



TIDE POOL TIMES

Aleutian Pribilof Islands Association's Monthly Regional Newsletter

March Wellness



HAPPY
ST. PATRICK'S
DAY

Program Update Staff Sergeant Parker Gordon Fox Project

Does it feel like spring yet? Typically, the rest of the nation is coming out of winter by now, and we Alaskans are left with another month to 6 weeks of winter. The light is returning, and so is a bit of hope for our enrollees. The connections made during this project make all the difference. From our ANCHR Gatherings in the region connecting us with our Unangaŋ culture, to the ladies reminiscing about the Women's Wellness Gathering during our check-in this last month, we are reminded how culture and connection are prevention.

With all of the upheaval in government creating uncertainty, we are hopeful that Congress will see the good work happening across the nation and in our territories through this SSG Fox Suicide Prevention Grant and make this program part of the Hannon Act. Destiny Key, our Veteran Peer Support Specialist is here for you, as are Amy and Jenna. We are honored to serve our Veterans, active service members and their families.

Your SSG Fox team here at APIA want you to feel the hope this spring. We offer weekly listening circles and yoga at the Anchorage Vet Center to all enrollees, as well as Gatherings in the Region. We offer case management, as well as Wellness boxes when you join the program. It's easy to join us. 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.

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Tide Pool Times Editor: Jenna Larson



VA Suicide Prevention Grant Recipient

Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program Award Recipient



Photo Courtesy: Makenzie Fox



Photo Courtesy: Alenian Images

Ignite Your Power By Jenna Larson

In ancient times, especially during the Greek and Roman Empires, words were thought of as so powerful that they could bring things into existence. Words were thought of as spells. That's why it was perceived as a powerful blessing to speak goodness over someone, and equally as powerful to speak a curse. The word "abracadabra" is believed to come from the Aramaic words, "Avra kedabra", which means "As I speak, I create". The words we say are still very powerful, and the ones we say to ourselves, whether internally or out-loud have the power to affect our entire lives.

What if we went from feeling and viewing ourselves as less-than, abused, mistreated, broken or unloved as this magnificent piece of the Divine, imbued with worth by sheer merit of our existence? A book I was reading stated there is immeasurable value in us being able to transition from a self-image of the powerless victim to "magnificent temple... that needs a thorough, sacred remodel from the inside out". I couldn't agree more. What if we recognized that we aren't going to live forever, so we better start spending our precious time on what really does matter. What are you passionate about? How can you contribute to the planet? What are you doing when you lose track of time in a state of flow? Who and what is important to you? Are you already doing that, and if not, why?

Spend time healing. Lao Tsu admonished, "The greatest gift you have to give is that of your own self-transformation period". Don't allow rough circumstances to steal your joy, or your passion. Your power lies squarely in your ability to face all that you are and muster that champion part of yourself just waiting to create the life you've always dreamed is possible. Healing includes creating. Why do you think artists do their best work when they are hurting? The wise dive into their creative selves to ignite their power. Painters paint. Writers write. Singers sing. What is your creative outlet? Dive into it, and lose yourself, because what you will find is that raw part of you that desperately wants to hold on to the past will eventually let go. Creativity takes over, and the victim fades away, making room for the warrior.

To paraphrase a quote by Charles Darwin, it's not the strongest that survive, or the smartest, but the ones most adaptable to change. So here is your ignition for your power on this journey... allow your adaptable nature to take over. Imagine your ideal self and allow that version of yourself to emerge. You get to create, be of service to others and you get to be flexible in your thinking and adaptable in your approach to change. Doesn't that sound like freedom?

QASPEQ CREATIONS

On January 22nd, one of our esteemed colleagues, Dr. Michele Yatchmeneff from False Pass, shared a flyer for a qaspeq workshop at the Cama-i Room at the University of Alaska Anchorage on Friday evenings. The asterisk at the bottom of the flyer (all materials provided) caught my eye, so I showed up. Mary is the instructor, and an absolute delight to work with, passionate about sharing the art of qaspeq sewing with others. Mary quickly put me to work selecting a pattern, cutting the fabric, and sewing it together. I got the qaspeq about one quarter done on Friday evening, and then joined Mary at a "finish your project" gathering at the Mabel Pike Education Center at the Alaska Native Heritage Center on Saturday morning. I am slow at sewing, so it took me around four hours to complete. Mary told me that, if I sew three qaspeq, I may become half-way proficient. I have started to sew a qaspeq to honor an MMIP victim. UnangaꝻ people have used expert sewing skills as part of survival and traditional healing for centuries. ~Dr. Mike Livingston





Photo Courtesy: Jenna Larson

Monthly Spotlight

Waqaa!

I am Rochelle “Cingliaq/Pat’aq” Greenley, born in Dillingham, raised in Togiak, and have been living in Anchorage for the last 20ish years. I am half Yupik and the other half a mix of Scottish/English/Irish. My parents are the late Russell Greenley (10/2020) of Walla Walla, Washington & Dorothy Coupchiak of Togiak, Alaska. I have two older brothers, and one younger brother who we lost in June 2024. You may also hear me speak of two sisters (one younger, one older), they are actually my 1st cousins, but we were raised as sisters. I graduated from Togiak High School, tried UAF for a bit, didn’t fit, and moved to Anchorage the winter of 2003-2004. My working career started at ANTHC, where I worked for 16 years. I went to work at ANJC for 2 years, and now am here at APIA, where I have worked since August of 2023.



After going through lots of life experiences, I finally found my feet in 2014, attended Wayland Baptist University where I got my Bachelors of Applied Science in Environmental Studies in 2017.

I enjoy lots of different activities like road trips, crochet, reading, traditional activities (like processing fish), spending time with loved ones and my pets, and playing games.

I have two pets: HiJinx Erica the cat (6 years old), and Mocha May the village dog (4 years old). They have helped me through a lot of life, and I am very thankful for them.

One of the things that I am very passionate about is mental health and wellness; especially using cultural practices and community to heal ourselves. Working at APIA has been very rewarding working with community members in Healthy Relationship practices.

TIP OF THE MONTH



Somehow, we made it through the roughest part of the winter, the darkness and the cold. Alaskans know better than most how the spring can actually be the toughest time of the year emotionally due to the lack of vitamin D and lack of connection throughout the winter. Hibernation happens on a different level in our state. Due to the cold we tend to hole up, and we don’t socialize as much.

Here are some actionable steps we can take to feel better and stave-off cabin fever and depression this spring:

- Take vitamin D supplements
- Get outside in the light
- Spend time in Nature
- Plan outings with friends
- Prepare for summer activities
- Exercise

Taking the time to get our nutrition dialed in, and getting outside in the fresh air can make a huge difference in our affect and make us feel better. Connecting with people who love us can also make all the difference. Do you garden? Maybe get your seeds planted inside. New growth has a way of boosting one’s mood, as does getting good exercise. Even these simple things can make a huge difference this spring.

In Good Health ~ Jenna



Photo Courtesy: Jenna Larson

safeTALK Training

Help Us Become Suicide Safer Together – Through safeTALK

APIA is proud to offer impactful, evidence-based suicide prevention trainings, and we'd like to highlight one in particular: safeTALK.

safeTALK is a four-hour training designed to help individuals recognize when someone may be thinking of suicide and guide them in connecting with further support. In this training, you'll learn how to approach someone who may be struggling and ensure their safety by linking them to appropriate resources. Your role as a connector is central to this life-saving process.

This training is suitable for participants aged 15 and up and has no known adverse effects. It also plays a key role in reducing suicide-related stigma within our communities.

If you're interested in bringing this valuable training to your community, please contact Candace Nielsen, Training and Outreach Specialist, at candacen@apiai.org or (907) 276-2700, ext. 244.

Let's work together to build a suicide-safer community!

COCONUT CURRY SALMON



Salmon:

- 1 1/2 lbs. salmon
- 1 tablespoon brown sugar
- 1 teaspoon curry powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon kosher salt (more for a larger filet)
- 1-2 teaspoons olive oil

Coconut Curry Sauce:

- 1 tablespoon olive oil
- 2 cloves garlic (minced)
- 1 small knob of ginger (minced)
- 1 tablespoon of lemongrass paste
- 1 tablespoon brown sugar
- 1 tablespoon red curry paste
- 1 can coconut milk
- 2 tablespoons fish sauce or soy sauce
- lots of lime juice and zest
- 3 cups fresh spinach, chopped

For Serving: cilantro, basil, mint, or other fresh herbs and plenty of rice

Instructions

Get the oven ready: Preheat the oven to 475. Line baking sheet with foil. Place oven rack close-ish to the top, about 6 inches or so.

Make your rice: Cook rice according to package instructions.

Salmon: Mix the spices and the olive oil to make a paste. Place the salmon skin side down on the baking sheet. Rub the paste liberally over the top part of the salmon. Bake for 6-12 minutes (depends on salmon thickness and desired doneness – I usually opt for 8-10 minutes).

Coconut Curry Sauce: Heat the olive oil over medium heat. Add garlic, ginger, and lemongrass; sauté for 5 minutes. Add brown sugar and curry paste; sauté for 3 minutes. Add coconut milk. Season with fish sauce, lime juice, and lime zest to taste. Add spinach; stir into the sauce until wilted.

Serve: Place salmon over rice. Cover with sauce, lime juice, and fresh herbs.

APIA
ALEUTIAN PEBILOF ISLANDS ASSOCIATION

REGISTER NOW

safeTALK

Suicide Alertness Training
Empowering everyone to make a difference
for suicide prevention.



Photo Courtesy: Jami Creasey

Community Board



SHARE YOUR PHOTOS!

What does Suicide prevention mean to you?
Scan and drop your photos below



Your photos will go towards this year's
National Suicide Prevention Month
campaign



By uploading your photo, you hereby grant to APIA the right to use and incorporate in whole or in part your photograph to use in marketing materials, advertising, and promotional materials or broadcast in any media (such as Facebook or the APIA website).



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@apia.org

March Friday Elder Gatherings will
be held from 10am to 12 noon on
the 7th, 21st, and 28th.
1131 E. International Airport Rd,
Anchorage

Community Board (cont.)

Colorectal Cancer Run and Walk



Join us in the fight against colorectal cancer by participating in this event

MARCH 8, 2025 | 11:00 AM

Starts and ends at Kelly Field
1588 E. Broadway Ave.

FIT kits will also be handed out for those who are due. Get your colon checked today!

Scan here to register!



Email Vivian at viviann@apiai.org with any questions

UPCOMING EVENTS

March is the month of...

Daylight Savings
St. Patrick's Day
Sewards Day
Vietnam Veterans Day
Employee Appreciation

March 10th

Daylight Savings

March 17th

St. Patrick's Day

March 19th

Spring Equinox

April is the month of...

Passover

Easter

Earth Day

May is the month of...

Mental Health Awareness Month

Labor Day

Mother's Day

DID YOU KNOW ...

TOBACCO USE CAN AFFECT YOUR BRAIN LIKE VAPING?

Every time you use nicotine products like tobacco or vapes, it can cause changes to the "wiring" of the brain and the pathways that are still building connections. This makes your brain more vulnerable to addiction, impulse control, and even problems with learning and memory.

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

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 at carolinen@apiai.org

March is Colorectal Cancer Awareness Month

Don't rely on four-leaf clovers for good health!
Schedule your colorectal cancer screening today!

APIA's Clinics:

- Unalaska: (907) 581-2742
- St. George: (907) 859-2254
- Nikolski: (907) 576-2204
- Atka: (907) 839-2232

For more information, contact Vivian Nguyen at viviann@apiai.org