



TIDE POOL TIMES

Aleutian Pribilof Islands Association's Monthly Regional Newsletter

February Wellness



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Program Update Staff Sergeant Parker Gordon Fox Project

Valentine's Day is such a mixed bag for people. This time of year in Alaska is still very dark and often, very cold. This month's holiday often triggers feelings of loneliness and maybe even a bit of depression. This doesn't have to be the case. Our Staff Sergeant Fox program has real connections with fellow military and Veteran brothers and sisters every Monday at the Anchorage Vet Center. 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.

Come join us at the Vet Center for some connection with others who have served or are serving. We send a Wellness Box to all new enrollees, and 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 talking-circle, please contact jennal@apiai.org. If you want a mental health referral, we offer those too. May this Valentine's Day be the start of a deeper love for yourself.



Photo Courtesy: David Fox



Photo Courtesy: Alaskan Images

Monthly Spotlight

Hi there, my name is Connie Marshall. I've worked for The Aleutian Pribilof Islands Association as an Accounts Payable Technician for over 4 years. I am enjoying working at APIA, the sunrises, sunsets and mountain scenes from the office window is definitely an added bonus.

I worked for the Municipality of Anchorage as a Meter Reader & as a Customer Service Rep II. Then for the State of Alaska as an Administrative Officer II, so have several years in the accounting field. I was born in Spokane, Washington. I moved to Alaska during my 10th grade school year & fell in love with the beauty of the land, camping, fishing. I like to say; "I work so I can go camping & fishing!" I have three adult children & 6 grandchildren, that keep me active & feeling young. I met my husband Alan 18 years ago, and like me he enjoys the outdoors, watching football & hockey, traveling & spending time with our loving labrador Sarah. When we retire, we plan to keep our "summer" home here in Alaska, travel in our motor home & use our boat as often as possible to go fishing.

In solitude, the fisher stands,
With rod and reel in practiced hands.
Alone with thoughts, and fish below,
In peaceful streams, where waters flow.



TIP OF THE MONTH



Hearts are everywhere this month. Heart health, broken hearts, hearts strung along for decorations all over the place. Eye rolls...or is that just my daughter? Seriously though, what a brilliant idea to focus on heart health during the month when we are surrounded by them for Valentine's Day. Physical AND emotional heart health are important.

One of my favorite parts of our SSG Fox Program includes sharing-circles, a place of connection where we can share our hearts. The best thing about these times is the laughter, but in all honesty, it's the sharing of the grief that makes the connection deeper and laughter even sweeter.

It's just been lately that I realized my propensity to run from grief or at least sweep it aside. Life is busy after all. What if I fall apart and can't get it together? But that's not how it works. Grief is a treasure chest of gifts just waiting for us to explore.

We are afraid of our minds and afraid our hearts will break if we allow ourselves to feel. Having just explored my own treasure chest that comes from grief, I can honestly say, feeling it is so worth it. I feel lighter and the freedom that fills my heart now is transformative. I wish you the same. In Good Health -Jenna



Photo Courtesy: Alcutian Images

Raising Awareness

February is American Heart Month

Statistics from The National Heart, Lung, and Blood Institute (NHLBI) report that heart disease is a leading cause of death in the United States for both men and women. According to the NHLBI website, understanding your risk is one of the first steps to heart-healthy living. Steps to help live heart-healthy include making connections with others, getting regular blood pressure and cholesterol checks, choosing healthy foods, aiming for a healthy weight, staying physically active, managing your stress, quitting smoking, and getting enough quality sleep. If you have questions regarding heart health or would like more resources, please reach out to your local clinic today. Raise awareness this month by taking steps toward heart-healthy living.

Baked Bison Meatballs



Ingredients

Meatballs:

- 1 pound ground bison
- 1 teaspoon sea salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- ¼ cup parmesan cheese dry-grated (not shredded)

Sauce:

- 2 tablespoons unsweetened ketchup
- 1 tablespoon maple syrup
- 1 tablespoon balsamic vinegar
- 1 teaspoon garlic powder

Instructions

Preheat the oven to 400°F. Line a large, rimmed baking sheet with parchment paper.

In a medium bowl, use your hands to mix the meatball ingredients. Form the mixture into 20 meatballs. Place the meatballs on the prepared baking sheet, not touching each other. Bake them for 15 minutes.

Meanwhile, in a medium saucepan, whisk together the sauce ingredients. Five minutes before the meatballs should be done, heat the sauce gently over medium-low heat.

Gently toss meatballs to coat. Serve immediately.



AWARENESS SAVES LIVES!

February is **AMERICAN HEART MONTH**



Photo Courtesy: Google Images

Community Board

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

APIA.ORG/LETSTALK



Are you interested in quitting tobacco use? We have available resources to help & support you in quitting tobacco use. Resources include counseling & access to nicotine replacement therapies such as patches & gum. APIA has Tobacco Treatment Specialists available for individual counseling. Ask your health care provider today!



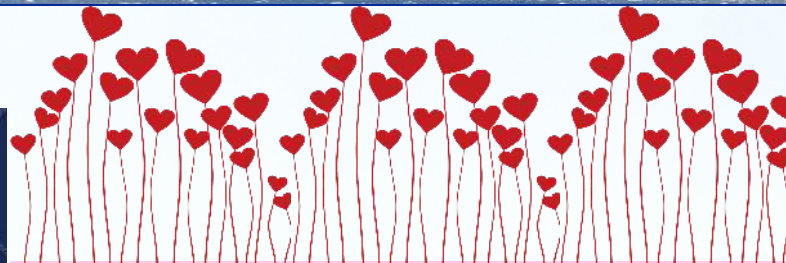
- APIA Local Health Clinic: (907) 276-2700
- Behavioral Health Clinic: (907) 222-9764
- Alaska's Tobacco Quit Line: 1-800-QUIT-NOW



CALL US TODAY !



FOR MORE INFORMATION, CONTACT CAROLINE NEVAK
AT (907) 222-4237 OR EMAIL: CAROLINEN@APIA.ORG



CUT IT OUT®



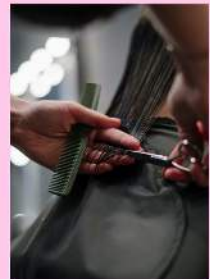
AAVP

ANCHORAGE ALLIANCE FOR VIOLENCE PREVENTION

**Calling all Stylists, Barbers, Massage Therapists,
Aestheticians, Makeup and Body Artists!**



***Do you want to help end
Domestic Violence in our
community?***



You can spot signs of abuse in clients: bruises, self-blame, and sudden changes. Salons, spas and shops are safe havens and are often one of the few places victims can safely share that they need help.

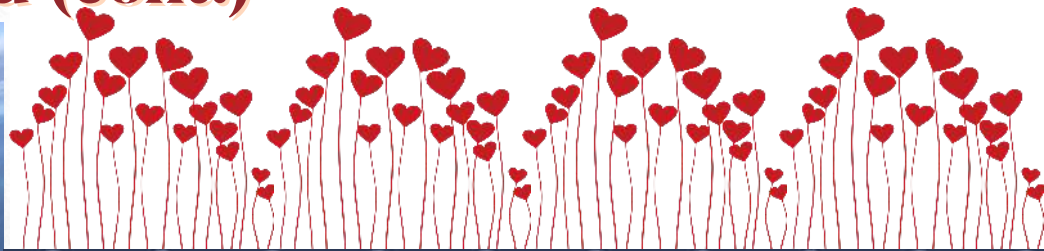
**Register for a FREE CUT IT OUT® virtual training
January 28th @ 6PM**

You'll learn how to:

- ✂ **Recognize** signs and symptoms of domestic abuse
- ✂ **Respond** to victims using discreet and empathetic techniques
- ✂ **Refer** victims to professional safety resources



Community Board (cont.)



Creative Renewal for Healers

Free Monthly Workshops for all APIA Staff

2024

First Friday Art & Well-Being
 Renew your spirit.
 Connect with your personal creative energy
 thru making art.

With Spirit and Strength



UPCOMING EVENTS

February is the month of...

Black History

Valentine's Day

February 2nd

Groundhog Day

February 6th

Pay a Compliment Day

February 14th

Valentine's Day

February 19th

President's Day

March is the month of...

St. Patrick's Day

Easter

April is the month of...

Fun at Work

World Health

Earth Day

Volunteering

Creative Renewal for Healers:

Art Exercises for Self Care
Mindfulness, and Growth

e-Book by

Carolyn Melomakulu
LMFT-S, ATR

Facilitator

Alice Palen, LPC

Registered Expressive Arts Therapist
APIA Behavioral Health

*All materials including the
e-book are provided.*

*Questions? Comments?
Please contact me, Alice
alicep@apiai.org*

Workshop for All Staff

1st Fridays *except Feb on 2/9

11:30 am – 1:30 pm

AANG Center

This is an open activity.

Drop in as your time permits

Jan. 5

Feb. 9*

Mar. 1

Apr. 5

May 3

*Put aside a lunch hour for
renewal
and well-being.*

*“Connecting with
your personal creative
energy through
making art is one way
that you practice self-
care and renew your
spirit as a healing
professional. Even if
you don't consider
yourself an artist,
creating art regardless
of your skill level can
significantly reduce
stress levels.”*