



TIDE POOL TIMES

Aleutian Pribilof Islands Association's Monthly Regional Newsletter

October Wellness



Photo Courtesy: Alaskan Images

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As the season comes to an end here in Alaska, and after such a cold and rainy summer, we here at APIA recognize the mental health challenge that comes along with that. We would like to help our Veterans, active service members and their families. As a grant recipient of the SSG Fox Suicide Prevention Grant, we have several ways to help. This fall we created Wellness Boxes for our enrollees. These boxes are full of some of our favorite mood boosters and things proven to help with mental wellbeing throughout the dark winter months in Alaska. From “happy lights”, gentle exercise videos and sound machines, to diffusers with essential oils, we have you covered. Each of our enrollees will receive one of these boxes.

APIA works in tandem with our local Vet Center to serve our eligible Veterans, active service members and their families. We offer opportunities for connection and culture. Every Monday at the Vet Center in Anchorage our team holds a talking/listening circle. On Wednesdays we do yoga for that mind-body-spirit connection.

If you live in Anchorage, are a Veteran or active service member, come join us at the Vet Center. We offer free trauma-informed yoga sessions weekly, as well as a weekly talking circle preparing for our upcoming Mind-Body Skills Group. These offerings aim to help decrease anxiety and create those much-needed connections. If you or your family member are a Veteran or active service member and are interested in joining us for a Mind-Body Skills Group, and to receive one of the Wellness Boxes, please contact jennal@apiai.org.



VA Suicide Prevention Grant Recipient

Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program Award Recipient



Photo Courtesy: SSG Fox Program



Photo Courtesy: Google

Program Update (Cont.)

By Jenna Larson

The Veteran's chairs formed a circle in the middle of the room. One of my Vietnam Vets was in the middle of a story from his deployment. The laughter and recognition with nods from the younger Vets gave that sense of camaraderie that filled the room. The conversations continued around the circle as each person shared their own experiences linked by the common thread of deployments and service. Somehow, the conversation shifted to being a single-parent and meal-prep. Before we knew it, instant-pot recipes full of healthful ingredients were being shared back and forth, and suddenly, the overwhelm shouldered when they entered the room was lifted and everyone knew what they were going to have for dinner. One nightly stressor averted.

Talking and listening circles have always been an integral part of indigenous life, and the SSG Fox Suicide Prevention Grant Program (SPGP) at Aleutian Pribilof Islands Association (APIA) is reinstating its place in the community. For many of the offerings of this program we often say, "It's not therapy, but it sure is therapeutic." Connection is prevention. Every Monday at noon at the Vet Center here in Anchorage we intend to keep this connection and the stories going.

On Wednesdays at the Anchorage Vet Center, we offer a gentle yoga class for that mind-body-spirit connection. It's the perfect lunch-break session for our active service members and Veterans. All of our beginner yogis have left feeling better, looser, stronger and calmer than when they came in. The ones seeking another avenue to peace have connected with our Healing Touch practitioner, Amy Carlough. Healing Touch is an empirically substantiated mode of healing, and a VA sanctioned effective peace-inducing modality. Better yet, it's trauma informed. The energetic work that happens when the receiver lies fully clothed on the massage table is nothing short of miraculous. Worst case scenario, the person just feels relaxed after a session. Best case scenario, they leave with less emotional baggage than they came in with and feel lighter emotionally.

This fall we have rolled out the Wellness Boxes for all our enrolled Veterans. Alaska is a beautiful, and harsh, unforgiving place. The winters are dark, cold and isolating. After the cold and rainy summer we've had, we will all need a little extra help as the seasons change. These Wellness Boxes, among other things, include "Happy Lights", sound machines, and diffusers for essential oils that can help us feel better naturally. Our SSG Fox Team is happy to connect with you and share all of our little tricks for boosting your mood, while making your body feel better, and your heart feel nurtured. Veterans and active service members, reach out to us for all our programming. It's FREE!



Photo Courtesy: Google Images

Program Update (Cont.)

Veteran's Weekend at Chena Hot Springs

Calling all women Veterans and active service members, to our healing gathering in Chena Hot Springs! Come let us nurture you back to yourself with a weekend of Mind-Body Medicine, yoga, Healing Touch, and massage. Enroll in our SSG Fox program, and we will fly you to Fairbanks where you will be surrounded by other women who have served, or care for our military members. You will be treated to a weekend of connection and talking circles, guided meditations, and of course, the healing waters of the hot springs.

Have you ever done yoga nidra in pajamas? Us either! But we thought it would be so fun and deeply relaxing. Amongst the many healing modalities offered, we will show you in our Mind-Body Medicine sessions some fantastic ways to self-regulate and how quickly our body responds to our thoughts, and therefore how our thoughts can change our body's response to stress.

If you are a female Veteran, or active service member of the military, or are a family member of one of the aforementioned persons eligible for our program, please enroll and join us! Contact us to enroll and register for this fantastic free event. jennal@apiai.org

Many Things Our Organization Offers for Free

As with many Native Corporations, APIA works diligently to provide a variety of services to meet the needs of our people, region, and communities. Among the services offered by APIA, Primary Care, Behavioral Health, Elder and Wellness program, Healthy Relationships, and Employment services are a few. Under our SSG Fox SPGP we also offer a veritable buffet of free services for our Veterans, active service members and their families. Some of these include:

- Yoga Classes
- Mind Body Skills Groups
- Talking Circles & Recreational Events
- First Responder & Suicide Prevention Trainings
- Wellness Boxes
- Annual ANCHR Gathering in the Aleutian Region

We welcome you to chat with us about eligibility and enroll for any and all of these services. Contact us at (907)276-2700 or Toll Free at 1(800)478-2742



Photos Courtesy: Google Images



Photo Courtesy: Jenna Larson

Monthly Spotlight

Hello! My name is Kelsey Stevens and I am the Compliance Administrator here at Aleutian Pribilof Islands Association. I have been in this position for about two years now. Prior to this I worked in licensing and compliance for local residential facilities. I feel very fortunate and proud to work for APIA. I love that APIA allows me to grow and learn within my role.

I was born in Palmer and raised in Anchorage. I went through the Japanese Immersion Program here in Anchorage and hope to get both my boys in the program when they start school. My niece and nephew just started there and will have some of the same Japanese teachers that my sister and I had! Most of my lifelong friends came from being in the immersion program. Both of my parents were born and raised in Astoria, Oregon so most of my summers growing up were spent with family there. Some of my best memories are of white-water rafting on the Deschutes River with friends and family and windsurfing on the Columbia River.

I grew up playing competitive soccer and got a scholarship to play in Denver, Colorado at Regis University after high school. I enjoyed playing but after a year realized that I didn't have the passion for soccer that I used to so, I decided to move a little closer to home. I transferred to Southern Oregon University where I finished my degree. After college I moved back home for a few years then back to Oregon where my husband and I lived in Bend for a few years. We absolutely loved it there but missed friends and family and made our way back to Anchorage where we have been ever since.



TIP OF THE MONTH



Breast Cancer Awareness month is upon us. It's a falsity believed in many cultures that breast cancer only affects women. Although its more rare for men to be diagnosed, (approximately 1/1000) it's still important for all genders to watch for the signs.

Some signs to watch for:

- A lump or mass in the breast that feels different from the surrounding tissue
- Change in the shape, size, or appearance of the breast
- Discharge from the nipple
- Breast rash
- Changes in the skin over the breast, for example, dimpling
- Breast pain
- Inverted or pulling-in of the nipple
- Scaling, peeling, or flaking skin over the breast, particularly the dark area around the nipple
- Redness and/or pitting of the breast skin, resembling the skin of an orange

As a breast cancer survivor myself, I can tell you, knowing and being able to take action sooner than later is always a better way to go. I highly recommend getting your yearly mammogram the same month every year, and just putting that in your phone reminders and all your digital calendars. If your local imaging center books out, book months in advance. In Good Health ~Jenna



R a i s i n g A w a r e n e s s

October is National Breast Cancer Awareness Month

National Breast Cancer Awareness Month is an annual international health campaign organized by major breast cancer charities every October to increase awareness of the disease and to raise funds for research into its cause, prevention, diagnosis, treatment, and cure.

Breast cancer is the most common cancer diagnosed among Alaska Native women. Annual screenings should begin at age 40. Women aged 55 and over should switch to screenings every two years. Contact your provider today to discuss breast cancer screenings.

To support this campaign, check out the local [Making Strides Against Breast Cancer](#) event happening on Saturday, October 7th, 2023, at 10:00 am.



Healthy Pumpkin Overnight Oats

Ingredients

1/2 C. (heaping) Rolled Oats
 2/3 C. unsweetened Coconut Milk
 1 T. Chia Seeds or ground Flax Meal
 0-2 T. Honey or Maple Syrup
 1/2 C. plain Pumpkin Puree
 Ground:

- Cinnamon
- Cloves
- Nutmeg

to taste

Instructions

Whisk together all ingredients in a medium-sized mixing bowl. Spoon into a jar with a tight-fitting lid. Close and refrigerate for at least 4 hours, but preferably overnight before eating.





Photo Courtesy: Google Images

Community Board

Get Pumped for Pumpkin this October

From the seeds to the pulp, pumpkins are very nutrient-rich and loaded with health benefits like fiber, potassium, and vitamins A, E, and C. According to the Ironwood Cancer and Research Center pumpkin contains antioxidants that can neutralize free radicals, stopping them from damaging your cells and lowering risks of stomach, throat, pancreas, and breast cancers. If you have a picky eater or would like to introduce your family to pumpkin [here](#) is a great starting point.

STRENGTHENING FAMILIES

is a research-informed, strength-based approach focused on engaging families, programs, and communities in building five protective factors to help families succeed and thrive. Participate in our free interactive training!

OCTOBER 31 - NOVEMBER 1
8:30 AM - 4:30 PM

Mat-Su Foundation
777 N Crusey Street, Wasilla
Coffee and lunch will be provided.

[CLICK TO REGISTER](#)



APIA Head Start

HEART OF THE COMMUNITY
"WE SERVE THE WHOLE FAMILY"

APIA Unalaska Head Start is a **FREE** Preschool Program **accepting applications** for the 2023/24 school year! Our program is excited to announce the opening of our new building located at:
217 Biorka Dr. Unalaska, AK 99692

SERVING CHILDREN AGES 3-5 YEARS OLD
WHO ARE INCOME ELIGIBLE.

Our caring, dedicated staff provide comprehensive services to the whole family.

Our Program Goals

- School Readiness
- Health & Nutrition
- Family Goal Setting
- Education & Leadership Opportunities

Our free, engaging preschool program *partners with families.*



Check out what we offer and how we meet families' *values, cultures, and traditions* in a program that focuses on the Whole Family!



APPLICATIONS ARE AVAILABLE
ONLINE @ APIA.ORG
OR ON-SITE AT
217 BIORKA DR. UNALASKA, AK 99692

*THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER

Community Board (cont.)

Hello October

Photo Courtesy: Google Images



Photo Courtesy: Google Images

**In October We Celebrate
Indigenous People's Day &
Breast Cancer Awareness**

UPCOMING EVENTS

October is the month of...

Indigenous People's Day
Halloween

Breast Cancer Awareness
October 9th

Indigenous People's Day
October 10-11

Unangax Communities Conference
October 31st

Halloween
November is the month of...

Daylight Savings
Veteran's Day

Thanksgiving
December is the month of...

Hanukkah
Christmas
January is the month of...

Cervical Health Awareness
Cleaning Up Your Computer
International Creativity



Alaska Primary Care
ASSOCIATION



PATH Academy

This is a FREE two-week health pre-apprenticeship program hosted by Aleutian Pribilof Islands Association, Inc., Alaska Primary Care Association and Southwest Alaska AHEC, which includes:

✓ CPR for Basic Life Support & First Aid

✓ Behavioral Health Trainings

✓ Resume Writing & Interview Prep

✓ Pre-Apprenticeship Certificate



Must live in the Aleutian Pribilof Islands Region OR Bristol Bay Region and be at least 16 years-old.



WEEK 1: Nov. 27-Dec. 1, 2023, 9a-5p
Virtual on Zoom

WEEK 2: Dec. 4-8, 2023, 9a-4:30p
Parks, Culture & Recreation Center
35 E. Broadway Ave
Unalaska, AK 99685

**Limited travel scholarships
are available for Week 2!**

**Includes roundtrip airfare
and lodging in Unalaska.**

**Fill out the registration form
by Oct. 1, 2023 to secure a
travel scholarship.**



Register at the link below.



<https://tinyurl.com/PATHUnalaska>

Questions? Contact us.



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