



TIDE POOL TIMES

Aleutian Pribilof Islands Association's Monthly Regional Newsletter

April Wellness



Photo Courtesy: Aleutian Images

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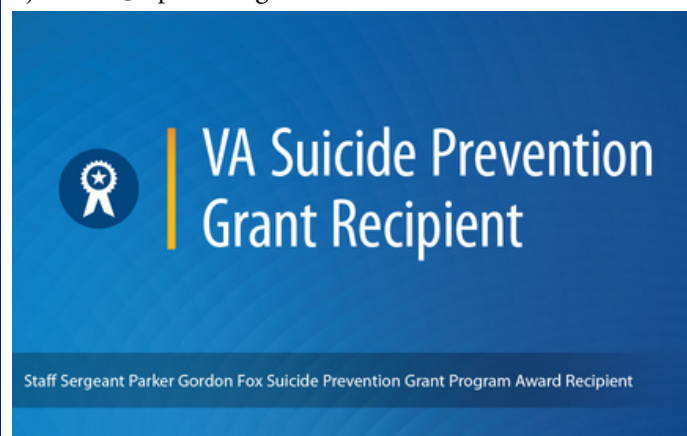
Program Update Staff Sergeant Parker Gordon Fox Project

Words can't express the excitement and joy that our SSG Fox team is experiencing with the onboarding of our new Veteran Peer Support Specialist (VPSS). What this means for our Veterans out in the region and in the Anchorage & Mat-Su areas is even more connection. As we all know, connection is prevention, and Destiny Key is a joy to connect with. Her indigenous Alaskan roots, and military service combine to make her the perfect addition to the team. Welcome Destiny!

In other news, the planning for the annual Alaska Native Cultural Health and Resilience (ANCHR) Gathering is in full swing. Qawalangin Tribal representative Anfesia Tutiakoff is working in tandem with Jenna Larson here at APIA to create a synergistic planning team for the healing gathering to be held in Unalaska the last weekend in August. Mark your calendars! It's going to be another phenomenal time of culture and connection as prevention. Dr. Gary Ferguson gladly threw his hat in the ring as our facilitator for the second year in a row. Stay tuned for more on the ANCHR.

Our local Anchorage Vet Center has been renovated and has all new flooring in the talking-circle and yoga room. Come join us Mondays and Wednesdays at noon!

If you or your family member are a Veteran or active service member and are interested in joining our program, please contact jennal@apiai.org.



Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program Award Recipient

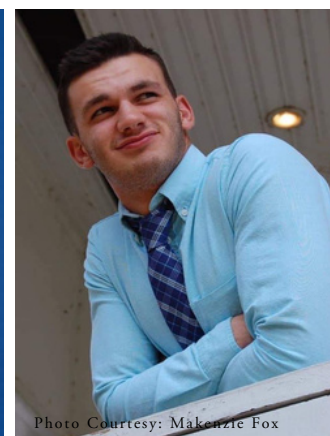


Photo Courtesy: Makenzie Fox



Photo Courtesy: Aleutian Images

Program Update

Alaska Native Cultural Health & Resilience Gathering Coming to Unalaska!

Sink into our Unangaŋ ways.

Join us for a weekend of culture, art, dance, and honoring each other and our Ancestors as we talk-story. Friday evening, we kick off with an Indian-Taco dinner! Lunches are provided Saturday and Sunday.

This delicious and healing event is free! Register at apiai.org/news



AUGUST 30 -

SEPTEMBER 1

Friday: 5PM - 8PM

Saturday & Sunday
10am - 7pm

At the Unalaska
High School Gym.

For any questions or comments

Please call Jenna Larson at
(907) 222-9748



A NOTE ON WELLNESS

There is a term that people in mental health use when speaking of trauma that happens when we are young. "Adverse Childhood Experiences" or ACE's is the term used to talk about the trauma endured during childhood.

When a child experiences trauma, for instance, abuse, homelessness, alcoholism or substance misuse by an adult in the home, or violence, it can severely impact their development. It can also cause a failure to thrive in many aspects and create patterns of dysfunction well into adulthood.

With April being Child Abuse Awareness Month, we wanted to offer a few resources for adults wondering how they can help prevent child neglect and abuse. [This video](#) is a thorough overview and how to report. Local Alaskan reports can also be done through calling 1-800-478-4444.

If you are still working through trauma from your own childhood and need help navigating the healing process, please visit our website here at APIA for a list of all our behavioral health services. In Anchorage call us at (907) 276-2700 or if you're in the region, call 1-844-375-2742



Photo Courtesy: Aleutian Images

Monthly Spotlight

My name is Karla Lawrence and I am Yup'ik, Cup'ik, and Inupiaq from Mountain Village, Alaska. My dad Marvin is from Mountain Village and my mom Ann is from Kotzebue and Little Diomed. I went to Mt. Edgecumbe High School for my freshman and sophomore years and absolutely loved going to school there in Sitka. For my junior year and first semester of my senior year I attended Bartlett High School and graduated early. Now I am going to school at Alaska Pacific University for my Associates in Business Administration.



I love to bead earrings, go on drives, watch the sunset, go camping and fishing. I have a black cat named Minnie, she is two years old, and an Aquarius just like me. My favorite go to drink is a strawberry, cantaloupe, sour gummy red bull on ice from the coffee shops. Concerts I have been to are All That Remains, Common Kings (twice), Shaggy, J Boog, and this August I am going to the Ludacris concert.

I worked at CITC for a little over four years as the Administrative Assistant, Education & Training Assistant, and Computer Lab Resource Assistant. I have been working at APIA in the Behavioral Health department as a Registration & Scheduling Technician for six months now since September 2023. I really enjoy working in a relaxing, friendly environment and I love working here at APIA.

TIP OF THE MONTH



Last month we talked about the brain-gut connection and how important protecting and nurturing the gut microbiome is for good mental health as well as for the rest of the body. With April being Alcohol Awareness Month, I thought I'd give a helpful tip on how to boost your health with alternatives to alcohol and offer a fun switcharoo with the trendy idea of "Mocktails".

I love going to concerts and shows with my friends and having dinner parties with themed drinks. Many times, mocktails at restaurants and bars can be pretty spendy, and they contain a ton of sugar. I've found that having a soda water with lime makes me feel a part of the group, but also helps me hydrate and not feel like the odd one out.

Infusions are the key to a good mocktail at home though. Herbal infusions are my favorite. Brew a combination of teas. Add agave syrup or some liquid stevia, some fresh squeezed citrus, and a splash of a complementary flavored La Croix, and you have yourself a fancy little mocktail that rivals the flavor of any actual cocktail. Mocktails hydrate you and are a great way of taking good care of yourself. Don't forget the garnish! In Good Health -Jenna



Photo Courtesy: Aleutian Images

Raising Awareness

April is National Alcohol Awareness Month

The National Council on Alcoholism and Drug Dependence sponsors this month's health program to increase outreach and education regarding the dangers of alcohol misuse. Information from the National Institute of Alcohol Abuse and Alcoholism website states that alcohol negatively affects your brain, heart, liver, and pancreas, increases the chances of cancer, and can weaken your immune system. Whether you are a provider, family member or personally affected by alcohol, resources are available for you. Resources for a parent of a youth in crisis can be found here. The Aleutian Pribilof Islands Association's substance use services can be found on our website. Take time this month to educate and spread awareness of the danger alcohol misuse can cause.

Spring into Wellness

From deep cleaning to more light each day, spring kick starts us into a new episode. Lean into the new season by making time for your health. Here are a few ways to spring into wellness.

- Take a walk outside
- Call a friend
- Make a meal with your family
- Sing a song
- Meditate



**ALCOHOL
AWARENESS
MONTH**
APRIL

Easter Kulich



Ingredients

Combine and dissolve:

- 1½ C. Warm Water
- 1½ C. Evaporated Milk
- ½ C. Sugar
- 2 T. Yeast
- 3 C. Flour (then add...)
- ¾ C. Butter
- 5 Eggs
- 3 t. Salt
- 1 t. Cinnamon & Nutmeg (respectively)
- 2 t. Vanilla
- 7 additional C. Flour
- ½ C. Raisins
- ¾ C. Candied Fruit

Instructions

Let dough rise for 2 hours.
Put in 3 1-pound coffee cans.
Let dough rise for 1 more hour.
Bake for 1 hour at 375*



Photo Courtesy: Pribilof Images

Community Board

1 year after quitting smoking,
the chance of a heart attack is

CUT IN HALF



VA



U.S. Department
of Veterans Affairs



OPERATION MARY LOUISE
WOMEN VETERAN FUND

2nd Annual Women Veteran's Conference

June 22, 2024, 9 a.m. to 4 p.m.

Join us for lunch, guest speakers, fun games, and win door prizes!

Settlers Bay Lodge

5801 South Knik Goose Bay Rd
Wasilla, Alaska 99623

RSVP by May 31, 2024

E-mail: VHAANCWomenVeteransOutreach@va.gov
with your name and phone number and a
choice of one breakout session:

- | | |
|-------------------|---------------------|
| A.) Yoga | B.) Personal Safety |
| C.) Wreath Making | D.) Journaling |

This event will also be
streamed live via TEAMS
Meeting ID:
298 495 243 340
Passcode: 2C98af

POC for this event is
Melinda Erickson
907-257-4876



Bring a Veteran Friend and Get Them Enrolled Into the VA

APIA wants to ensure that we are maintaining contact
with Elders.

If you are an Elder and are not receiving postcard
invitations to our monthly Elder Potlucks or our Elder
Gatherings, please contact Lorraine Thomas, Lead Elder
Health Aide, or Stephanie Sanderlin, Elder Engagement
Coordinator:

- Lorraine: lorrainet@apiai.org or 907-276-2700, extension 757
- Stephanie: stephanies@apiai.org or 907-276-2700, extension 731



WWW.APIAI.ORG





Photo Courtesy: Aleutian Images

Community Board

April is Stress Awareness Month

This month was created in 1992 to remind us to pay attention to our health, the impacts of stress, and coping strategies. Learning ways to cope with our stress and finding healthy ways to manage stressful situations is an important part of living a healthy life.

Common reactions to a stressful event can include:

- Feeling disbelief, shock, and numbness.
- Feeling sad, frustrated, and helpless.
- Feeling irritable or snapping at others.
- Withdrawing from people and activities you typically value and enjoy.
- Feeling sad, frustrated, and helpless.
- Having difficulty concentrating and making decisions.
- Physical effects like headaches, back pain, and stomach problems.
- Starting or increasing use of alcohol, cigarettes, and drugs.

Here are some simple ideas to help you cope with stress.

- Eat healthy, get plenty of sleep, and exercise regularly. APIA Lead Elder Health Aide Lorraine Thomas hosts exercise sessions via Facebook Live at www.facebook.com/APIA every Tuesday at 3:15 P.M.
- Share your problems and feelings with a family member, friend, healthcare provider/counselor, pastor, or priest.
- Avoid drugs and alcohol. These can create additional problems and increase stress you're already feeling.
- Recognize when you need more help, and talk with a mental healthcare professional like a psychologist, social worker, or licensed counselor.

Family and friends can be people to talk with about stress, but sometimes a professional is the person to see. APIA can help.

APIA Behavioral Health Scheduling (Unalaska, Atka, Nikolski and Anchorage):

Phone: 1-844-375-2742

Fax: 907-222-4279



Adapted from <https://www.cdc.gov/cancer/colorectal/>

1131 E. International Airport Road, Anchorage AK 99518
Phone: 1-800-478-2742 Fax 1-907-279-4351 Email: apiai@apiai.org

988 24/7 Crisis & Support



Are you unsure how to help a loved one struggling with substance use?



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM



APIA
ALEUTIAN PEBLOW ISLAND ASSOCIATION

Community Board (cont.)



In April We Celebrate Earth Day & Volunteering

UPCOMING EVENTS

April is the month of...

Fun at Work
World Health
Earth Day
Volunteering
Child Abuse Awareness
Alcohol Awareness

April 1st

April Fool's Day

April 22nd

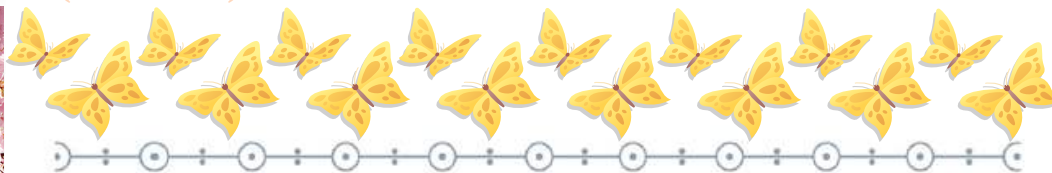
Earth Day

April 21st-27th

National Volunteer Week

May is the month of...

Russian Easter
Cinco de Mayo
Mother's Day
Memorial Day
Armed Forces Day



Department of Family and Community Development
Employment, Training and Related Services (ETR)
Aleuts Achieving, Nurturing and Growing (AANG)
Tribal Vocational Rehabilitation (TVR) Program

The AANG Program is inviting Unanga Veterans to apply.

Unanga Veterans experiencing a medical and/or mental health condition that creates a barrier to employment may be presumed eligible.

The AANG Program can assist with competitive employment, self-employment, or subsistence goals in an Individualized Plan for Employment (IPE).

Services may include:

- ⊙ Tools and Supplies
- ⊙ Gas for Transportation
- ⊙ Crafting Materials
- ⊙ Small Business Training
- ⊙ Subsistence Supplies
- ⊙ Business Licensing Assistance
- ⊙ Computer and Internet
- ⊙ Work Clothing

APIA AANG Program
1131 East International Airport Road, Anchorage, Alaska 99518

Eligibility:

All Alaska Native/American Indians Veterans residing in Akutan, Atka, False Pass, King Cove, Nelson Lagoon, Nikolski, St. George, St. Paul, Sand Point, and Unalaska may be eligible.

Living in Anchorage?

Unanga Veterans enrolled with Agdaagux, Akutan, Atka, Belkofski, False Pass, Nelson Lagoon, Nikolski, Pauloff Harbor, Qawalangin, Qagan Tayagungin, St. George, St. Paul, and Unga may also be eligible.

Application

For an application, please visit <http://www.apiai.org/etr-current-application> or contact Cheyanne Smallwood at cheyannes@api.ai 907-222-9749 | (800) 478-2742

