



TIDE POOL TIMES

Aleutian Pribilof Islands Association's Monthly Regional Newsletter

October Wellness



Photo Courtesy: Google Images

TABLE OF CONTENTS

Program Update
Page 1-4

Tip Of the Month
Page 6

Monthly Spotlight
Page 6-7

Community Board
Pages 8-9

Upcoming Events
Page 9

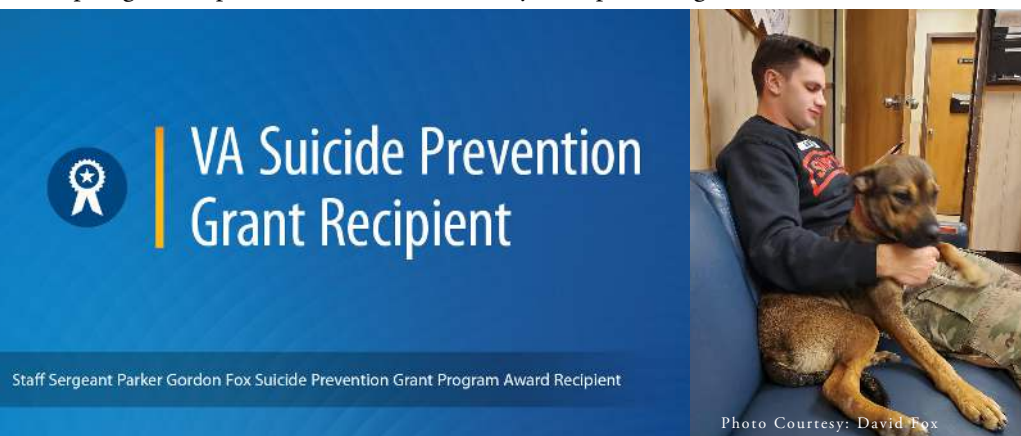
Program Update

Staff Sergeant Parker Gordon Fox Project

September was Suicide Prevention Month, and the SSG Fox team was in high gear. The whole purpose of our program is to prevent Veteran suicide. We do this by offering alternative means of prevention that have always been a part of our indigenous cultures here in Alaska for time immemorial. One of the big events we have each year through our program is the Alaska Native Cultural Health & Resilience (ANCHR) Gathering. We will share all about this year's event in this issue of the Tide Pool Times and hopefully inspire you with how many lives were touched by bringing as many enrollees of our program as possible out to the region as possible.

This year marked the 4th annual ANCHR Gathering. It's a healing gathering based on the SAMHSA sanctioned, practice-based Gathering of Alaska Natives (GOAN) that has been transposed to fit our UnangaĀ region. We had a sober group of UnangaĀ men from St. Paul Island, Veterans from the region, Anchorage and the Valley, and the team from the VA there to help our Veterans.

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 are a Veteran or active service member and you are interested in joining our program, please contact destinyk@api.ai.org.



Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program Award Recipient

Photo Courtesy: David Fox



Photo Courtesy: Jenna Larson

Program Update (cont.)

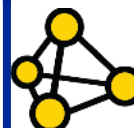
The ANCHR gathering was a transformative experience that beautifully honored our Veterans and elders. Even amidst unexpected challenges, although the shipped gear didn't arrive as planned and our facilitator couldn't make it, Jenna stepped in with grace, infusing the event with love, positivity, and wellness. Many Veterans from both the local community and beyond attended, creating a sacred space to heal and uplift one another while emphasizing the importance of suicide prevention and mental health support. Our esteemed elders generously shared their wisdom, bestowing gifts of stories and memories that enriched our understanding of resilience. Encapsulated by the invigorating salty, misty air of Unalaska, from the opening ceremony of the IluuluĀ Axanaan dancers and sage-smoke cleansing, to the talking circles, and the indigenous art of drum making, attendees felt connected immediately. The ocean breeze, and the sight of soaring bald eagles made us feel embraced by Mother Nature and the Creator, instilling a deep sense of healing in each of us. The team from Alaska State VA were there to support the Veterans and even a representative from senator Dan Sullivan's office spoke. Seven Veterans previously not enrolled for VA benefits got signed up, and one life was saved. This gathering was a true celebration of Alaska Native culture, community, and the wholehearted strength found in connection and honoring each other.

~Destiny Key, Veteran Peer Support Specialist

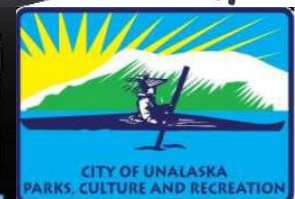
THANKS TO OUR ANCHR SPONSORS



Grant Aviation
Regional airline in Alaska



OptimERA xG



We couldn't do this without the help and support of our community partners. Thank you to Unalaska City School District for supporting our suicide prevention efforts.



Photo Courtesy: Jenna Larson

Photos from the ANCHR



We made it to Unalaska!



Destiny & Jenna LIVE at KUCB



Destiny at the Registration Table



ANCHR Door Sign



IluuluĀ Axanaan Dancers open in a good way.



Dancing is Prevention.



The Elders Blessed the Gathering



The Sacred Smudging of Sage



Lorraine & her Drum.



Peggy & her Drum.



David & his Drum.



Dottie & Piama.



Some of the Drums made at the Gathering



Photo Courtesy: Jami Creasey

Photos from the ANCHR



Veteran Honoring Ceremony by Verdie Bowen and Forrest Powell of the Alaska VA.



Veteran Supports from Alaska VA..



Mike Livingston & Amanda Coyne



Talking Circle at the Alaska Native Cultural Health and Resilience Gathering.



Dottie Making Traditional Food.



Jeanette & Dottie in the Kitchen.



Potluck.



Jeanette & Dottie being Honored.



Jenna's Mocktails.



Photo Courtesy: Jenna Larson

Breaking Waves Team in Sand Point

This trip was designed for five days of route consultation. We scoured weather, tides, currents, and topography to find trends and ascertain the feasibility of kayaking in the Aleutian communities. Our ultimate goal: Suicide Prevention. We aimed to create safer communities so that no more precious lives are lost. As I reflected on our journey, the parallel between our intention to find the safest kayak routes and our commitment to mitigating risks in suicide prevention struck me profoundly. Both require vigilance, adaptability, and a deep sense of responsibility to one another. In the downpour, we huddled close, protected by dry suits and comforted by each other's presence. We shared stories and strategies, finding strength in our company amidst the storm. On a beautiful sunshine day, we paddled together, our spirits buoyed by the weather and the camaraderie. Each stroke on the water was a reminder of our shared purpose, reinforcing the bonds that would help us in our vision.

On pristine beaches, we explored and exchanged feedback, using each moment as a learning opportunity. Our discussions were as much about kayaking techniques as they were about the strategies we can employ to support and safeguard our communities. When we rafted up in splashy waves, sensing the potential for danger, we talked through plans and reassured each other. We celebrated fiercely when one of our own achieved a personal goal, recognizing that every victory—no matter how small—contributes to the larger mission. These achievements remind us of the importance of support and encouragement in our kayaking journey.

We huddled. We paddled. We explored. We rafted. We celebrated. Each action was a step towards understanding how to create safer environments, just as each day on the water was a step toward ensuring our collective safety and well-being.

I walk away from Sand Point, humbled and inspired. This experience has reinforced my commitment to Breaking Waves and to our mission of suicide prevention. The lessons learned and the promises formed here will guide us as we attempt to make a difference, both in the communities we serve and in the hearts of those who need support.

~Becks Jacobs, Wellness Project Coordinators/BH Clinician



Photo Courtesy: Su Warner

Monthly Spotlight

Aang Aang (Hello in Unangam Tunuu), My name is Amy Carlough, and I am a member of the Agdaagux Tribal Council. Currently, I serve as the Community Health Services Wellness Services Administrator at Aleutian Pribilof Islands Association, Inc. My Unanga name is Tumtum Asxinuu, which translates to "Bone Marrow Girl." There is indeed a story behind that! It involves my entry into this world, and I would be happy to share it with you sometime if you'd like.

I live in Eagle River, AK, with my incredibly clever and technology-talented trouble-shooter husband, Jason; my sensitive, smart, and highly creative daughter, AJ; and my best friend and biggest supporter—my momma! I must also mention that our household is filled with critters that add a whole lot of love to our family. I'm a little embarrassed to say how many we have, but if you want to know, I will gladly divulge the number and more antics about each one than you probably want to hear in a sidebar chat. Oh, and I love plants. They bring be joy and I will gladly take any you would like to rehome whether they are healthy or on their last stem.

My mother is Dorothy Maitland, and my late father was Patrick Maitland. My mom was born and raised in King Cove, AK. I am often recognized as her daughter in the region due to our similar features, as well as her deep connections through over 24 years of past dedication at Reeve Aleutian Airways. She loved working there and cherished the camaraderie with those she supervised. Often, she would let extra baggage fees slide for travelers, utilizing a creative barter method—requesting fish or other seasonal marine treats as payment. Oh, the days of fewer regional travel restrictions!

My late father was born in Cleveland, Ohio, and raised in Phoenix, Arizona. The two met in Seattle, Washington, where their love quickly blossomed into marriage and a move to the Aleutians. There, my dad assisted my grandfather, John Gould, and my mom's siblings with our family store. Although I was born and raised in Anchorage, my late brother, Ross Maitland, and I would often be sent to King Cove in the summers. We spent those months chasing fish up and down Rams Creek, walking the boardwalk with cousins, and relishing the



TIP OF THE MONTH



With the change of the seasons, and decrease in daylight hours, we'd be remis if we didn't address the elephant in the room. The seasonal depression that starts creeping in with the darkness is real and especially challenging to our Veterans.

There are many things we can do here in Alaska to mitigate the effects of seasonal affective disorder (SAD) if we get out ahead of it before it gets salient. Here are a few ways to stay healthy and well balanced mentally and emotionally this season:

- Ask your doctor about taking vitamin D3. This supplement is actually one of the most effective pre-treatments for seasonal depression. It also helps with the absorption of calcium in the body, helping create strong bones and staving off arthritis.
- Create a daily exercise routine. whether it's dancing in the kitchen to your favorite song, or going to the gym, or taking Fido for a walk, stay moving! It makes everything better.
- Don't forget to schedule connection time with your friends and family. Start a weekly game-night or potluck, because as we all know, "Connection is Prevention".

In Good Health ~Jenna



Photo Courtesy: Jenna Larson

Monthly Spotlight

affection from my grandmother, Ann Gould originally from Belkofski, AK, and my Krusna (Godmother), Irene Hansen.

My connection to my work and the region we serve at APIA is very strong. I have always known that my MSW educational journey and career choices would prepare me to serve my people. I am passionate about using my skills to support an organization that provides profound holistic care through cultural, spiritual, physical, mental, economic, and social work services. In my current role, I manage a cohesive team that delivers federally grant-supported services addressing youth life skills and development, chronic disease management, suicide and substance misuse prevention, and community health care training needs. The best part of my job is the creative, innovative, and passionate staff I work with, who are driven not by job descriptions but by their hearts and work that align to their own personal values. Their energy and compassion radiate into the projects they oversee and the communities we serve.

In addition to this heart led work, I am apprenticing to become a UnangaĀ Healing Touch Practitioner to assist individuals in improving their overall health through supportive energy therapies. Research shows that tribal communities experience more traumatic events and are at a higher risk of developing post-traumatic stress disorder compared to the general population. Trauma can congest our body's energy centers and biofield. This congestion can hinder an individual's ability to release or process current or dormant unwanted emotional energy or even delay healing from physical injuries. I LOVE that APIA allows me to practice and oversee staff that integrate traditional and alternative healing practices into our mainstream treatment and prevention services.

I'll conclude this somewhat uncomfortable process of talking about myself by sharing my personal mission statement. As a healing presence, I commit to fostering empathy and compassion for myself, my family, and my tribal communities. I will strive to create spaces where wounds are acknowledged, healing is encouraged, and growth is embraced. Through love, integrity, and service, I aim to be a catalyst for positive change and healthy transformations. Qaġasakuq (Thank You in Unangam Tunuu).



Above: Amy and her 2nd cousin Harriet at the ANCHR Gathering last month.

Below: Amy in the mountain lake in Unalaska.





Photo Courtesy: Jenna Larson

Community Board



Effective Communication Group

Groups are offered in-person lasting 4 weeks.

Tuesdays 1500-1630 beginning September 3rd.

Register today!

907-762-8668
1450 Muldoon Rd. Anchorage
casemanagement.cvn@akbh.org

Do certain relationships sometimes get stressful? Maybe problems get out hand, and you don't know how to resolve them. If yes, this is the group for you.

The Effective Communication Psychotherapy group introduces skills for building and maintaining positive relationships. Group participants will learn and practice these skills to improve the quality of their relationships.

Lead by Example

Prioritize Your Mental Health

NATIONAL COUNCIL for Mental Wellbeing

Contact 1-800-844-375-2742 or 907-222-9764 to discuss a behavioral health referral



Community Board (cont.)

UNANGAX[^]
COMMUNITIES
CONFERENCE
SAVE THE DATE
2024
OCTOBER 10TH AND 11TH
MARRIOTT ANCHORAGE

Scan QR Code
To RSVP!



**In October We Celebrate
Indigenous People's Day &
Halloween**

UPCOMING EVENTS

October is the month of...

Indigenous People
Mental Illness Awareness
Breast Cancer Awareness
Halloween

October 2nd

International Day of Non-Violence

October 1-7

Mental Illness Awareness Week

October 14th

Indigenous People's Day

October 17-19

AFN Convention

November is the month of...

Daylight Savings Ends

Veteran's Day

Thanksgiving

December is the month of...

Christmas

Hanukkah

Unangam Tunuu Gathering

October 8 & 9, 2024
10:00 am to 3:00 pm
APIA's Unangam Ulaa

Join us to learn more about current Unangam tunuu activities, collaborate to continue language efforts, view new videos in Unangam tunuu, sign-up for interviews, and gather for a potluck (bring a dish to share)!



Please RSVP or send questions to Darling Anderson at
907-276-2700 or darlinga@apiai.org



Tobacco smoke contains
more than **7,000** chemicals.

250 of these are known to
be harmful.

At least **69** can cause
cancer.

