



TIDE POOL TIMES

Aleutian Pribilof Islands Association's Monthly Regional Newsletter

January Wellness



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Happy New Year! Well, we hope that this finds you happy and healthy, but if you can't seem to connect with your purpose or joy, you aren't alone. The cold and dark that is the nature of Alaska this time of year sure can have an effect on the psyche. If you are a Veteran and are struggling, let us help.

APIA's partnership with our local Anchorage Vet Center aims to create an environment that serves our eligible Veterans, active service members and their families. We offer opportunities for connection not only with other Veterans, but with their own bodies and perhaps, with peace. 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. Due to the Holidays, these offerings start back up on the 17th of January.

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 also send a Wellness Box to all new enrollees. There is a Happy Light in every box. These offerings aim to help decrease anxiety, diminish depression, 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, please contact jennal@apiai.org. If you want a mental health referral, we offer those too. May your New Year be healthy and bright.



VA Suicide Prevention Grant Recipient

Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program Award Recipient



Photo Courtesy: David Fox



Photo Courtesy: Alaskan Images

Program Update (Cont.)

Live SSG Fox Grant TA in Orlando By Jenna Larson

Several times a year the call goes out across the nation for all SSG Fox Grantees to gather in-person. Since this suicide prevention grant for Veterans and active service members is in its pilot stage, our federal oversight is high. Making life better for our enrollees is of the utmost importance, and it's evidenced by the level of education and data collection we are required to do. APIA's program is the only single-state SSG Fox Program in Alaska, and next to Hawaii & American Samoa, we are the furthest away from last month's conference.

Fifteen months into the new grant, and it being our third live technical-assistance conference in 2023, it's natural to look forward to connecting with the people we met at the previous ones. December's conference was also a chance for us to learn the last few new systems and visit with fellow grantees from other agencies around the lower-48. Something we really appreciate about our managers on the federal level is the level of knowledge they instill in us about Staff Sergeant Parker Gordon Fox, the man for whom the grant is named.

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!

Photos from the Technical Assistance Conference:
 Right - Erika Emmons & Jenna Larson reuniting in Orlando.
 Bottom from left to right - Room of SSG Fox Grantees.
 Sandra Foley, SSG Fox SPGP Federal Grant Administrator.
 Jenna, Erika, Karen and Vinny chatting after the conference.

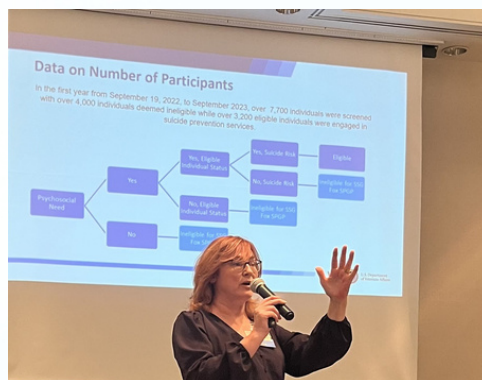




Photo Courtesy: Alaskan Images

Monthly Spotlight

Hello, I'm Fred Bauer. I have been the CIO for APIA since September 2003 - just over 20 years now. Before I worked at APIA, I was the senior network engineer for Network Business Systems and traveled all over Alaska building and repairing computer networks for both state and private organizations; however I've found that my work here at APIA has been the most rewarding. Working in the non-profit sector, at APIA we can focus on helping people, rather than just the bottom line.

I was born in Alaska and graduated from Wasilla High School in 1985. After high school I joined the Marine Corp and served for 4 years. I was stationed in 29 Palms California for most of my time in the service and the highlight of my Marine Corps career was being stationed in Okinawa, Japan for 6 months. After my service was up, I moved back to Alaska and started raising a family. I have two children who have given me seven grandchildren, my daughter has four children and my son has three, and I love spending time with my grandkids.

When not spending time with my family, my favorite recreational activities are sailing and scuba diving. I am a coast guard certified captain and for the past 10 years I owned a sailboat out of Seward. In the summer, I spend most weekends on the water.



Above Photo: Fred Bauer with the biggest smile on his face, doing what he loves.

TIP OF THE MONTH



Did you know that January 3rd is Mind-Body Wellness Day? Me either. Usually when we think of Mind Body connections we think of activities like yoga, or breathwork and meditation. The things that make us feel better emotionally, physically and psychologically have a pretty wide range, and luckily, most of them don't cost anything but time.

Part of our SSG Fox Program includes sharing-circles and Mind Body Medicine Groups, but all of what we do supports the whole person. Incorporating a daily practice that promotes harmony between the mind and body is imperative for health on every level.

While chatting with one of the therapists at the Anchorage Vet Center last month while we were waiting for our Vets, I had a huge epiphany prompted by something he said. "When we say we are exhausted, we need to ask ourselves what part of us is spent. Am I emotionally, mentally, or physically done? There are times we are emotionally spent, but our bodies need to move, 'cause we've been sitting all day. Other days we have worked out, but our minds haven't been fed, ya know?" What a powerful tool for self-evaluation and balance. In Good Health -Jenna



Photo Courtesy: Alcurian Images

Raising Awareness

January is Cervical Cancer Awareness Month

Cervical cancer prevention starts with getting regular Pap Smears and Human Papillomavirus screenings along with using condoms, limiting your number of sexual partners and eliminating tobacco. Getting the HPV vaccination early is another important step towards preventing cervical cancer. Consult with your provider about when and how often you should be getting your cervical cancer screenings. The Alaska Department of Health offers a program that helps eligible Alaskans get breast and cervical health screenings. This program can be found here [Alaska Breast and Cervical Screening Assistance Program](#).

Can you prevent cervical cancer? The Alaska Breast and Cervical Screening Assistance Program states that there are ways to prevent cervical cancer. Examples of ways you can prevent cervical cancer are receiving a Pap test starting at age 21, get an HPV test, use condoms during sex, limit your number of sexual partners, and don't smoke.

Roasted Cashews

Ingredients

1/4 cup honey
2 teaspoons olive oil
2 cups raw whole cashews about 10 1/2 ounces

Instructions

Preheat to 350 degrees F. Line a baking sheet with parchment paper and set aside.

In a medium bowl, whisk together the honey and oil.

Add the cashews and with a rubber spatula, fold gently until all the cashews are evenly coated.

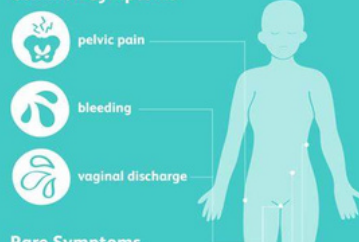
Spread the nuts into a single layer on the prepared baking sheet. Bake for 13 to 18 minutes, tossing the nuts every 5 minutes to ensure they are cooked evenly.

Remove from oven and immediately sprinkle with a pinch of kosher salt. Serve the nuts warm or let cool and serve at room temperature. Break the nuts apart if they stick together.



Cervical Cancer

Common Symptoms



Rare Symptoms



CERVICAL CANCER FACTS

Teal's the Deal Foundation™



☆ Each year, approximately 12,000 women in the United States get Cervical Cancer.

☆ Early Cervical Cancer generally produces no signs or symptoms.

☆ The Pap test only screens for cervical cancer. It does not screen for any other gynecologic cancer.

SYMPTOMS

Pelvic pain or pain during intercourse.
Watery, bloody vaginal discharge that may be heavy and have a foul odor.
Vaginal bleeding after intercourse, between periods or after menopause.

CONSULT A DOCTOR IF YOU HAVE A MEDICAL CONCERN.



WWW.APIA.ORG

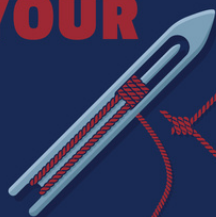


Photo Courtesy: Google Images

Community Board

**TENDING TO
YOUR MENTAL HEALTH
IS TENDING TO YOUR
WHOLE HEALTH.**

APIAI.ORG/LETSTALK



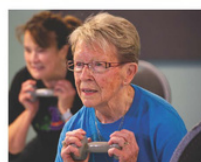
Adults across Alaska can join programs to:

- Lose weight
- Lower blood sugar
- Stop smoking or vaping
- Lower blood pressure

Roasted Chickpeas

1 1/2 cups cooked chickpeas, drained and rinsed
Olive oil, Sea Salt, Paprika, Curry Powder, etc.

Preheat the oven to 425°F and line a large baking sheet with parchment paper. Spread the chickpeas on a kitchen towel and pat them dry. Remove any loose skins. Transfer the dried chickpeas to the baking sheet and toss them with a drizzle of olive oil and generous pinches of salt. Roast the chickpeas for 20 to 30 minutes, or until golden brown and crisp. Ovens can vary, if your chickpeas are not crispy enough, keep going until they are! Remove from the oven and, while the chickpeas are still warm, toss with pinches of your favorite spices!



Join for free.

No health insurance required.

Participate anywhere.

Many programs can be completed online or over the phone and at your pace — wherever you are.

Get support.

Many programs match you with a coach. You can also do them with friends and family.

**Thousands of Alaskans have joined.
Are you ready?**



freshstart.alaska.gov



Community Board (cont.)



Photo Courtesy: Google images

**In January We Celebrate
Russian Orthodox Christmas,
& New Years**

UPCOMING EVENTS

January is the month of...

Russian Christmas
Cervical Health Awareness
Cleaning Up Your Computer
International Creativity

January 1st

New Years Day

January 8th

Clean Out Your Desk Day

January 15th

Martin Luther King Jr. Day

January 28th

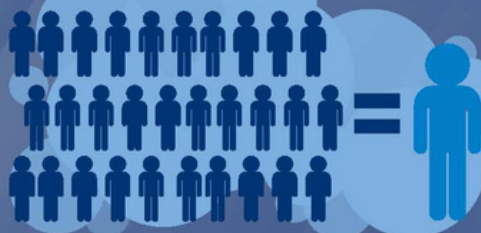
Data Privacy Day

February is the month of...

Black History
Valentine's Day

March is the month of...

St. Patrick's Day
Easter



For every person who dies because of smoking, at least 30 people live with a serious smoking-related illness.



Free Sessions

Contact Amy Carlough, MSW for more information and/or to schedule a session.

Email: amyc@apiai.org

Phone: 907.222.4242

Priority given to tribal veterans, active-duty military personnel and their eligible family members.

Healing Touch is an energy therapy in which the practitioner consciously uses their hands in a heart-centered and intentional way to support and facilitate physical, emotional, mental, and spiritual health. This approach is a biofield (magnetic field around the body) therapy.

Healing Touch

Chaḡiliḡ

To heal with the hands.