



TIDE POOL TIMES

Aleutian Pribilof Islands Association's Monthly Regional Newsletter

July Wellness



Photo Courtesy: Google Images

TABLE OF CONTENTS

Program Update
Page 1-2

Tip Of the Month
Page 4

Monthly Spotlight
Page 4-5

Community Board
Pages 6-9

Upcoming Events
Page 9

Program Update

Staff Sergeant Parker Gordon Fox Project

It's hard to believe that July is already here. We wait all year for our precious Alaskan Summers, and when it's finally here, it seems to speed past with all our hunting, fishing, foraging and the many activities we can fit in while there is so much daylight. The SSG Fox program has been using some of that daylight to connect with our Veterans and we are amping up for next month's ANCHR Gathering in Unalaska.

Destiny, our new Veteran Peer Support Specialist (VPSS) has been enrolling more Veterans and active service members into our program. Our "circle" time at the Vet Center in Anchorage has gotten closer. Our Veterans have stated they feel more support, and more connection. Come to the Vet Center every Monday from Noon to 2pm and get to know your team.

The annual Alaska Native Cultural Health and Resilience (ANCHR) Gathering is happening the last weekend in August. Mark your calendars! It's going to be another phenomenal time of culture and connection as prevention. Enroll in our program. Register now and come to Unalaska with us. We pay for travel and lodging if you are an enrolled Veteran or active service member.

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, or call (907)222-4225.

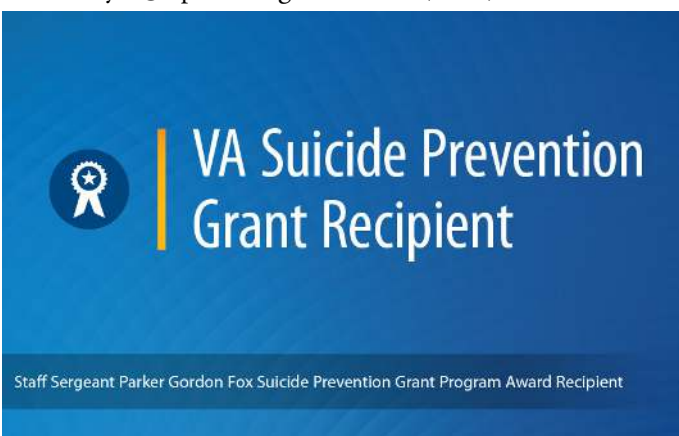


Photo Courtesy: David Fox



Photo Courtesy: Alaska Images

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



BERRY PICKING

Alaska is a fantastic place during harvest season, and harvest season is coming sooner than we think. Berry picking is a fantastic way to connect with mother nature and it's a great way to de-stress.

Here are a few sweet tips for berry picking:

Cool Berries – Do not keep them in a warm place for over two hours. When you clean them take out the stems and leaves and wash in cool water. This keeps the berries cool and fresh until you freeze or use.

Supplies- Bring your pickers (hands) and your bucket for carry berries. If you use Ziplocs or other bags they tend to squish, and you will have juice instead.

Protection- We all know while picking berries you must have protection against the Alaska state bird - the Mosquito. Wear your long sleeves, insect repellent, long socks and your Xtra-tufs. Safety tip for berry picking 😊 -Jami Creasey





Photo Courtesy: Alaskan Images

Alaska Run for Women

The Alaska Run for Women happens annually, and every year APIA has a group that runs for the cure. Breast cancer accounts for 30% of all new cancer cases in women each year. APIA's Liza Castillo and Jenna Larson are breast cancer survivors.

It was the perfectly cool and overcast morning on race day, as everyone drug themselves out of bed and to the starting line. Five miles for a good cause, and in memory of those we have lost was made fast by running or speed walking with friends and coworkers.

In a burst of bright pink hues and a wave of powerful feminine energy, the Alaska Run for Women, fighting Breast Cancer since 1993 has been proved to be more than just a race—it was a vibrant display of solidarity, support, and empowerment. Held annually, this event not only raises crucial awareness about breast cancer but also honors the resilience of those affected by the disease which then conquered and won the harsh battle.

One couldn't help but be swept up in the sea of various pink shades that adorned every participant, spectator, and vendor. Pink isn't just a color here; it's a symbol of hope, courage, and determination. Women from all walks of life, joined by men who

A few photos of the run. Liza, Rosemarie Baily, Becks, Destiny & Jenna represented APIA this year.





Photo Courtesy: Alaskan Images

Run for Women (cont.)

have faced their own battles with breast cancer, came together with a shared purpose: to run, to walk, to remember, and to rally for a cause that unfortunately affects so many beautiful lives.

Amidst the excitement of the race, the spirit of support was palpable. Vendors lined the route, offering everything from pink-themed snacks to refreshing drinks in solidarity with the cause. As runners crossed the finish line, each step felt like a victory—a triumph over adversity and a step forward in the fight against breast cancer. The event wasn't just about physical endurance; it was a testament to the strength of community and the power of collective action. Every participant, whether racing or cheering from the sidelines, contributed to a larger movement of awareness and advocacy.

Events like the Alaska Run for Women offer beams of hope and a reminder that together, we are stronger. It's about more than just a race; it's about making a statement, raising awareness, and supporting those who need it most.

So, here's to the Women's Run for Breast Cancer Awareness—a testament to the resilience of the human spirit, the beauty of solidarity, and the power of wearing pink with pride. In every stride taken and every dollar raised, participants and supporters alike continue to make a difference. ~Destiny Key





Photo Courtesy: Aleutian Images

Safety in July

July is a good opportunity to remind ourselves of safety. The Fourth of July is a time for celebrating the liberation of our country from the rule of Great Britain. We often celebrate it with fireworks. Fireworks are basically small explosive devices, and each year there are about 10,000 injuries, particularly to the fingers and hands. Fireworks also start accidental fires that damage land and structures, sometimes resulting in criminal charges or civil lawsuits. If you have pets who are disturbed by the loud banging noises, consider taking a trip away from urban areas where firework events are particularly loud and long.

July is also a good time to remember that war activities were extensive in Alaska from 1941 to 1945, and there are still many munitions on the surface or underground. If you see a device that might be from World War Two or even World War One, retreat. Do not touch it or go near it. Distance is your friend around explosive devices or glass vials that might contain poisonous chemicals such as mustard gas. Report it right away to local, state, or military officials. The US Military often sends out teams of UXO (unexploded ordinance) with all the tools that they need to safely disarm devices.

Summertime is a good time to check the batteries in your smoke detector devices and a good time to prepare for Alaska natural disasters such as earthquakes or tsunamis. Summertime is also a good time to make sure everyone is wearing their safety belt since automobile collisions actually increase. Finally, it's always a good time to encourage healthy relationships as we Alaskans get out and enjoy our beautiful scenery, relatives, and friends. ~ Dr. Mike Livingston

A WORD ABOUT CHANGE



The only thing to say when somebody tells you that you've changed is: "Thank you." ... I'm in perpetual state of transition. I keep leaving home as who I was and returning as who I need to be next ~ it's all such a skin-shedding adventure of fresh starts and unlimited resurrections. I don't want to be the exact same person that I was when you last saw me yesterday, too much has happened since then; I've seen too much beauty. I've cried too many tears. I've sat with too many ghosts. I've put my toes in too many rivers. I've had my heart broken too many times; I've felt too many kisses. I've heard the divine singing to me from too many treetops to not be transformed. There is so much creation taking place around us for us not to join in on the fun, so many new opportunities, so many new people, so many galaxies being formed, so much ancient beauty being rediscovered. With all of that going on how can we not have a new beginning every single time we breathe? ... Maybe we aren't changing anyway, maybe we are just becoming who we were born to be in the first place? Maybe we were born to keep unfolding like an endless map. ~ John Roedel



Photo Courtesy: Alaskan Images

The Benefits of Boredom

How do we celebrate Anti-Boredom Month (July) and embrace boredom's benefits at any age? Summer is rarely full of boredom for Alaskans. It's rather busy for most of us, but with the kids being out of school and complaining that they are bored, it's a timely reminder to reconsider our relationship with boredom, a feeling often dismissed in our fast-paced world. For both children and adults, boredom serves as a gateway to creativity and self-discovery.

Boredom sparks imagination and innovation. When children find themselves without structured activities, they invent games, explore their surroundings, and tap into their creativity. These unstructured moments foster problem-solving skills and independence, essential traits for navigating life's challenges. Similarly, adults benefit from boredom-induced creativity. Unoccupied minds have the freedom to explore new ideas and find innovative solutions to complex problems, making it a catalyst for professional growth and breakthroughs in various fields.

Moreover, boredom encourages introspection and mindfulness. Children and adults alike use idle moments to reflect on their interests, goals, and emotions. This self-awareness promotes personal development and a deeper understanding of oneself. For adults, embracing boredom allows for much-needed mental relaxation and stress reduction, offering a break from constant stimulation and the opportunity to recharge. Anti-Boredom Month encourages simple, cost-free activities that stimulate creativity and engagement. Nature walks, DIY crafts with household items, storytelling, music sessions, and culinary experiments which all offer avenues for both children and adults to embrace and enjoy boredom constructively.

Ultimately, Anti-Boredom Month challenges us to view boredom not as a negative state to be avoided, but as a fertile ground for growth, creativity, and self-discovery. By encouraging moments of boredom, whether through planned activities or simply allowing ourselves to be idle, we foster resilience, creativity, and a deeper connection with ourselves and the world around us. So, this July, let's celebrate the power of boredom and discover its transformative potential in our lives. -Destiny Key

TIP OF THE MONTH



Frustration. Anger. Rage. Normal human emotions that are considered "negative" and therefore, taboo have a way of going unmentioned. So, in true Jenna-fashion, let's talk about 'em! Actually, let's narrow it down to the one that most people are afraid of - RAGE, anger's volatile cousin.

I remember one of my favorite adults when I was growing up telling us kids to take a carton of eggs out in the woods and throw them at tree-targets as hard as we could when we were ticked about something beyond our control. Needless to say, our house full of teenagers often had eggless breakfasts due to this advice. Besides losing out on a well-rounded meal, experts now caution against things like "rage rooms", as going all "Hulk smash" actually just reinforces destructive behavior.

Fear not! Here are some healthy ways to release your inner Hulk:

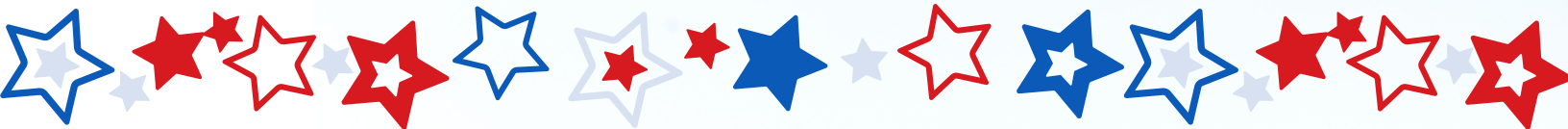
- Climb a mountain and give a good ol' victory holler
- Sing all your favorite songs
- Dance it out
- Do a TOUGH workout
- Draw or paint or journal
- Do that chore you've been putting off.
- Remember to breathe

In Good Health -Jenna



Photo Courtesy: Alaskan Images

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 - 3PM

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:



WWW.APIA.ORG



Photo Courtesy: Dustin Newman

Community Board



ATTENTION MIDDLE SCHOOL
UNANGA^X YOUTH & PARENTS

ALEUTIAN PRIBILOF ISLANDS ASSOCIATION
PRESENTS...

**NATIVE
IT'S
YOUR
GAME
Camp Edition**

Join us for 5 days of fun with APIA's Native It's Your Game Camp! Youth will be participating in our Native It's Your Game program for half of the day and engaging in various fun activities the rest of the day. We will be beading, painting, crafting, playing games, and much more.

FOOD IS PROVIDED. YOUTH WILL
RECEIVE A GIFT BAG FOR
PARTICIPATING. NIYG CAMP IS FREE.

JOIN THE NIYG CAMP

JULY

22-26

9 AM - 4PM

APIA 1ST FLOOR CONFERENCE ROOM

1131 E INTERNATIONAL
AIRPORT ROAD

SPOTS ARE LIMITED. REGISTER
WITH THE QR CODE BY JULY 12TH.



Questions? Contact Katie Kutschbach at
katiek@apiai.org



**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 July We Celebrate
Independence Day,
Clean Beaches & Minority
Mental Health**



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

UPCOMING EVENTS

July is the month of...

Independence Day
International Friendship
Clean Beaches
National Blueberry Month
Anti-Boredom
Minority Mental Health Awareness
Plastic Free July

July 4th

Independence Day

July 1-7

Clean Beaches Week

July 25th

Hire a Veteran Day

July 27th

National Korean War Armistice Day

August is the month of...

Immunization Awareness
The ANCHR Gathering

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



LET'S TALK



APIA
ALASKA NATIVE PEOPLE OF ISLAND ASSOCIATION