mood
- Increase strength, balance, and flexibility
- Improve blood sugar/pressure, and cholesterol
- Maintain a healthy weight

To get moving:

- Consult your healthcare team
- Schedule your activity
- Invite a friend
- Plan indoor and outdoor activities

Optometry Services (SCF)

Historically, Southcentral Foundation (SCF) has provided services to the villages every other year. Regular eye exams are important because correcting your vision can improve your quality of life. Exams can help detect certain eye conditions such as cataracts, glaucoma, and age-related macular degeneration, which could lead to sight loss and poor vision and could be a fall risk. We requested services be provided yearly, and SCF has confirmed the ability to increase optometry service visits to annual visits! Visits have been made to Chenega (2/24), Nanwalek (5/24), Port Graham (5/24), and Tatitlek (10/23).

Annual Health Fair Events

Raising awareness about healthcare prevention and early disease detection is important, so we host annual health fairs and collaborate with healthcare partners to organize events that support and enhance the health of the communities we serve. As of today, we have participated in health fair events in Tatitlek (March) and Seward (April). We look forward to the upcoming health fair events!



Port Graham	Nanwalek
August 6 11 am to 3 pm Tribal Council Building	August 8 11 am to 3 pm Community Building

Health Services Division News

Emergency Medical Services (EMS)

We are working with tribal councils to coordinate an EMS trainer, schedule, and sign-up sheet for village ETT training in 2024. If you are interested in this training opportunity, please contact your local clinic to be added.

In April, we hosted an ETT initial and recertification class in Chenega conducted by State of Alaska EMT Instructor **Samantha Cunningham**. The training provided participants with over 50 hours of instruction. In addition to the basic ETT curriculum, the training covered team building, communication in emergencies, and the use of local emergency equipment such as the LUCAS chest compression device and the power load gurney. Extensive scenarios were included, integrating current equipment and team practices for hands-on experience.



Congratulations to our participants!

- **Melonie Kashevarof**, CHA-IV and EMT-I
- **Cambria Perry**, ETT initial certification
- **Steven Kashevarof**, ETT recertification
- **Craig Perry**, ETT recertification
- **Talon Perry**, ETT recertification
- **Gabriella Perry**, ETT recertification
- **Joseph Cross**, ETT recertification

Game Changer Grant Keeps Kids Active in Alaska

Healthy Futures is now accepting applications for their new Game Changer grants, which help cover sports fees, shoes, clothing, skills training, transportation, and more. The goal is to remove financial barriers and keep children active. Healthy Futures, a partner of the State of Alaska's Play Every Day campaign, reviews and approves applications for children ages 5-18 throughout the year. Any adult, including parents, coaches, teachers, principals, or nurses, can apply. The grant must benefit a child or group of children and be \$500 or less.

Apply at: healthyfuturesak.org/game-changer-application.



MyHealth Enrollment

Accessing your medical records is easier than ever with a MyHealth account. Receive email notifications for lab results and connect directly with your healthcare team through a secure portal. With over 95 enrollments and a goal of 150, we're here to support your health journey. Sign up today at your local clinic where our staff can assist you every step of the way!



Tribal Food Sovereignty and Food Security

Article by **Joe Nyholm**, Registered Dietitian with the Chugachmiut Diabetes Program

One of the focuses of our diabetes program this year was to hold nutrition and exercise-related talks/seminars throughout the region. For the first round of talks, the topic was food security and food sovereignty in the region. In 2017, the Chugach Regional Resource Commission performed a food assessment survey in the region and partnered with Joe Nyholm, our regional dietitian, to analyze the results in 2022.

Food security has been a hot topic in Alaska recently, and it can be shocking to find out that over 90% of our food in the State comes from outside. In terms of nutrition and health, being food insecure raises people's risk of developing diet-related diseases such as diabetes and heart disease. Around one in four Native Americans can be classified as food insecure, which is double the national rate of food insecurity. There is no current data specifically on food insecurity for Alaska Natives. Still, current research shows that better access to traditional foods in Alaskan rural communities has increased food security and health outcomes.

Food sovereignty differs from food security in that it approaches the topic from a different perspective. Food security considers a household's ability to get enough healthy food. In contrast, food sovereignty considers a larger group of people and it allows them to determine their food systems and navigate those systems in a sustainable way that is culturally relevant to them.

The food assessment explored key areas such as community food resources, diet and health, culture, organization and governance, food resources, natural resources, and the environment, yielding key takeaways suggesting the need for further research and direct actions to enhance food security.

Key Takeaways to Improve Food Security

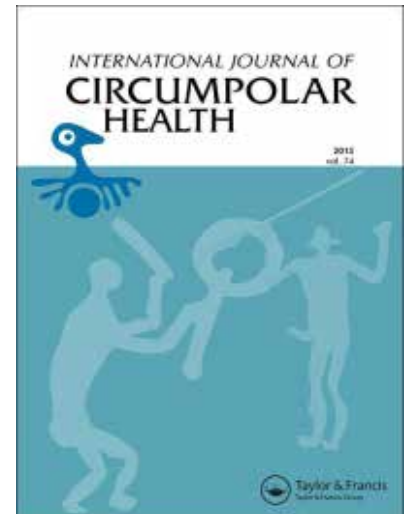
- Raise awareness about SNAP and similar food assistance programs.
- Integrate traditional foods into nutrition education alongside SNAP.
- Re-evaluate youths' perspectives on food usage.
- Compare traditional food usage to regional population counts to identify over- or under-utilized foods, guiding educational efforts on abundant yet underrepresented items.
- Develop land use plans focusing on traditional foods.

Explore the in-depth assessment analysis in Joe Nyholm's collaborative article published in the *International Journal of Circumpolar Health*. Read the article at bit.ly/3z6GnQV.



Scan the QR code for the link.

If you have difficulties or limiting factors preventing you from getting the food you need, contact your local clinic or Joe Nyholm at (907) 224-4904. We can offer support and help make connections to resources.



Joe Nyholm, Amanda Walch, and Leslie Redmond published [Traditional food security and food sovereignty in the coastal region of South-Central Alaska](#) in the *International Journal of Circumpolar Health*.

Nunaka Wins Prestigious EdTech Award

We're excited to share that **Nunaka: My Village**, created in partnership with FableVision, has clinched the gold for “**Best New Product or Service**” (pre-K) at the **2024 EdTech Digest's EdTech Awards!** This achievement marks Nunaka's third award and recognition as a finalist in the Kidscreen Awards' Best Learning App-Original category.

We hosted a competition with our staff to select a tagline for Nunaka. Deputy Director **Phyllis Wimberley's** winning tagline, 'Where Language Comes to Play', was a testament to our commitment to showcasing the rich heritage of the Chugach region, particularly the Sugt'stun language and Sugpiaq cultural values. The Port Graham and Nanwalek communities played a crucial role in this. Elders recorded narratives, and young Sugt'stun speakers tested the game for Head Start, lending their voices to the final product. This is just the beginning of our journey, and we look forward to further collaborations with FableVision to enhance future game iterations.

Accessible as a free mobile download on both Apple and Google platforms, Nunaka: My Village relies on community support to thrive. Join us in sustaining this momentum by downloading and sharing the app within your networks. Your feedback matters: please consider leaving a review to help others discover this enriching experience. Let's embark on a remarkable journey of cultural discovery and early childhood education!



Nunaka: My Village - *'Where Language Comes to Play'*

Story Submission from Chugach Regional Writers

Mother's Day Surprise by Gail Evanoff

One serene morning, the bay was smooth as glass. The mountain's silhouette paints the water giving you that double awe! Looking intently, you hope the image will stay forever! I feel giddy knowing my husband and son are treating me to my first experience of jigging for halibut. Like a golden chariot waiting to give enchantment, the boat floats gently in the water. Gleaming in the morning sun, it seems to invite anyone to step aboard for excitement, wishes, and fun!

Instinctively, he guides the boat to his secret fishing hole
And with a look of relinquishment, he declares, "Here's your spot!"
Not willing to throw their line over just yet and give in to starting the day,
They settle to stretching out on benches toward the bow,
and leave me to savor the moment of
trying to catch my first fish!

Overcome with excitement, I gingerly drop my line over. As the hook rests on the ocean floor, I gently begin to jig and tug, waiting for that first pull that tells me, "I got 'em!" As time passes, my patience is at an all-time high. I stare at the line piercing the water as if willing the fish to take the hook.

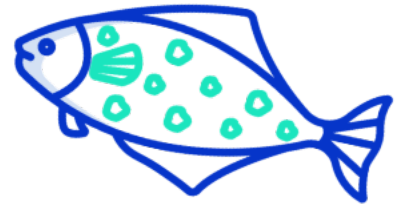
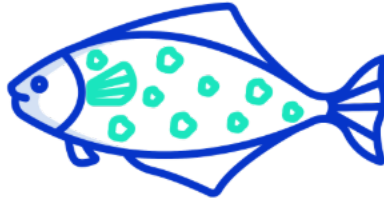
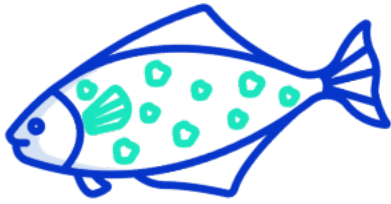
Weary now,
as soreness seeps into
my shoulders, legs, and fingers,
I wonder, surely, I should feel a pull by now.
The shadows which paint the water's surface,
fade with the sun as it hangs overhead.
Stubbornly, I continue my stance,
fearing any sudden movement will lessen my chances
to land that prized fish!

Determined, I will myself to keep the rhythm; the distant sounds of sealion and breaching orca's awakening to the day flood my senses with contentment. I'm mesmerized by so many sounds that pierce the morning air! I savor this day, for I am being counted with the many mothers, honored and loved! How fitting that I'm experiencing this excitement! Wrapped up in the moment with intense concentration on the task at hand, I feel the pull I've labored soooo long to feel! Ooooh! Yes!!

My line, once hanging straight down,
from the weight of the hook, began to have a life of its own!
The reel comes alive, whirling, and like a snake preparing to strike
gets torn from my grasp!
Coming to my senses, confused, what to do next???
I shout out, but I hear barely a sound leave my lips...
"Help, somebody, help!!!"

I look over at where they lay; both lulled to sleep by the once gentle rocking of the boat. It seems nothing less than a boom from a cannon will stir them from their deep sleep! What to do?? I lunged for my rod. I start to reel in my line, but the boat, once quietly lying on the blue-green surface of the ocean, moves on its own, side to side, making waves that splash over the sides. Panicking, I yell, begging, "WAKE UP, Hellllp!!!"

Story Submission from Chugach Regional Writers



Instantly, both at my side,
one reeling in the line, one searching for the club,
I sit on the floor of the boat,
numb to the scene unfurling before me.
What did I hook?
There's something thrashing in the water,
surely it can't be a halibut!
He yells through my frightful state, "Get the hook!"
"What hook? The hook's in the fish!"

My son stumbles over me in one leap and grabs for the gaffing hook. I see this big head slide over the side. Astonished, still sprawled out on the flood, it's pulled out of the water and measures nearly as tall as I am!! And, Ohh, so beautiful!!! I don't know whether to laugh or cry as I look down in amazement at MY catch! The surprised look on their face was the crowning glory; they seemed to glow at me! I give in to crying and laughing!

I fished my first halibut!
My first and only halibut I will ever want to catch!
I think, solemnly, you gave yourself to me today!
Today being the most cherished of days!! Thank You!
I got my wish; I made it my last, for
I don't ever want another memory to outshine
what was given to me this day!

As we get ready to go home, the boat seems to glide above the waves! A boat that carried the most treasured people and the CATCH of my life! Nestled in its corner nook, the boat is ready to take anyone, not me! On their dream ride and to capture that memory of their life!

Chugach Regional Writers members gather weekly to share their writing and receive feedback. They are dedicated to writing and aspire to publish their work. Meetings take place every week, and newcomers are encouraged to join. For more info, please reach out to Sandra Kleven at sandrak@chugachmiut.org.

Quyanaa to **Gail Evanoff** for sharing her writing. She has worked as a Behavioral Health Practitioner in her island community of Chenega since 2012. In this regard, she received the Rising Star Award in 2014 from Alaska Native Tribal Health Consortium. Gail has served as a board member of Chugachmiut and Chenega Tribal Council. She has raised four children and has been married for 55 years to her high school sweetheart! She says, "I write to understand myself and release feelings."

Kilann Tanape's Educational Achievement

Kilann Tanape, from Nanwalek, graduated with a bachelor's degree in early childhood education from the University of Fairbanks, Alaska, on May 9th in Kenai. She began working with children in 2000, three years after graduating high school. Starting as a teacher's aide, cook, and janitor for about seven years through Chugachmiut, she tried a different job for a year but soon found a teaching position in Nanwalek open in 2008. Kilann applied for and secured the position, continuing as the lead teacher for over 14 years. She loves working with young children; the reward is seeing them learn and engage with themselves. Their smiles and their ability to learn are outstanding.

The Chugachmiut Scholarships played a pivotal role in Kilann's educational journey. They were not just financial aid but a lifeline that helped Kilann reach her goal of getting as far as possible in college. The support in completing the classes was a significant boost, demonstrating the crucial role of financial assistance in higher education.



Kilann Tanape. Courtesy photo.

"To all looking to take college classes, give it a try, push yourself, and believe you can do anything. When it gets tough, know that happens, and you can reach your goal no matter what is handed to you." - Kilann Tanape

Chugachmiut Scholarship Opportunities and Vocational Support

Our program assists eligible participants with funding to attend educational institutions. Scholarship awards are based on the number of eligible applicants; applicants must be 17 or older and have a high school diploma or GED. Participants must be enrolled in one of the Chugach Region's Tribes (Chenega, Seward, Tatitlek, Nanwalek, and Port Graham). Applications are open for the Higher Education Scholarship, which will be awarded in the fall of 2024. The deadline is June 30, 2024, and the next deadline is December 31 for the spring 2024 semester.

Apply at www.chugachmiut.org/higher-education-scholarship/. If you have questions or need assistance, contact Donna at (907) 562-4155 or donnam@chugachmiut.org. Quyanaa/AWA'ahdah for sharing!

Paluwik Basket Weaving in Port Graham

The Paluwik Kiag-mi Culture Camp kicked off in late May in Port Graham. Instructor and organizer **Apamia Ephimia Kvasnikoff** sent photos from their basket weaving class. The culture camp is supported by the Chugachmiut's Accessing Choices in Education (ACE) program.



Martha Tanape and Lillian Dumont (left and middle) weave and display their baskets. Hunter Moonin (right) works on his basket. Photos by **Apamia Ephimia Kvasnikoff**

Employee Spotlight - Kimberly Miles

Kimberly Miles is Unanga̋ and an enrolled member of the Qawalangin Tribe of Unalaska. She joined Chugachmiut in March as the Domestic Violence Regional Coordinator. With 14 years of experience in the legal field, including 10 years dedicated to working with survivors as a legal advocate, Kimberly brings a wealth of knowledge and commitment to her role.

Kimberly is passionate about the well-being of the Alaska Native community, focusing on aiding individuals through trauma and uplifting Indigenous communities. Her background in paralegal studies equips her to support survivors of domestic violence, sexual assault, and human trafficking. She is currently pursuing a degree in Criminal Justice Administration at Wayland Baptist University of Anchorage, further enhancing her ability to make a positive impact. She enjoys reading, walking, meditating, and reflecting on her spiritual nature outside of work.



Kimberly Miles. Courtesy photo.

Kimberly is enthusiastic about her work with Chugachmiut's Women's Violence Intervention services, where the team provides comprehensive case management, including support from intervention through post-crisis, referrals to counseling and substance abuse services, and moral support during legal proceedings. The goal is to offer holistic care and advocacy to meet the unique needs of each survivor.

A Visit to Llangcarwik Recovery Camp

In June, **Amy Romero**, a US Department of Justice federal representative, visited Nanwalek, the likely site for the next Llangcarwik Recovery Camp. The camp, held throughout the Chugach Region, is a haven for individuals seeking to make positive changes and embark on a journey of hope, healing, and transformation. It holds a special place in the hearts of those who have completed it, with many returning as mentors and helpers, a testament to the profound impact it can have on one's life.

Llangcarwik Recovery Camp provides a supportive and empowering environment for those facing challenges related to substance abuse or grappling with mental health issues. The camp's atmosphere fosters growth and resilience, enabling participants to overcome their struggles and achieve lasting change.



Chief Lisa Jimmy, Amy Romero, Priscilla Evans, and Pauline Demas. Photo by Sandra Kleven.

If you know someone who could benefit from this life-changing experience, we invite you to refer them to us. To sign up or inquire further, please call (907) 562-4155 or toll-free at (800) 478-4155.



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Anchorage, AK 99508-3463
Phone: (907) 562-4155
Toll Free Phone: (800) 478-4155
Behavioral Health Crisis Line: (844) 891-0444
www.chugachmiut.org

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Chugachmiut Board & Executive Leadership

A seven-member Board of Directors governs Chugachmiut; each board member selected by their tribal government. The Board of Directors appoints the Executive Director who manages the day-to-day operations of the organization.

Fran Norman, *Chair*
Port Graham

Larry Evanoff, *Vice Chair*
Chenega

Jim Ujioka, *Treasurer*
Valdez

Priscilla Evans, *Secretary*
Nanwalek

Arne Hatch, *Director*
Qutekcak

Pamela Smith, *Director*
Eyak

Nanci Robart, *Director*
Tatitlek

Angela Vanderpool
Executive Director

Nupuat Newsletter - Call for Submissions

Do you have an update, story, essay, or poem to share? We welcome submissions from Tribal and community members, councils, and employees. Please email your ideas, articles, poetry, and photos to media@chugachmiut.org. The submission deadline for the fall edition is Friday, August 30, 2024.