



TIDE POOL TIMES

Aleutian Pribilof Islands Association's Monthly Regional Newsletter

August Wellness



Photo Courtesy: Google Images

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Program Update

Staff Sergeant Parker Gordon Fox Project

This is the month that we look forward to all year! It's better than Christmas, and more exciting than Disneyland. It's ANCHR month! We can't tell you how floored we are that we reached capacity last month on the number of registered Veterans (and active service members and their family) we can take out to the healing gathering with us. When we first started this program, we thought we were shooting for the moon on the number of enrollees we were hoping to be with us. We have exceeded our goal!

The annual Alaska Native Cultural Health and Resilience (ANCHR) Gathering is growing and changing every year. What stays the same is the spirit in which we create it. 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! Jenna has some gentle Yoga happening each morning, and Jeanette and Dottie, our traditional cooks are planning our delicious meals for the weekend.

Huge gratitude to our sponsors: the Qawalangin Tribe, PCR, OptimERA, Trident Seafoods, KUCB, and Grant Aviation. We could not do what we do without our supportive community partners. When we come together to support each other in our wellness, amazing things happen. Healing happens.

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: Makenzie Fox



Photo Courtesy: Jenna Larson

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



BAKED SOCKEYE



Ingredients

1 fillet of Sockeye Salmon
1 Tablespoon Olive Oil
3 Tablespoons Butter
¼ Cup Mayo
Measure with your heart ~
Salt
Pepper
Lemon Pepper
Old Bay
Johnny's Seasoning Salt

Instructions

Preheat oven to 375 degrees.
Cover baking sheet with tinfoil (makes for easy clean up) & lay salmon fillet on foil, cover salmon with olive oil, place 3 pads of butter on top. Season with seasonings mentioned above (measure with love, include any other seasonings you may also prefer). Spread mayo on seasoned salmon fillet evenly. Cover fillet with tinfoil. Place in oven for 25 minutes (or until salmon flakes). Enjoy!



Photo Courtesy: Jenna Larson

Program Update (cont.)

Portland VA/DOD Conference

From July 16th through the 18th, our SSG Fox Wellness Program Coordinator, Jenna Larson attended the VA/DOD Suicide Prevention Conference in Portland, Oregon. She was humbled and thrilled to hear the keynote speaker talk about the Suicide Prevention efforts happening this summer through our program out in the Aleutians.

The conference was packed with information and phenomenal speakers, but one session that stood out was the training by 1Degree of Separation on the main stage. It's a group of traveling comedians that speak candidly and humorously about depression and how to effectively connect with each other, destigmatize mental health care, and prevent suicide. Since the conference, Jenna has been in touch with Victoria from 1Degree of Separation talking about how they can best serve our Veterans along the Aleutian chain and our Veterans in Anchorage and the Valley. Victoria and Jenna are hoping to organize a training for the 2025 ANCHR Gathering. Our Veterans are in for a real treat. Indigenous comedians are part of the team to come out!

Outreach in King Cove

Destiny Key, our Veteran Peer Support Specialist, has been ramping up the outreach in our Aleutian communities for our Veterans. She went to King Cove the fourth week of July and connected with the community and got the word out about the SSG Fox SPGP and began signing up our Veterans out there.

She discovered that several Veterans in the community weren't even on the list of known people who have served, and she found that one person that was on the list may have misheard the question about being a Veteran. He was a "veteran fisherman", but not a military Veteran. Needless to say, his name was added to the "funny Elders" list and taken off the Military Veteran's list.

King Cove now knows first-hand about our program, connections were made, and what better way for Destiny to do that than take them fish? She brought her own experience, training, heart culture and gifts of fish to the table and let our Veterans know that they matter, and that we want them in our program and value them in our communities.



Photo Courtesy: Jenna Larson

Monthly Spotlight

Hello! My name is Candace Nielsen and I am so honored to be the Employee Spotlight of the Month! August is easily my favorite month of the year for many reasons, one being it's my birthday month. It's also the month of berry picking and as crazy as it sounds back to school time of the year was always very exciting for me growing up! Now I enjoy the process of getting my own kiddos ready for the upcoming school year. My husband Matt and I have 3 kids, Brooke (11yo), Wilder (6yo) and Scout (4yo). I first started work with APIA in 2021 as an on-call field worker for the Cultural Heritage Department. It has always been my passion to learn more about the UnangaX history and culture. I am a member of one of APIA's 13 tribes – Nelson Lagoon Tribe, which is also where I grew up. Growing up in Nelson Lagoon was amazing; living on the beach and commercial salmon fishing with my father was the best! Our family still has a home in Nelson Lagoon, and I always look forward to any time I get to spend there, surrounded by the salty air and so many loved ones.

This August I am celebrating my 1-year anniversary of moving to the Community Health Services Department where I now work as a Wellness Project Coordinator. In this role I have been able to fulfill a passion of mine - bringing wellness to our communities. I've enjoyed incorporating different health prevention activities into our cultural programs as well. I am a firm believer that culture is prevention and the best medicine. Achieving wellness is not a one size fits all process, and I always encourage folks to look at it as a continuum, or a circle where there are 4 separate pieces that need to be remembered to obtain ultimate balance. Wherever you are in life there is an opportunity to feed into at least one or more of the pieces daily and those are emotional, spiritual, physical and mental. This self-care wheel is a fantastic place to start if you are stuck.

A few other fun facts about me are that I have 2 doggos, (Snoopy and Pearl) both of which were rescues that I love so much! I love getting out for walks when I have the chance. I also really enjoy traveling! Thank you for tuning in!



TIP OF THE MONTH



This month we celebrate the importance of immunizations in protecting our health and communities. Immunization is a powerful tool in preventing infectious diseases and saving lives.

Here are some facts about vaccination in Alaska:

- Alaska has many remote and rural communities, which can pose challenges for healthcare access, including immunization services.
- Healthcare providers work hard to reach everyone since Alaska is much bigger than any other U.S. state.
- Alaska experiences higher rates of certain infectious diseases compared to other parts of the United States.
- Immunization plays a key role in preventing outbreaks of diseases such as influenza, hepatitis A and B, and certain types of pneumonia.
- Alaska's cold climate and long winters contribute to a prolonged flu season.
- Getting vaccinated against influenza is particularly important for Alaskans to protect themselves and their communities from the flu.

In Good Health -Stephanie



Photo Courtesy: Jenna Larson

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, at lorrainet@apiai.org or 907-276-2700.



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 August We Celebrate
Indigenous People's,
Purple Hearts & The
ANCHR Gathering**

UPCOMING EVENTS

August is the month of...

Immunization Awareness

Purple Hearts

The ANCHR Gathering

August 7th

Purple Heart Day

August 9th

World's Indigenous People Day

August 16th

Authenticity Day

August 30th - September 1st

ANCHR Gathering

September is the month of...

Labor Day

Suicide Prevention

October is the month of...

Mental Health

Breast Cancer Awareness

Halloween

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

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