



ARCTIC SLOPE NATIVE ASSOCIATION

# INUUNIAGNIQ

THE ART OF LIVING  
SPRING 2014

### *In This Issue:*

- Gun Safety Checklist
- New Dental Equipment
- ASNA Tribal Childcare Program
- Healthy Living Summit 2014

## Mark Your Calendar

### *Dental Village Trips*

**Wainwright:** Hygienist ONLY March 24-28

Dates are subject to change. To see the dentist, call your village health clinic to ensure your name is on the "dental list" with your current phone number(s).

### *SSMH Specialty Clinics Schedule*

**ENT and Audiology:** May 21-23

**Gynecology (Women's Health):** April 1-3

**Neurology:** April 10-11

**Pediatrics:** April 15-17

**Eye:** April 15-17

**Internal Medicine:** April 17-18

**Pediatric Cardiology:** April 24

**Surgery:** April 28-30

**Orthopedics:** May 6-8

Specialty Clinic appointments are only for those who receive a referral from a Primary Care Provider.

For more information, please contact Nicole Thomason directly at 907 852 9284. Or call toll free at 1 888 525 7764.



*Josephine Anakak Smith takes a coffee break while on duty...*

*See page 5 for more about Josephine.*

## A Note from Marie

The New Year began sadly with losses from families with roots and homes on the North Slope – my sincere condolences to all of you. When end of life or tragedy strikes within Barrow or villages, we respond as any big family would, and we rely on our hope and faith in God.

As an organization, ASNA has focused on offering suicide prevention courses. We offer ASIST and safeTALK courses that equip participants with tools for suicide prevention and intervention. In the last fiscal year, we successfully worked with the North Slope Borough leadership and North Slope Borough School District to train over 500 people slope-wide to learn how to respond when someone appears to be at risk. If you are interested in this training for your organization, please contact us.



As advocates for health and safety in our community, our immediate thoughts are to see if we can do something to protect our children and people who are vulnerable to thoughts of suicide. One thought was to do more education about gun safety. We have included a gun safety checklist in this edition for you to think about.

ASNA has hard-working staff at Samuel Simmonds Memorial Hospital, who are also affected when there are losses in our communities through our Medical Travel Funeral Assistance Program, emergency, and medical services. They are on the front lines with the North Slope Borough staff and community volunteers. Our thoughts and prayers are with you too.

God Bless You.

**Marie**

## Gun Safety Checklist! Be safe and protect your loved ones.

- » Install a gun cabinet for guns, and keep the key in a secure place.
- » Guns should be stored unloaded and in a locked place that children cannot reach.
- » Keep guns and ammunitions locked in separate locations.
- » Read the instruction manual that comes with your gun so that you completely understand its operation and safety features.
- » Keep a trigger lock on your gun.
- » Explain to children that guns are dangerous and that they should never touch guns without your permission. If they find a gun anywhere, they should leave the area and go tell an adult.
- » Never point a gun at anyone, even if you know the gun is unloaded. It is not a toy.
- » Handle all guns as if they're working and loaded.
- » Avoid all horseplay with a gun.
- » Keep your finger completely outside the trigger guard until you are aimed at a safe target and you have made the decision to fire.

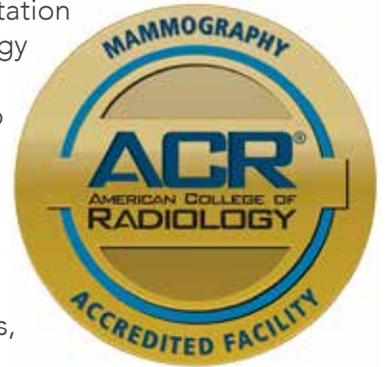


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## Samuel Simmonds Memorial Hospital Earns ACR Gold Seal of Accreditation

Samuel Simmonds Memorial Hospital has been awarded a three-year term of accreditation in mammography as the result of a recent review by the American College of Radiology (ACR). Mammography is a specific type of imaging test that uses a low-dose x-ray system to examine breasts. A mammography exam, called a mammogram, is used to aid in the early detection and diagnosis of breast diseases in women.

The ACR gold seal of accreditation represents the highest level of image quality and patient safety. It is awarded only to facilities meeting ACR Practice Guidelines and Technical Standards after a peer-review evaluation by board-certified physicians and medical physicists who are experts in the field. Image quality, personnel qualifications, adequacy of facility equipment, quality control procedures, and quality assurance programs are assessed.



## Samuel Simmonds Memorial Hospital Awarded Gold Seal Accreditation from The Joint Commission

For over 50 years The Joint Commission has been accrediting healthcare organizations. Their high standards and acceptance for nothing short of excellence has improved the healthcare industry dramatically.

This February, Samuel Simmonds Memorial Hospital (SSMH) earned The Joint Commission's Gold Seal of Approval for accreditation by demonstrating compliance with The Joint Commission's national standards for health care quality and safety in hospitals. The accreditation award recognizes Arctic Slope Native Association's (ASNA's) dedication to continuous compliance with The Joint Commission's state-of-the-art standards. ASNA, a tribal health nonprofit organization operates SSMH under a Title V compact with the Indian Health Service.



SSMH underwent a rigorous unannounced on-site survey in November 2013. A team of Joint Commission expert surveyors evaluated SSMH for compliance with standards of care specific to the needs of patients, including infection prevention and control, leadership and medication management.

## Scholarship Opportunities!

The Indian Health Service Scholarship Program is offering scholarships to Alaska Native/American Indian students that are currently enrolled in a health degree program. The deadline to apply is March 28, 2014. To download the application, please visit the following website: <http://www.ihs.gov/scholarship/index.cfm>.



## Family Spotlight: ASNA Tribal Child Care Program

By tribal resolution, ASNA is the Child Care Development Fund (CCDF) representative for the North Slope villages of Anaktuvuk Pass, Atkasuk, Barrow, Kaktovik, Nuiqsut, Point Hope, Point Lay, and Wainwright. The program exists to provide child care for low-income families who are working, attending job training or education program, participating in subsistence activities, and those who qualify financially for in-home care. All independent child care providers must be approved for satisfying the minimum health and safety requirements.

Since May 2013, ASNA has been providing child care services for Tommi Lynn Ahmaogak's family in Wainwright. While Tommi Lynn is hard at work as a cook at the Olgoonik Hotel, her mom, Mattie Ahmaogak, is her son Kaden's primary caretaker. Kaden is four years old and lost his dad, Cory Mayer, when he was just a baby. Tommi Lynn says, "The Tribal Child Care Program really helps out single parents who need to earn income for the family." Tommi Lynn's other passion is sports. She is the Wainwright High School girls' basketball coach. When asked about future plans, Tommi Lynn would like to open a family-owned restaurant in Wainwright.

If you're interested in becoming a child care provider, please contact Pinky Tooyak, Family Preservation and Development Division Manager, at 907 852 9376.



*Above: Tommi Lynn Ahmaogak and her son Kaden.*



*Below: Mattie Ahmaogak and grandson Kaden.*

## Dementia Care Workshop

*Where?* IHLC Multi-Purpose Room

*When?* Tuesday, April 8, 8:30 am – 5:00 pm

ASNA and Alzheimer's Resource of Alaska are partnering together to host a 1-day workshop in Barrow. This interactive workshop with lecture, video case studies, and discussion exercises provides the foundation for anyone working with individuals with Alzheimer's or related diagnosis needs.

**Here are some of the topics covered:**

- » What is Alzheimer's vs. Dementia?
- » What are successful communication techniques?
- » Re-thinking activities of daily living

**Cost: \$25 for professional providers**

Nurses, CNAs and social workers can earn 4 CE's or 4 contact hours. Free for family caregivers

To register, please call ASNA Behavioral Health Aide Ellen Sovalik at 907 852 9126 or e-mail [ellen.sovalik@arcticslope.org](mailto:ellen.sovalik@arcticslope.org).

## What's New in Dental

### ***New Equipment Increases Dental Capacity***

SSMH has purchased and installed new dental equipment referred to as E4D. The E4D system is a milling machine that can create full crowns. The new equipment offers a handheld laser scanner that takes 3D images of a tooth. With the E4D computer software, dental staff can create a virtual model to create a custom fit porcelain crown for a tooth. SSMH strives to increase technology and equipment capabilities in an effort to continuously improve patient care.



### ***Pilot Program to Increase Dental Outreach and Prevention in Village Schools***

SSMH Dental has been awarded a competitive grant of \$20,000 from the Indian Health Service Division of Oral Health to fund a Village Dental Prevention Program. Grant funds were used this year to provide the program in the villages of Point Lay and Wainwright during village trips in the Fall, and there is one more trip scheduled for Wainwright in the Spring. After completing a Basic Screening Survey in 2012, these two villages were determined to have the highest need for basic dental preventative services. SSMH Dental hopes to provide similar services to the villages of Atkasuk, Kaktovik and Nuiqsut in the future, if additional funding can be secured.

The school-based program will include screening and fluoride applications for all students with consent from parents. Then, students whose parents returned the necessary forms are seen in the dental clinic (school transportation provided) to receive an exam, cleaning, fluoride varnish and any sealants or temporary restorations that are indicated. This option is available to students in Kindergarten through 12th grade. SSMH Dental looks forward to working with the teachers, principals, students, and parents in the villages of Point Lay and Wainwright to make this pilot program a success.

## **Employee Spotlight** *Josephine Anakak Smith*

Josephine Anakak Smith was born and raised in Wainwright. She has four children, thirteen grandchildren, and eighteen great-grandchildren. Josephine graduated from Mt. Edgecumbe High School in 1961. She has worked for ASNA Social Services since 2010 as a Community Health Representative, with an office located at ANMC in Anchorage. Josephine provides support services for the Medical Travel and Funeral Assistance (MTFA) Program, including coordinating travel and providing interpreting services for Inupiat clients. MTFA has clients traveling back and forth from the North Slope to ANMC, so Josephine has a very important role in making sure our clients are comfortable and well served.



Some of Josephine's prior work experience includes Ticket Agent for Wein Air Alaska, Volunteer Fireman for the North Slope Borough Fire Department, and Secretary and Interpreter for Judge Michael Jeffrey. She enjoys going to bingo and taking long drives with her significant other, Stephen. ASNA would like to recognize Josephine for a job well done. Quyanaq!

# Announcements

## Save the Date! Healthy Living Summit 2014

Join the North Slope Borough Health Department and ASNA for a Healthy Living Summit on April 14-16, 2014 in Barrow, Alaska. Mark your calendars and reserve these dates for an incredible opportunity for health care providers, community members, and youth who have an interest in the health and well-being of all who live on the North Slope.

### **Cost to Attend**

There is no cost to attend, but you are responsible for travel and lodging. Limited travel assistance may be available if you qualify. Please contact Aqamak Okpik at 907 852 0366 for more information.

Registration for the conference can be done in advance (remember it's free!) or on site each morning of the conference. Please stay tuned for more information about how to register!

### **Who should attend?**

Anyone who has interest in the healthcare field or health of our community can attend. We will have three tracks: Youth Track, Community Member Track, and Health Care Provider Track with CEUs available from some of the presentations.

### **What will happen at the Summit?**

- » A variety of presentations to enhance your skill set
- » Healthy activities that you can participate in to jumpstart your own health and fitness goals
- » Networking with your friends and colleagues
- » Participate in an Exposition to meet and greet with other regional and statewide organizations

### **Who will be presenting?**

You will learn from national leaders and Alaska experts from the health and wellness field who will inspire you, share their practical tips and techniques, and leave you anxious to get back to your community or organization to start applying your new skills.

### **Sponsorship & Exhibitor Opportunity**

If you are interested in sponsoring the Healthy Living Summit or hosting a booth in the exhibitor hall, please contact Angela Cox at 907 852 9391. We have lots of opportunities for you to get involved! Again, Save the Date!

**Stay tuned for more information as it becomes available! For general questions, please contact Aqamak Okpik at 907 852 0366.**