



TIDE POOL TIMES

Aleutian Pribilof Islands Association's Monthly Regional Newsletter

June Wellness



Photo Courtesy: Google Images

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Program Update

Staff Sergeant Parker Gordon Fox Project

Now that Destiny, our new Veteran Peer Support Specialist (VPSS) has had a few months to settle in and get acclimated to the program, we are thrilled to be actively enrolling more Veterans and active service members into our program. We aim to bring you more support, more connection, and more offerings, and now we get to offer our Veterans and active service members and their families just that. Connection is prevention, and Destiny Key is a joy to know. Connecting with her is easy. Come to the Vet Center every Monday from Noon to 2pm and get to know your team and others who are working through life just like you.

The planning for the annual Alaska Native Cultural Health and Resilience (ANCHR) Gathering is in full swing. Our planning team is working in tandem with the community of Unalaska to create a synergistic healing gathering to be held 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 is our facilitator for the second year in a row. We also have our Cultural Specialist, Lydia Vincler teaching us how to make traditional drums this year! Stay tuned for more on the ANCHR.

Our local Anchorage Vet Center has been renovated and has all new flooring in the listening-circle and yoga room. Come join us Mondays and Wednesdays at noon! If you or your family members are interested in joining our program, please contact destinyk@apiai.org.



VA Suicide Prevention Grant Recipient

Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program Award Recipient



Photo Courtesy: Markete Fox

Photo Courtesy: Jami Creasey

Program Update (cont.)

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



UNALASKA HEALTH FAIR

This year's Unalaska health fair was held at the high school and included an opening health fair day on Friday May 10th and an all-day health fair on Saturday May 11th. To encourage participation, the local Fire Fighter's Association volunteered their time to cook for our community BBQ during the health fair on Saturday. We engaged in community education on topics of colorectal cancer, diabetes prevention, and tobacco cessation. Along with educational outreach, we hosted a mini yoga session on the grass, a Mother's Day craft booth, raffles, and games. Big thank you to all of the local vendors and community members who stopped by! Looking to the future, we hope to collaborate more with the schools in Unalaska and incorporate our health and wellness outreach with the school's extra credit program.



WWW.APIA.ORG





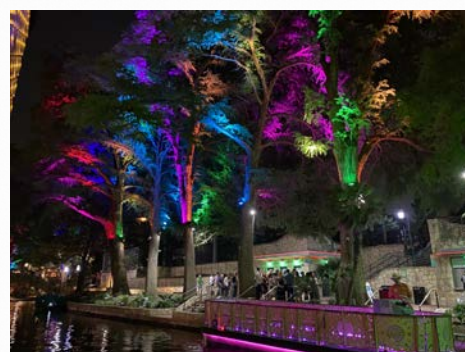
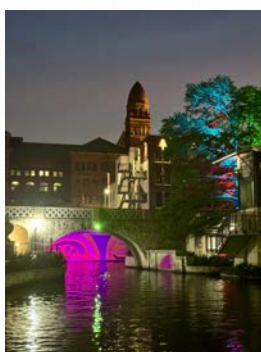
Photo Courtesy: Jenna Larson

Program Update (cont.)

Every four to six months all of the SSG Fox SPGP Grantees from around the country get together to make sure we are all on the same page and to learn from each other, as well as get technical assistance for our individual programs. In May we gathered in San Antonio, Texas to have our meeting. We heard from grantees from around the US. how they are implementing life-saving programming and serving our Veterans, Active Service Military and their families, along with several of the administration for SSG Fox.

It was heartening for our Wellness Project Coordinator from APIA to share a message from Brenda and David Fox, Parker's parents. This is what it said: "We are continually amazed and humbled by what all of you do every day. You are the boots on the ground in the fight against suicide. You are the people making the difference. One thing I want you all of you to do is take care of yourselves. What you do is hard. It's draining. Take time to replenish yourselves and look out for your brothers and sisters beside you. But most of all, Parker is grateful. I have no doubt that his spirit, his goofiness, his kindness, his giving nature is with each and every one of you in what you do. One more thing, thank you for saying his name."

A few photos of the event, fellow grantees and San Antonio



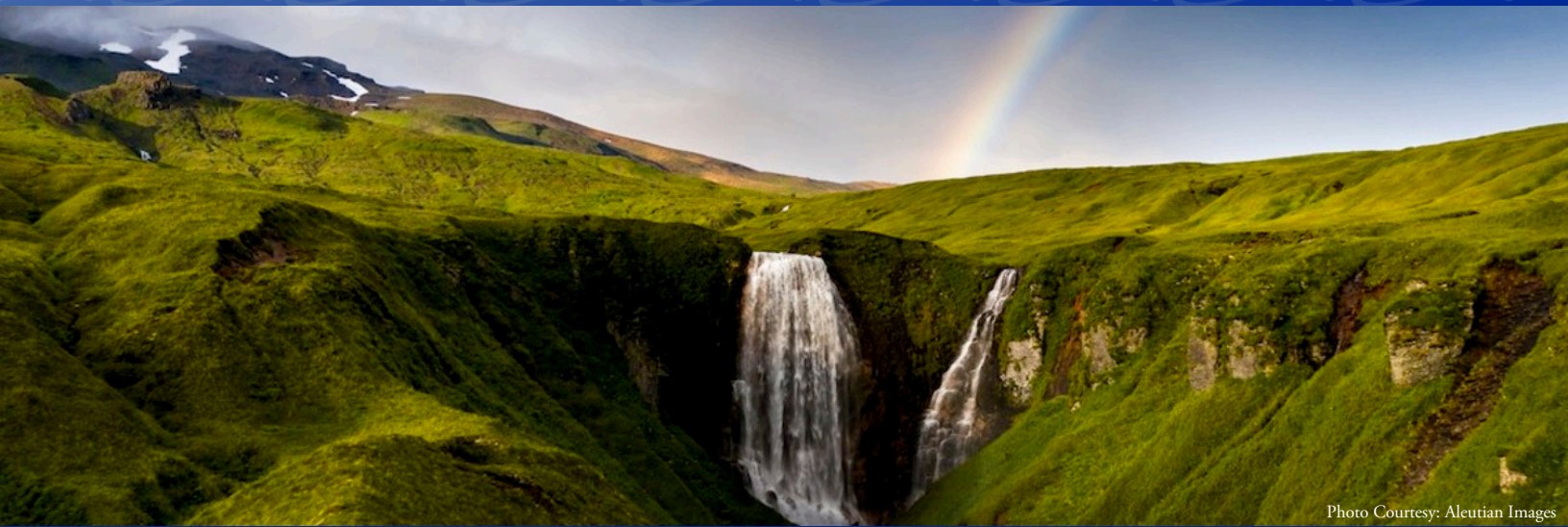


Photo Courtesy: Aleutian Images

Program Update (cont.)

The Good Health and Wellness in Indian Country (GHWIC) gathering held on April 23rd and 24th was attended by four members of the APIA Wellness staff: Caroline Nevak, Wellness Project Coordinator; Candace Nielsen, Wellness Project Coordinator; Courtney Edwards, Health Promotion and Wellness Events Coordinator; and Amy Carlough, Wellness Services Administrator.

At the conference, APIA staff engaged with other GHWIC grant recipients, exchanging insights and strategies to enhance good health and wellness within the APIA region. Key areas of interest for the team included Type 2-Diabetes Prevention Programming, Obesity Prevention Programming, and Tobacco Use Prevention and Control Programming.

Such gatherings provide invaluable opportunities for collaboration and knowledge-sharing to address health challenges and promote well-being in indigenous communities.



ABOUT JUNETEENTH

Most of us know that Juneteenth celebrates freedom and liberation, but did you know that it's the first federally implemented holiday since Martin Luther King Jr. Day was implemented in 1983? Thanks to President Biden making Juneteenth a federal holiday in 2021, we now have a national holiday celebrating the end of slavery dating back to June 19th, 1865.

Two years after President Lincoln signed the Emancipation Proclamation the people of Texas got the news (courtesy of some military enforcement and peacekeepers). Can you imagine the elation and overwhelming emotions that must have washed over those that had been enslaved? Finding out two years late that one had technically been free the whole time would have been conflicting. Knowing that for two years prior, one could have been free would have stung.

In 1865 the US army freed 250,000 slaves in Texas, which had become the last bastion of slavery during the final days of the Civil War. We now celebrate with our Black family members and friends with similar festivities to Independence Day. In fact, Juneteenth is often called "America's Second Independence Day".



Photo Courtesy: Jami Creasey

Monthly Spotlight

Hello, my name is Tina Roberson and I started with APIA in March of this year as an Accounts Payable Technician. Before this, I was working at several Lithia Dealership accounting offices here in Anchorage and, during my drive to work at the Hyundai store I would pass by APIA and wonder, “what’s it like to work there?” Lo and behold, there was a job opening for an Accounts Payable Technician that I decided to go for. I’m so glad I did! Everyone here at APIA is wonderful to work with and it is so gratifying to be able to help the Peoples of The Aleutian Islands.



I was born in Nome, Alaska and was raised all over Alaska. We had moved to Fairbanks when I was 4 years old but moved back to Nome soon after where my Dad felt a calling into the ministry. We moved to Anchorage while I was still in Elementary School so he could attend Bible College. After he graduated, we moved to Wainwright where he pastored the Assemblies of God church. I moved back to Anchorage in my early adulthood to start college at UAA but life took a different turn and I got married and started a family.

I’ve been blessed with six wonderful children and my oldest daughter Gwendolyn blessed me with my first grandchild. My oldest son Tyler joined the Marines last year and is currently serving in Okinawa Japan. My second oldest son Travis has signed with the Marines and is scheduled to head to basic training at the end of this month. I’m happy they have decided to serve our country as they come from a long line of Service Members on their dad’s side of the family, including their father who came to Alaska in the Army. My younger children Brandon, Layla, and Demetrius are growing quickly and I’m excited to see where life takes them.

I enjoy spending time with my family and cooking and baking. Also, I am a life-long Vikings fan so hopefully we’ll do good this year. I enjoy attending church and serving in our Helps Ministry. Reading the Bible is my favorite hobby and am so blessed every time I do so. Currently you may find me on the road teaching my son how to drive as well as taking walks where I’m teaching my daughter how to ride her bike. You may also find me babysitting my grandson Shaedon as I cannot get enough of the little guy.

TIP OF THE MONTH



It’s been a long winter here in Alaska, but spring finally happened and here we are in June. As we all dust off the fishin’ gear and head out to our favorite spots or grab our hiking boots and water packs to get out into the beautiful backcountry, let’s remember to be Bear Aware.

According to Alaska’s Department of Parks and Outdoor Rec, the one thing that is predictable about bears is that they are unpredictable. Here are a few tips to help when you’re out enjoying the Alaskan wilderness this summer:

- Never leave food out when not in use. Store food in your vehicle or a bear-proof locker.
- Use bear-proof garbage cans or dumpster for your garbage.
- Keep your camp clean and odor free. Even lotions can create a curiosity for bears to explore.
- Choose your campsite carefully. Do not camp near a trail, salmon stream, animal carcass, garbage, or fire pit.
- Do camp in a tent in an open quiet area where you can see and hear nearby wildlife and where they can see and hear you.
- Cook at least 100 feet away from camp, downwind.

In Good Health -Jenna



Photo Courtesy: Dustin Newman

Community Board



CAREGIVER PROGRAMS

Alaska VA Program of General Caregiver Support Services (PGCSS)

The Alaska VA PGCSS has several skills development, education, connection and support options. Contact the Caregiver Support Program office at 907-375-2606 for more information or to speak with the PGCSS Coordinator.

Group Skills Training

REACH VA (Resources for Enhancing All Caregiver's Health)
Meets weekly for 6 weeks on Wednesdays 9:30am-10:30am

Caregivers First
Meets weekly for 4 weeks on Fridays 1:00pm-2:30pm

Powerful Tools for Caregivers
Meets weekly for 6 weeks on Thursdays 9:30am-11:00am

Individual Skills Training

REACH VA (Resources for Enhancing All Caregiver's Health)
Meets weekly for 4 weeks on Mondays at 10:00am, 11:00am, 12:30pm or 1:30pm.

Caregiver Health & Wellbeing Coaching NEW!!
Meets for 6-8 sessions. Dates/times will be coordinated with CSP Health & Wellbeing Coach.

Caregiver Wellness Café
Informal virtual place to engage with other caregivers while learning about topics beneficial to your role as a caregiver. Café sessions are held the first Thursday of every month from 1:00pm-2:00pm

"Caring Conversations" Drop-in Peer Support Group
2nd Thursday of each month from 1:00pm - 2:00pm via Teams.

S.A.V.E. Suicide Prevention Workshop (Quarterly)
Training designed to help people identify the Signs of Suicidal Thinking, how to Ask the questions, how to Validate the Veteran's experiences and emotions and how to Engage in treatment. Quarterly on 3rd Thursday of the month 1:00pm-2:00pm

Plus pop up events on topics such as anger management, handling emotions, dementia, care planning, etc.

Annie Caregiver Text Support: Stress management and self-care tips via text messaging.
Building Better Caregivers™ (BBC): Six week online workshop for caregivers.

Caregiver Self-Care Courses: Topics include Lowering Stress & Improving Mood, Problem Solving, Effective Communication, Taking Care of Yourself and Handling Emotions.

Caregiver Support Line (CSL): 1-855-260-3274 Hours: M-F 8:00am-10:00pm EST / Saturday 8:00am-5:00pm EST *Not a crisis line.

CSL Caregiver Education Calls: Monthly telephone education calls with a theme of "Care for The Caregiver."

Caregiver Support Program (CSP) Website: www.caregiver.va.gov



SETTLERS BAY GOLF COURSE MILITARY MONDAYS

NOON - 3 PM

9 Hole Scramble Pizza and Drinks

FREE FOR

ACTIVE DUTY, RETIRED, PRIOR SERVICE, CAREGIVER, SPOUSE, FAMILY



For more info, please call Jessy @ 907-931-0396

SUPPORTED BY:





Photo Courtesy: Jenna Larson

Community Board



CBT-INSOMNIA

"Sleep Solutions"

- Learn techniques to improve your quantity and quality of sleep
- Develop better sleep habits through cognitive restructuring, stimulus control, and sleep hygiene techniques
- Improve your ability to fall asleep and start waking up feeling refreshed

Location: Group is offered via Telehealth, Statewide
 When: Every Wednesday in June
 June 5-26 from 12pm-1pm

Register Today!
 907-762-8668

For more information Email:
 CaseManagement.CVN@akbh.org



The Steven A. Cohen
 Military Family Clinic
 at Alaska Behavioral Health

Scan to see
 all upcoming
 Cohen
 Groups



VA

U.S. Department
of Veterans AffairsOPERATION 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:

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

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

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



Bring a Veteran Friend and Get Them Enrolled Into the VA



Photo Courtesy: Dustin Newman

Community Board



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



Weekly Virtual Elder
Exercises with Lorraine

Weekly on Tuesdays

3:15pm - 3:30pm

Facebook Live - APIA's Facebook

Please join Lorraine Thomas, Lead Elder Health Aide and team as they demonstrate simple chair exercises each week through Facebook Live on the APIA facebook page. (www.facebook.com/APIAI)

For more information, contact Lorraine Thomas at (907)276-2700 or via email LorraineT@apiai.org

Community Board (cont.)



**In June We Celebrate
Father's Day,
Pride Month & the
Freedom of Juneteenth**

UPCOMING EVENTS

June is the month of...

Juneteenth

Father's Day

International Day of Yoga

Flag Day

Pride Month!

June 16th

Father's Day

June 14th

Flag Day

June 19th

Juneteenth

June 21st

International Day of Yoga

July is the month of...

Independence Day

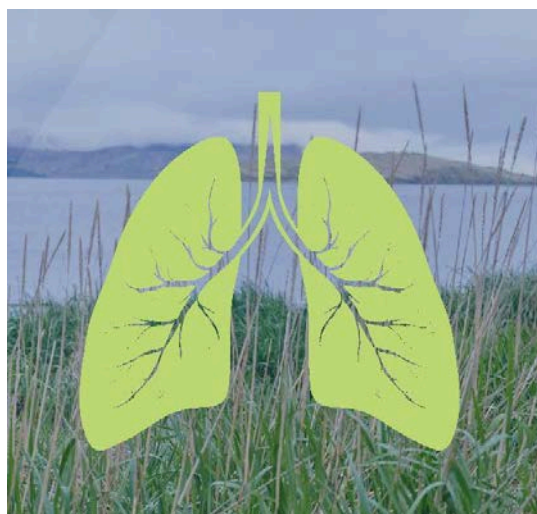
August is the month of...

Immunization Awareness

The ANCHR Gathering

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

APIAI.ORG/LETSTALK



1 month after quitting
smoking, coughing
and shortness of
breath decrease.



2024

P R I D E M O N T H