



TIDE POOL TIMES

Aleutian Pribilof Islands Association's Monthly Regional Newsletter

November Wellness



Photo Courtesy: Google Images

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Program Update

Staff Sergeant Parker Gordon Fox Project

October found the SSG Fox Team in the middle of the Bering Sea. The Pribilofs are called the “Galapagos of the North”. We visited St. Paul Island. It’s always a pleasure when people from the tribe reach out and ask us to attend a community health fair.

Upon reaching the remote island we were met with many residents headed to attend the annual Alaska Federation of Natives Conference, so it was nice to provide the programming we went to offer for the ones staying on the Island. Amy offered Healing Touch (energy therapy that helps balance the physical, mental, emotional and spiritual well-being). Destiny offered Peer Support and Veteran outreach, as well as being the point-person at the health fair. Jenna facilitated a Prime for Life course and was able to show via research why alcohol contributes to depression and how we can protect what we value.

One of the Unanga’s values that is evident in St. Paul is, “Live with and respect the land, sea, and all nature”. The seal pups were being tagged that week, and our staff got a peek at the daily life of the fur seals, heard the sea lions “roar”, and watched the young ones play in the surf. There is a feeling of awe that a place like this exists, and we are deeply honored to be able to serve our Pribilof communities.

The St. Paul Health Fair is always a joyful experience, if for no other reason than watching the children play. The kids came running into the hall with squeals of laughter, chasing each other



VA Suicide Prevention Grant Recipient

Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program Award Recipient



Photo Courtesy: David Fox



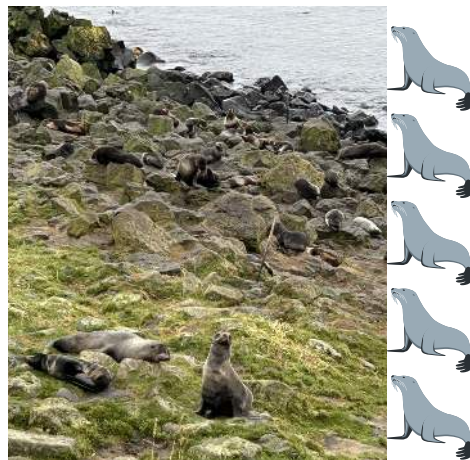
Photo Courtesy: Salmon Sisters

Program Update (cont.)

and adding a lively energy to the event. APIA's Wellness Team had the opportunity to visit one-on-one and listen to several people share about their personal journey of surviving after a loved one dies by suicide. Grief must be witnessed in order to heal, and there were people healing at the health fair that day.

Destiny, our Peer Support Specialist, made more Veteran connections. Kids chased (and popped) balloons. Door prizes in the theme of Halloween were drawn and given away. The Tribe and the town showed up and connected, and the weather was such that flights back to Anchorage happened right on schedule. We look forward to our next time of connection with St. Paul.

If you know a Veteran in the region or are one yourself, or if you are an active service member and you are interested in joining our program, please contact destinyk@apiai.org.



ANOTE ON VETERAN'S DAY

Veterans Day happens on November 11th each year. It happens on that day because back in WWI, on the 11th hour of the 11th day of the 11th month there was an Armistice, or temporary pause on all military aggressions. It has since been known as Armistice and later changed to Veterans Day.

With our Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program, we here at APIA strive to serve and honor our Veterans every day. We offer:

- Veteran Peer Support Services
- Case Management and VA referrals
- Healing Touch Energy Therapy
- Yoga Classes
- Listening Circles
- Recreational Events
- Wellness Boxes
- Mind Body Skills Groups
- RTT Sessions
- The Alaska Native Cultural Health & Resilience (ANCHR) Gathering

If you have served in the military, or are currently serving, we want to serve you. You have served your country and now it's time to let us connect with you and help where we can. Contact the SSG Fox SPGP Team at (907) 276-2700, or Toll Free at 1(800) 478-2742. Thank You For Your Service.



Photo Courtesy: Aleutian Images

Monthly Spotlight

Dr. Michael iqyaġ Livingston was raised in Cold Bay (pop. 32) on the Alaska Peninsula. His father Bob served with the US Army as a radioman during WWII and is buried with honors at Fort Richardson National Cemetery. His mother Annabelle served as a nurse, and the Anna Livingston Medical Clinic in Cold Bay is named in her honor. Mike learned traditional Unangaġ values from Mike Uttecht, Anfesia Shapsnikoff, Sergie Sovoroff, and Bill Tcheripanoff. In 2000, his team built an uluġtaġ (two-hatch sea kayak) during the Qayaqs and Canoe project, the only known Unangaġ sea kayak covered with qawaġ (sea lion) since the 1800s. Moses Dirks gave him his name iqyaġ meaning sea kayak.



Mike first started working for APIA as a police officer under a federal training program. Mike served 27 years as an Alaska police officer and now works with APIA's Healthy Relationship Team (HeaRT) to increase awareness for services of victims of crime. Mike has worked to honor fallen heroes including Private George Fox, VPSO Ron Zimin, and Fire Chief Fred Barnett. US Senator Dan Sullivan calls Mike a detective with a servant's heart. Mike is currently helping about 50 Alaska Native Vietnam Veterans apply for their 160 acres of land. Mike also worked to honor Benny Benson, the 7th grade Unangaġ boy who designed the handsome Alaska flag. Mike often points out that the word Alaska and the Alaska flag are Unangaġ.

Mike worked as a homicide detective, investigating serial killers and cold cases. His presentation "Serial Killers in Alaska" has proven to be popular - packed with important historical information. Mike often provides practical help for survivors of serial killers. His work will on a recent serial killer case will be portrayed in an upcoming international documentary film. Mike is a survivor of three attempted homicides and has empathy for other survivors. Mike is a boarding school survivor and attributes his accomplishments in life to traditional Unangaġ values. Mike would like to see Benny Benson honored on the 100-year-anniversary of the raising of the Alaska flag on July 9, 2027. Anna often told Mike to study hard. He is applying for law school, studying 3D animation in an open-source program called Blender 4.2, and learning 3D photogrammetry.

TIP OF THE MONTH



I was recently listening to a podcast and the doctor being interviewed started talking excitedly about hope. Her voice changed and you could tell she was about to totally nerd-out and drop some knowledge. I leaned in.

She spoke about Myokines, also known as "hope molecules" that your body produces when you exercise. They are powerful proteins that work as mental stressbusters that influence not only brain function, but it's structure as well! Working with and for Veterans and thinking about basic training I had to giggle. Maybe the whole reason those drill sergeants hollered, "Drop and give me 20!" was to give y'all a little more hope?

If you want to improve your metabolic health, grow new neurons and blood vessels, reduce inflammation and increase your longevity, look no further than your own muscles! The only way we can produce myokines is by exercising.

Hope is something I like to nerd-out about too. Gratitude and hope are things we all need more of, and the fact that exercise can change our own neural pathways and emotions just by doing a plank or some squats! Remarkable. Drop and give yourself hope. In Good Health ~Jenna



Photo Courtesy: Aleutian Images

Community Board



Caregiver Support Line (CSL)

Monthly Education Calls

October-December 2024



Caring for yourself is the best thing you can do for those who depend on you. CSL offers monthly educational calls on topics for caregivers. These calls are offered four times per month, so you can listen in the comfort of your own home.

October: Extinguishing the Fire: Managing Angers Destructive Potential

Tues 10/01/24 - 10 a.m. Eastern (9 a.m. Central, 8 a.m. Mountain, 7 a.m. Pacific, 6 a.m. Alaska, 5 a.m. Hawaii)

Wed 10/09/24 - 6 p.m. Eastern (5 p.m. Central, 4 p.m. Mountain, 3 p.m. Pacific, 2 p.m. Alaska, 1 p.m. Hawaii)

Wed 10/16/24 - 3 p.m. Eastern (2 p.m. Central, 1 p.m. Mountain, 12 p.m. Pacific, 11 a.m. Alaska, 10 a.m. Hawaii)

*Tues 10/22/24 - 1 p.m. Eastern (12 p.m. Central, 11 a.m. Mountain, 10 a.m. Pacific, 9 a.m. Alaska, 8 a.m. Hawaii)

*Presented in Spanish

November: At your Wits' End: Regaining Equilibrium as a Parent and Family Caregiver

Tues 11/05/24 - 10 a.m. Eastern (9 a.m. Central, 8 a.m. Mountain, 7 a.m. Pacific, 6 a.m. Alaska, 5 a.m. Hawaii)

Wed 11/13/24 - 6 p.m. Eastern (5 p.m. Central, 4 p.m. Mountain, 3 p.m. Pacific, 2 p.m. Alaska, 1 p.m. Hawaii)

Wed 11/20/24 - 3 p.m. Eastern (2 p.m. Central, 1 p.m. Mountain, 12 p.m. Pacific, 11 a.m. Alaska, 9 a.m. Hawaii)

*Tues 11/26/24 - 1 p.m. Eastern (12 p.m. Central, 11 a.m. Mountain, 10 a.m. Pacific, 9 a.m. Alaska, 8 a.m. Hawaii)

*Presented in Spanish

December: Addressing Loneliness through Social Connection

Tues 12/03/24 - 10 a.m. Eastern (9 a.m. Central, 8 a.m. Mountain, 7 a.m. Pacific, 6 a.m. Alaska, 5 a.m. Hawaii)

Wed 12/11/24 - 6 p.m. Eastern (5 p.m. Central, 4 p.m. Mountain, 3 p.m. Pacific, 2 p.m. Alaska, 1 p.m. Hawaii)

Wed 12/18/24 - 3 p.m. Eastern (2 p.m. Central, 1 p.m. Mountain, 12 p.m. Pacific, 11 a.m. Alaska, 10 a.m. Hawaii)

*Tues 12/17/24 - 1 p.m. Eastern (12 p.m. Central, 11 a.m. Mountain, 10 a.m. Pacific, 9 a.m. Alaska, 8 a.m. Hawaii)

*Presented in Spanish

*Please note, Wednesday evening calls have been moved from 7 p.m. Eastern to 6 p.m. Eastern beginning October 2024.

Published September 2024

VA

U.S. Department
of Veterans Affairs

Three ways to join:

- At the scheduled time of the call, please dial: 1-347-566-4838
When prompted, enter the following Conference ID: 521 546 087#
- [Click here](#) to join via MS Teams on your computer, mobile app, or room device
- Join via the CSP website listed below by clicking the link on the CSL Monthly Educational Calls/Podcasts [page](#)

Please note, the first three calls of the month are offered in English. The last call of the month is offered in Spanish.



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VA

U.S. Department
of Veterans Affairs



Photo Courtesy: Dustin Newman

Community Board



**Want more
from your
relationship?**



Learn new ways to understand & enjoy each other more.

Alaska VA is offering a one-day workshop for Veterans & their partners.

For more information contact the
Relationship Health & Safety Program:
(907) 257-4827

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Office of Rural Health



Building Relationships with
Vitality and Engagement

Effective Communication Group



Groups are offered in-person
lasting 4 weeks.

**Tuesdays 1500-1630
beginning September 3rd.**

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.

Register today!

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



Community Board (cont.)

Lead by Example

Prioritize Your Mental Health



Contact 1-800-844-375-2742 or

907-222-9764 to discuss a behavioral health referral

**In November We Celebrate
Heritage Month &
Thanksgiving**

UPCOMING EVENTS

November is the month of...

Daylight Savings Ends

Veteran's Day

Thanksgiving

November 5th

Election Day

November 11th

Veterans Day

November 13th

World Kindness Day

November 28th

Thanksgiving Day

December is the month of...

Christmas

Hanukkah

January is the month of...

New Years

Orthodox Christmas

Mental Wellness

Civil Rights

Angâgiŋtaalaqan Angâgiisadada & Tamaakalagada!
Live the Tradition & Be Tobacco-Free!



It's the best thing you can do for your health
& your way of living in your community!
Be the Champ & take the next step to
quit for good!

We have resources to help you quit & get
the support you need along your quit journey.

It's never too late! Call your local clinic or the
Alaska's Tobacco Quit Line Today!

- APIA Local Health Clinic: (907) 276-2700
- Behavioral Health Clinic: (907) 222-9764
- Alaska's Tobacco Quit Line: 1-800-QUIT-NOW



For more information, contact Caroline Nevak at
(907) 222-4237 or email: carolinen@api.ai.org



NOVEMBER
NATIONAL
NATIVE
AMERICAN
HERITAGE MONTH