



TIDE POOL TIMES

Aleutian Pribilof Islands Association's Monthly Regional Newsletter

November Wellness



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Welcome to the season of gratitude! 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 Anchorage 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 from noon to 2pm. On Wednesdays at lunchtime, 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 for some connection with others who have served, or are serving. We offer free trauma-informed yoga sessions weekly, as well as a weekly talking circle in preparation 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

A few months after partnering with our local Vet Center, one of the therapists, Christian Garrett approached me with a question about how we can serve our female Veterans who may feel safer in a group with only women. After pondering what that would look like, and sharing it with Amy Carlough, she floated the idea of a type of “mini-ANCHR”, a healing gathering specifically for women, by women. We brainstormed and came up with the Chena Women’s Wellness Gathering.

The challenges many of our female Veterans face aren’t necessarily unique to women, as we know that sexual assault in the service happens to men as well. Post-traumatic stress disorder is no respecter of genders either. But, knowing that one is surrounded by others that have undergone similar life experiences can help create an environment of openness and vulnerability where healing is more likely to occur. Taking into account that the majority of reported sexual assaults are perpetrated by men, we knew we had to try to create a space that felt safe for our female Vets.

We imagined one of the most relaxing places in the entire state of Alaska, and looked at what the science says helps with releasing trauma. Our programs offerings are all research and practice-based approaches to healing. By utilizing key components of Mind-Body Medicine, Healing Touch, Yoga, and trauma informed massage we knew we could effectuate positive change for our ladies who have done so much to serve our country. These women range in age from late 20's to late 60's, and all have a proud past of serving their country. These ladies were all referred by their friends, fellow Veterans, their therapists at the Vet Centers, and Susan Gillroy, Caregiver Support Coordinator for the VA.

Veteran’s Day weekend, November 10th-13th, a group of seven new enrollees in the Staff Sergeant Fox Suicide Prevention Grant Program (SSG Fox SPGP) will join three APIA staff members and a very gifted contracted massage therapist (that specializes in trauma-informed care) in Chena Hot Springs for the first annual Chena Women’s Wellness Gathering. It’s our honor to serve our Veterans.

And, like we shared last month, we have 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 had, we will all need a little extra help this season. 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: Jenna Larson

Program Update (Cont.)

Meaningful Connections in Tennessee

Back in October, our Wellness Project Coordinator for the SSG Fox Suicide Prevention Grant Program went to Tennessee to see family and friends. When the Fox's found out she would be in their neck of the woods, they reached out and invited her to come visit them in the north-eastern part of the state. Brenda and David Fox are the parents of Parker Fox, the man for whom the VA grant is named.

One evening over a steaming bowl of delicious homemade chili and the best southern cornbread ever tasted, surrounded by family friends (shoutout to the Hobbs), stories of Parker's life flowed. From his formative years and high school days to the story of how he told his mom that he'd found the love of his life and intended to marry her, Parker's story came alive. By the end of the night, it was determined that there was more to share, so they decided to go to a favorite coffee shop across the border in Virginia the next morning.

After a morning start with the best coffee in Virginia, Brenda and David shared their passion for the Bays Mountain Park and Planetarium where they both volunteer their time and give guided tours around the lake (pictured above). During the private tour of the park, Brenda was happy to share with some tourists observing the Bobcat enclosure the names of the cute creatures, "Carter & Cash", an homage to June and Johnny. They are especially proud of the coming attraction of The Fox Den Playground in honor of Parker.

These incredible humans shared a level of vulnerability and meaningful expressions of their lived experience of love and loss as the parents of Parker Fox. Their resilience and shared passion for suicide prevention and awareness rekindled the fire for the prevention efforts right here in Alaska for our Veterans. Thank you, Brenda and David, for sharing time and the story of Parker's life with us.



Photos Courtesy: Jenna Larson



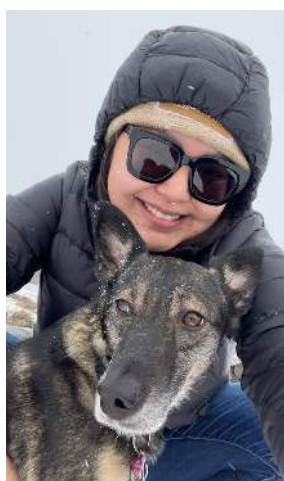
Photo Courtesy: Alaskan Images

Monthly Spotlight

Waqaa! My name is Brianne Hunt. I am Yupik and Russian and was born in Anchorage, Alaska. I lived in Kotlik, Alaska until I was about 2 years old, then moved to Anchorage with my mom and siblings. I am the 5th of 8 kids. My parents are Agnes Hunt (Akaran) and the late Michael Hunt Jr., both from Kotlik, Alaska. I am a dog mom to a 4-year-old Husky, German Sheppard (and whatever else makes her small) mix named Maizy and a 1.5-year-old Belgian Malinois named Mina.

I grew up playing softball and went to Mount Edgecumbe High School in Sitka, Alaska where I joined their Yupik dance group, played volleyball and was a part of the cheerleading squad for our basketball teams. I currently love to paint, hike with my Maizy girl (her sister Mina tends to get lazy after 10 minutes), fish, go on walks, and snowboard in the winter. I deeply love to travel and explore the outdoors. Due to my love of the outdoors, I joined the Student Conservations Association. They partner with various national parks to preserve and protect them. I was a trail crew volunteer for the summers of 2015 and 2016. Fun fact: I am in a documentary for the summer 2016 trail crew that was based out of Denali National Park and Preserve (it's called National Park Diaries on YouTube).

I've worked as a fisheries technician, and at the Alaska Airlines Center, and at the Alaska Native Medical Center for Alaska Native Tribal Health Consortium. Working as an Assistant Medical Billing Specialist gave me a springboard to where I am now. Today I get to work for the Alaskan Natives in the Aleutian Pribilof Islands here at APIA as a RSVP Coordinator. I look forward to continuing my work alongside many great colleagues here at APIA!



TIP OF THE MONTH



Since November is Diabetes Awareness Month, this tip should help with controlling the way our bodies metabolize sugar. So, allow me to introduce you to one of my favorite spices: Cinnamon.

Ever wonder why Grandma would add cinnamon to nearly all the sweets she'd bake in that kitchen of hers? I mean, cinnamon-sugar has always been a thing. But why? Maybe Grandma was on to something. Turns out, cinnamon not only helps our bodies metabolize sugar, but it tastes great!

Note: Ceylon is the preferred cinnamon for the best effects. Steer clear of cassia, unless you're using it as an essential oil. It smells great.

Your pancreas produces insulin (a sugar-converting & fat-producing hormone) each time you eat sugar or carbohydrates. Ceylon cinnamon reduces the strain that eating sugar puts on your pancreas.

Another thing that can help our bodies metabolize sugar is magnesium. Magnesium isn't just good for our hearts and preventing muscle spasms, but it plays an important role in glucose and insulin regulation. Cinnamon and magnesium are fantastic things to add to your daily intakes.

In Good Health -Jenna



Photo Courtesy: Theresa Stavig

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

November is American Diabetes Month

According to the Centers for Disease Control and Prevention, over 34 million Americans have diabetes. Approximately 48,620 people in Alaska have been diagnosed with diabetes and an additional 15,000 people in Alaska have diabetes but don't know it. Diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer. Making some lifestyle changes now may help you avoid the serious health complications of Type 2 Diabetes.

One of the main contributors of Type 2 Diabetes is sugar, whether in the form of sweets like candy or sodas, or in the form of simple carbohydrates like pasta and bread. Simple carbohydrates quickly turn into sugars in our bodies. These sugars and simple carbohydrates trigger the pancreas to kick into gear and when it does, it secretes insulin. Insulin is a fat-producing hormone that allows the cells in the muscles, and liver to absorb glucose that is in the blood. Glucose can be used as energy, but it's quickly burned and can cause a drop in energy. Alternatively, it's converted into fat and stored in the body as energy reserves.

The best way to prevent Type 2 Diabetes is to love on your pancreas by not making it work so hard. Stop eating sugar and simple carbohydrates. Complex carbohydrates are actually a fantastic alternative, and they are tasty and nutritious and can help prevent many health problems. Complex carbohydrates like sweet potatoes, lentils or quinoa are packed with essential nutrients that are kind to your glands, which produce and regulate your hormones. A good tip if you can't cut out sugar completely is to start replacing your sweet favorites with less-sweet foods. Have a sparkling water instead of a soda or have zucchini noodles or spaghetti squash instead of spaghetti noodles. Have fun with all the choices for your health.

Smoked Salmon Egg Bites

Ingredients

6 eggs
1 tbsp Dijon mustard
3/4 cup finely chopped smoked salmon
1/2 cup shredded cheese of choice
1/4 cup finely chopped green onion
Salt and pepper to taste
Fresh lemon to top

Instructions

Preheat oven to 400°F and spray a mini muffin pan with cooking spray. Whisk eggs with mustard until combined. In separate bowl, mix remaining ingredients and divide mixture evenly. Pour egg mixture over top until cups are almost full. Bake for 15 to 18 minutes or until eggs are set. Cool for 5 minutes.





Photo Courtesy: Google Images

Community Board



THE GREAT AMERICAN SMOKEOUT
THURSDAY, NOVEMBER 16, 2023

 The Great American Smokeout is observed on the third Thursday of November each year. In 2023, it will take place on November 16th, providing a platform for individuals, communities, and organizations to come together in the fight against tobacco addiction.

This day is also to challenge smokers to give up cigarettes, e-cigarettes & vaping for 24 hours OR for good! If you or a loved one use tobacco products, use this date to quit & take the first step towards a healthier lifestyle for you & your family! Let's celebrate YOU & be TOBACCO-FREE!



TIME TO QUIT SMOKING COLD TURKEY!

For more information, contact:
Caroline Nevak at (907) 222-4237

STRENGTHENING FAMILIES ALASKA
[Click Here to Register](#)

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



December 11-12, 2023
9 am to 4:30 pm
Child Welfare Academy
1901 Bragaw Street,
Training Room A
Coffee and lunch are provided





Photo Courtesy: Alaskan Images

Community Board

Alaska VA Caregiver Support Program

November is National Family Caregiver Month (NFCM)!...and Registration is OPEN for the three virtual events lined up by our planning committee.

The first event will be on Tuesday, November 7th which is a presentation on journaling led by author Jocelyn Lane who wrote the book "Journaling with Purpose."

The second event will be Tuesday, November 14th with a presentation on Handling Emotions. Those who register by 11/4/23 will receive a program handbook.

The month will end out with a third presentation on Tuesday, November 28th entitled "Cultivating Your Identity Outside of Caregiving."

And don't forget if you are in the Anchorage VA area to stop by and see the NFMC display in the atrium celebrating our caregivers!



Pre-Registration Required

The Wellness Series

Journaling with Purpose

Date: Tuesday, November 7th, 2023

Time: 11:00am-12:00am (AK time)

Where: Virtual via Microsoft Teams (link will be provided after registration)

Are you a caregiver? Would you like to learn journaling techniques to help you on your journey to self-discovery and healing? We invite you to attend this new 1-hour course to learn journaling skills that capture your thoughts, hopes, and dreams. This is a Microsoft TEAMS course that will be taught by Jocelyn Lane, a licensed therapist, entrepreneur, and author of the book *Journaling with Purpose*. After this course, a journal will be mailed to any caregiver who attends.

In this Course:

- How to use journaling techniques to find the "best version" of yourself
- Use thought provoking questions and inspiration on the journey of self-discovery
- How to boost health and well-being through journaling

What You Will Learn In This Wellness Series:

- How to use journaling to empower you to embrace a path of healing
- How to handle emotions
- Cultivating your identity outside of caregiving

For more information or to register for this event, please contact:



Alaska VA Caregiver Support Program
907-375-2606



U.S. Department
of Veterans Affairs

www.caregiver.va.gov



WWW.APIAI.ORG



Community Board (cont.)



Photo Courtesy: Google Images

**In November We Celebrate
Veteran's Day & National
Native American
Heritage Month**

UPCOMING EVENTS

November is the month of...

Daylight Savings

Veteran's Day

Thanksgiving

November 2nd

Day of the Dead

November 5

Daylight Savings Time Ends

November 11th

Veteran's Day

November 23rd

Thanksgiving Day

December is the month of...

Hanukkah

Christmas

January is the month of...

Cervical Health Awareness

Cleaning Up Your Computer

International Creativity

Happy Thanksgiving



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

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