



TIDE POOL TIMES

Aleutian Pribilof Islands Association's Monthly Regional Newsletter

December Wellness



Photo Courtesy: Google Images

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Tide Pool Times Editor: Jenna Larson

Program Update

Staff Sergeant Parker Gordon Fox Project

November was a month of touching base with all our enrollees of the SSG Fox Program. There is nothing Destiny, our Peer Support Specialist, or Jenna, our Program Coordinator love more than spending time listening to our Veterans. Connection is the most important part of our program, which is why we have multiple opportunities for our enrollees in the program to connect with us and each other.

Besides our weekly listening circles at the Anchorage Vet Center, and Wednesday afternoon yoga sessions, we are gearing up for the Chena Women's Wellness Gathering in April of 2025. This is the perfect healing space for women and those identifying as feminine to soak up the healing waters of the hot springs in Chena, Alaska, while experiencing multiple research and practice-based modalities for overall wellbeing. Amy will be offering Healing Touch (energy therapy that helps balance the physical, mental, emotional and spiritual well-being). Destiny will be there with Peer Support and Veteran resource assistance, and Jenna will be facilitating the daily activities as well as booking sessions for those who want to ameliorate their anxiety and depression.

All of us here at APIA and your SSG Fox Team want to wish you a healing and peaceful Holiday season. If you know a Veteran in our service area 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.



VA Suicide Prevention Grant Recipient

Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program Award Recipient



Photo Courtesy: David Fox



Photo Courtesy: Jenna Larson

How to Survive & Thrive Through the Holidays From the Editor

It's not just you. Trust me, you aren't the only one wondering how you will get everything done on your to-do list this holiday season on top of get everyone the perfect gift (or any gift for that matter, with this economy), and make all the holiday goodies. Then there are the pageants, church services, the kids still in sports, and trying to navigate all the many things we try to do this time of year to make it more magical.

I'm going to propose a thought. Maybe this isn't the year for "all the things". Maybe not all the lights you usually put up will be up this year. Maybe, not as many baked goods will be given to the neighbors. Perhaps it's not important to commit to as many community obligations this season. What if we sink into the peace and love of the season a little more consciously this year? What that looks like depends on your own priorities.

If things seem stressful, what would it feel like to make a list of what is most important to you this holiday? Eliminate the "shoulds" from the list. Is a Christmas tree deeply meaningful and important to you? Then make it a fun family activity to put it together. Maybe make hot chocolate and put on some favorite Christmas tunes while doing it. Is getting the holiday cards out stressing you all the way out? Don't do it. Give yourself permission to have peace.

CHRISTMAS PANCAKES

When the kids are little, Christmas morning is the best. You wake up to presents and Christmas music, and promptly make coffee for the adults and pancakes for everyone.

2C. All-purpose Flour
1/4C. Granulated Sweetener (or Sugar)
4t. Baking Powder
1/4t. Baking Soda
1/2t. Salt
1 3/4C. Milk
1/4C. Butter
2t. Pure Vanilla Extract
1 Large Egg

Combine dry ingredients with a whisk. Melt butter and let cool.

Mix wet ingredients with whisk once butter is no longer hot, and then combine with dry ingredients. Mix until smooth. A few lumps are okay. Set aside while heating up pan or griddle. Spritz with non-stick cooking spray or melt a little butter and pour 1/4 cup of batter and spread gently to round. When underside is golden and bubbles appear across surface, flip.





Photo Courtesy: Jenna Larson

Monthly Spotlight

My name is Frank C. Beltran Jr. I am Yup'ik and Filipino, I was born and raised in Stockton, California. My late dad, Francisco Beltran, was from Kalibo, Aklan, Philippines. He passed away when I turned 18 years old. My late mom, Fannie Chingliak, was from Goodnews Bay. She passed away when I was 3 years old. I have no siblings and was the only child.

I graduated from Edison Sr. High School in Stockton. After my dad passed away at the age of 81 years old, I left all my worldly possessions in Stockton and headed to Alaska with just an army duffle bag full of second-hand clothes, a boom box, and my dad's bible. I started my journey in Alaska at Sand Point, working for Trident Seafoods as a seafood processor on the Processing Barge Neptune and at the Sand Point cannery. Since then, I've lived at Togiak, Dillingham, and in Anchorage and never returned to Stockton or to California to this day.

I've worked many jobs and attended Alaska Primary Care Association, University of Alaska Fairbanks, Charter College and obtained many various education certificates in the medical, rural human services and public safety professions. I enjoy spending time with my family, taking my grandkids to the parks, getting them from school, fishing and taking long road trips. I've been working for APIA since 2021 as a Registration & Administrative Technician and hope to retire with APIA. I really enjoy coming to work and try my very best to keep everything running smoothly in the Behavioral Health Department. ~Frank



TIP OF THE MONTH



I'm really glad that over the past decade more research has been done about this sore subject. Let's talk about the addiction most of us deal with on the daily. What's worse, it's a socially acceptable addiction. Sugar!!! The reason I bring it up is because I want us healthy, because when we are healthy, it's easier to be happy and the world just needs more happy people.

I know the argument. "But sugar makes us happy! It's called 'comfort food' for a reason". Well, yes, but it's a short-lived high, and the havoc it wreaks on your body is intense. If you want to stave off colds this flu season, cut out the sugar. There are several alternatives to sugar that we can even use this holiday season that could really help diminish the chances of us getting sick.

Diabetic recipes for desserts abound. Some of them use stevia, some xylitol, and others use erythritol. None of these have a glycemic index (create a spike in insulin, that fat producing hormone) and each of them has its own unique benefits. Stevia helps get rid of candida – an overgrowth of yeast in the body, and xylitol is good for your teeth. There are some great recipes for the holidays in this newsletter. Check them out. In Good Health ~ Jenna



Photo Courtesy: Aleutian Images

Positive Shifts

There is just something about the holidays that puts me in a better mood. I guess it wasn't always that way. I grew up in an immediate family that didn't celebrate Christmas, and poverty does something to the spirit when you know that even if you did celebrate, there would be no presents. Lights were a luxury and even now, I'm like a little kid enchanted by all the colorful holiday lights. Once I became an adult and was able to start celebrating, I went big. All the lights. All the food. All the gifts for my people. I love the holidays.

This time of year is really hard on some people. Myriad reasons contribute to that. It's dark, cold, icy and isolating in Alaska in the winter. Sometimes these factors compound the emotional toll of grief and loss, shame and regret. Loneliness is the worst in the dark and cold. This is why how we choose to show up for ourselves and those around us is so important. If you aren't someone who is buoyed by the lights and music and cheer, and you're feeling more of a humbug, I have a few tips and tricks for you. They are simple things you can do for yourself and for others that will flip a switch for you.

Last month we talked about myokines, the "hope molecules" that are created in our bodies when we exercise. That is a great place to start. NO equipment or gym membership needed. My son is 17, and he likes being fit and strong. He has developed a fantastic habit that eliminates the need to make a choice each day about when to exercise. That boy literally rolls out of bed each day onto the floor and does 100 push-ups, then he hits the shower and gets ready for his day. I'm not so disciplined. I appreciate my coffee first, but I learned that trick from my son and then read the book "Miracle Morning". The author takes you through the 6 things that will transform your world if you spend even 5 minutes a day on each thing. Here is the miracle list:

- Meditation
- Visualization
- Affirmations
- Journaling (or writing of any kind)
- Reading (something you want to learn)
- Exercise

A very quick version of a miracle morning looks something like this, you wake up and visualize for 5 minutes what you want, you imagine what it would feel like to have it. You spend several minutes feeling the gratitude for this

EASY HOLIDAY PLANS



Many years ago, my "Gramma Audrey" gave me some stellar advice. I was staying with her for the remaining Christmas break after the first of the new year. We went to different shops around town on a mission to find deals on the after-season sales.

I was confused as to why we were Christmas shopping in January. Gramma Audrey was a fantastically organized lady. Her office closet had a box of gift wrap, tape, scissors, bows, you name it, for every occasion imaginable. On the third shelf up she had a box of cards; birthday, get well soon, happy anniversary cards, and everything in between were in that organizer. She did more to prepare for holidays and events than anyone I knew, and she made it look easy.

She smiled and told me why we were shopping for next Christmas already. "See this lovely holiday plate in the cart? Remember how we took a special plate of goodies to the neighbors on Christmas Eve? If we buy it now, it's 75% off. And that is just one less thing to do next Christmas." So, now I share the tip with you. Purchase gifts throughout the year and stash them away. No huge bills at the end of the year, and a giant bump on the peace meter. In Good Health ~Jenna



Photo Courtesy: Aleutian Images

Positive Shifts (Cont.)

version of your life as if it's already a reality. Then you do your 5-minute affirmations. Affirmations are words you repeat to yourself about who you are and the life you want to create. For instance, if you want to be a better dad, you would say, "I'm a loving Father to my children. I am fully present and engaged when they talk to me". After this, you meditate for 5 minutes. Silence is tough for people because our mind is often loud and thoughts are incessant. The mind's job is to think. Asking it not to think is like asking your heart not to beat. So, to meditate we have to give our minds a focus, a job. Mind Body Medicine has a great technique for this. We focus on our breath, and on the inhale, we think "soft" and on the exhale we think, "belly". We do this because when our bellies are soft, it's natural for us to relax. Five minutes of relaxation has great dividends.

For the next three activities we shift into doing things with not just our brain, but our bodies. Grab your journal and for 5 minutes write down all the things you're grateful for. Your hot shower each morning, the cup of coffee that wakes you up, your children, the cat curled up on your lap... just start writing all the things you're grateful for. When that 5-minute timer goes off, you'll already be feeling on top of the world, but grab a book you have been wanting to read. Spend 5 minutes learning something. And, finally, move your body! There are several high-intensity interval training videos for free online. They are anywhere from 7 to 20 minutes and a bunch in-between. Do a few sets of squats. Do some push-ups, do a plank and a wall-sit, and after 5-10 minutes you'll be ready for your morning shower.

Guaranteed if you do these 6 things every morning, your life will no longer be the same after the first week. After the second week you will start to crave the routine, and after week three you will have created a habit.



ROSEMARY BUTTER MASHED TATERS

Want to be fancy with your mashed potatoes this year without the fuss? We've got you! put a stick of butter in a small sauce pan the night before you want to make these potatoes. Add 1-2 Tablespoons of dried Rosemary to the butter and melt it. Stir and remove from heat. Put the lid on it and let it set on the back burner overnight. The next day, turn the heat back on, and once warm, strain the rosemary out of the butter and set butter aside.

Ingredients

4 pounds Yukon gold or Russets
3 cloves Garlic (optional)
Rosemary Butter
1 C. 1/2 & 1/2 Cream
Salt and Pepper to taste

Instructions

Peel and quarter potatoes and put in a pot of salted water.

Add cloves of garlic (if using) and bring to a boil, cooking uncovered for 15 minutes or until fork-tender. Drain well.

Heat cream until warm (don't boil). Add rosemary butter to the potatoes and begin mashing, gradually adding cream. When it's reached the right consistency for your liking, add the salt and pepper to your heart's desire. Serve with your favorite holiday dishes, and with any leftovers, make potato pancakes.

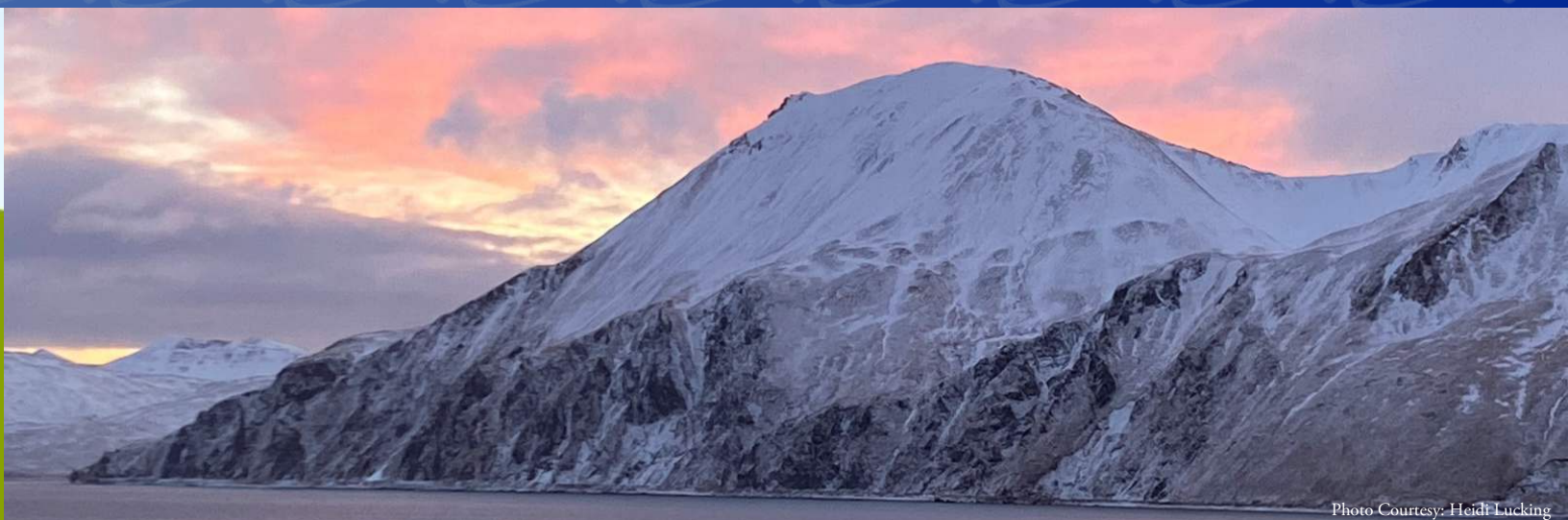


Photo Courtesy: Heidi Lucking

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.

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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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Photo Courtesy: Google images

Community Board



★ Veterans Food Assistance Program ★

What?

Starting October 1st DVNF will be offering a one-time grant per veteran household to support their nutritional needs.

How to Apply

We have an online application that will need to be completed by the Veteran. The application can be found at <https://www.grantinterface.com/sl/dl4NjA>. The link will be open starting October 1st, 2024.

Veteran Qualifications

- Must have a DD214 or Veteran ID
- Was discharged or released under conditions other than dishonorable
- A letter of reference from a case worker or advocate may make the application more favorable.

Other Details

- This is not a monthly grant.
- The groceries will be delivered directly to the Veteran using Walmart or grocery store delivery service.
- Veterans can receive up to \$450 worth of groceries

For more information, please contact us: (202) 737-0522 - info@dvnf.org
www.dvnf.org

Effective Communication Group

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

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.)



**In December We Celebrate
Christmas, Hanukkah &
New Years Eve**

UPCOMING EVENTS

December is the month of...

Impaired Driving Prevention
Human Rights
Seasonal Affective Disorder Awareness
Christmas
Hanukkah

December 7th

Day of Remembrance

December 15th

Bill of Rights Day

December 21st

Winter Solstice

January is the month of...

New Years

Orthodox Christmas

Mental Wellness

Civil Rights

February is the month of...

Valentine's Day

Presidents Day

Autumn Insights: Empowering Caregivers in Dementia Care

Join us for a special event dedicated to supporting caregivers on their journey of caring for loved ones with dementia. This event offers a unique opportunity for caregivers to receive valuable training on **self-care, resources,** and key **dementia topics**, while their loved ones are engaged in interactive, enriching activities.

Event Details:

Date: December 3, 2024
Time: 10 AM - 2 PM
Location: Special Olympics Building
 3200 Mountain View Dr.
 Anchorage, AK 99501
Food will be provided!

Space is limited—be sure to reserve your spot by calling 907-375-2606 to register. Don't miss this opportunity to gain essential insights, connect with other caregivers, and learn valuable strategies for your well-being and your loved ones.

Empower yourself. Empower your care. **Register today!**

Angāgiŋtaalaqan Angāgiisadada & 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@apiai.org

