



TIDE POOL TIMES

Aleutian Pribilof Islands Association's Monthly Regional Newsletter

September Wellness



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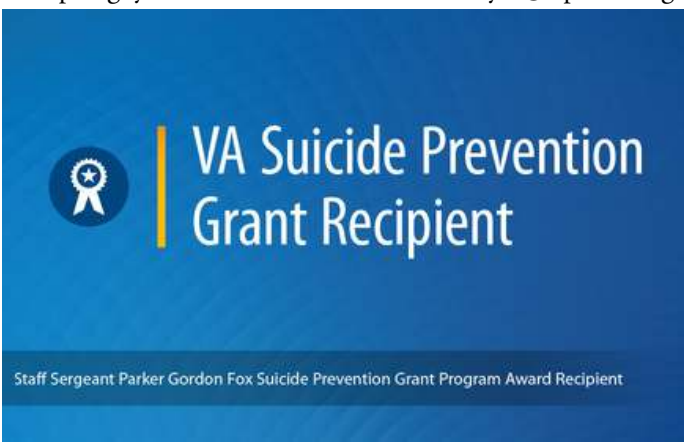
Program Update Staff Sergeant Parker Gordon Fox Project

August always seems to fly by in Alaska. Fishing and processing them and taking advantage of the long summer days are first on our list. Then there is preparing for hunting, filling the freezer for the winter, and before we know it, the days start getting shorter, and colder, and the seasons change.

The month was also full of checking in with each Veteran and enrollee, and Destiny helping Veterans navigate the VA to get their benefits. The Vet Center in Anchorage is still partnering with us and thanks to them, we are able to offer Listening Circles every Monday from 2-4pm and gentle yoga each Wednesday at noon. The new Director over at the Vet Center, Courtney Moody, is making great strides and organizing the space and creating a welcoming environment for all local Vets to come and be together.

It's a pleasure to work with our community partners for the betterment of our enrollees. We continue with our mission here at APIA to support our Veterans with culture and connection. If you are a part of our program, don't be surprised if you get a call from our CHS Program Assistant, Georgia Kashevarof. She helps with monthly case management calls. We're really thankful for her support.

Don't forget that Destiny's got your six when it comes to navigating the VA. If you haven't registered for the services they offer and you served your country, you have benefits headed your way. Destiny takes the guess work out of it and looks forward to helping you. Email her at destinyk@apiai.org.



Staff Sergeant Parker Gordon Fox Suicide Prevention Grant Program Award Recipient



Photo Courtesy: David Fox



Photo Courtesy: Google Images

Rules of the Mind

Earlier this summer there was a training for Rapid Transformational Therapy. It's an offering we provide our enrollees in the SSG Fox Program that helps alleviate PTSD symptoms, as well as anxiety, depression and helps us deal with childhood and generational trauma. While at the training attendees were reminded about the Rules of the Mind. It's such a powerful set of tools to use to your mental health advantage. If you'd like to see the YouTube of Marisa Peer talking about these, you can [click this link](#). Knowledge is power, and knowing how the mind works gives us a leg up when it comes to transforming the parts of our lives that we'd like to change.

1. Your Mind Does What It Thinks You Want It to Do
 - Your mind responds to the words and images you give it.
 - If you constantly say things like, "This is too hard," your mind will believe you and make it harder.
 - Conversely, if you say, "I can do this," your mind will support that belief.
2. Your Mind Works to Move You From Pain to Pleasure
 - The mind is hardwired to avoid pain and seek pleasure.
 - If your mind associates pain with something (e.g., public speaking), it will try to steer you away from it—even if it's something you logically want to do.
 - To change behavior, you need to reframe the activity as pleasurable or rewarding.
3. Your Mind Responds to the Pictures and Words You Tell It
 - The subconscious is influenced by vivid images and emotionally charged words.
 - Mental rehearsal and visualization can powerfully influence your brain and behavior.
 - Saying things like "I'm confident and calm" while visualizing success trains your mind to expect those outcomes.
4. The Mind Loves What Is Familiar
 - The mind tends to stick to what's familiar—even if it's negative (like self-doubt or bad habits).
 - Change requires making the unfamiliar (e.g., self-confidence, healthy habits) feel safe and comfortable.
 - Repetition and positive reinforcement help turn new behaviors into the new normal.

VPSS REPORT

September is a special month of reflection and unity for our military community. One important day to remember is Patriot Day on September 11th. It's a time to honor those we lost in the 2001 attacks, pay tribute to the courage of our first responders and service members, and reflect on how we came together as a nation during such a difficult time. Even a small moment of remembrance can be a powerful way to show respect and keep the spirit of unity alive.

Also, did you know the VA has a whole collection of free mobile apps designed just for veterans and their family members? They've got tools for mindfulness, stress relief, better sleep, PTSD, physical fitness, and even ways to connect directly with VA services. I've been trying some out myself and they're easy to use and actually quite helpful! If you're curious, check them out here: [VA App Store](#) and see if there's one that could make your day a little easier or healthier.

~Destiny

Destiny Key is our Veteran Peer Support Specialist (VPSS) here at APIA. She served in the U.S. Navy from January 2020-January 2024. Reach out to her for help with the VA.





Photo Courtesy: Ali Marvin

Monthly Spotlight

Aang! My name is Vivian Nguyen, and I was born in Vietnam, but raised in Unalaska, Alaska. After I graduated high school, I moved to Anchorage and got my Occupational Endorsement Certificates (OEC) in Baking and Pastry Arts as well as Pharmacy Tech (initially, I wanted to become a pharmacist). During my second year of college, I started to pursue a bachelor's degree in Dietetics and Nutrition with a minor in Athletic Training from the University of Alaska Anchorage as well as an OEC in Children's Behavioral Health. Once I graduate in the spring of 2026, I will continue my education and work towards my master's degree in Dietetics to one day become a Registered Dietitian.

Growing up in the Aleutian Islands gave me a deep appreciation for the outdoors. Outside of work and school, I love spending time in nature - especially near the water. Some of my favorite activities include paddle boarding, tide pooling, picking berries, going on hikes, and beach combing.

I've been with APIA for a little over a year. I began as an intern through the Aleutian Pribilof Island Community Development Association (APICDA) working on the Good Health and Wellness in Indian Country Grant. After my internship, I transitioned into a role focused on outreach and increasing colorectal cancer screening rates across the region. Most recently, I have moved into implementing the Native It's Your Game curriculum which is an HIV, STD, and pregnancy prevention education program for middle and high school students that encourages making healthy choices. Prior to joining APIA, I ran an after school program for children ages K-6 at the YMCA where I learned valuable skills in youth engagement and program facilitation.



TIP OF THE MONTH



Every Alaskan knows that once the days start getting shorter we have to start thinking about getting more Vitamin D, but did you know that magnesium is also a fantastic way to beat the blues when our bodies start feeling the effects of less sun? It's true!

The thing about Vitamin D is that it builds up in your system gradually and it's stored in your liver and in your fatty tissues. You can get it from sunlight, your diet (which is why good gut health is important) and supplements. It can take anywhere from 8 to 12 weeks for your body to go from really low levels to sufficient Vitamin D levels with supplementation.

Magnesium helps activate Vitamin D in your system. Together, these powerhouse-nutrients help your bones absorb calcium, they help muscle function, boost your immune system, regulate your blood pressure and help with serotonin levels that affect your mood.

Like the Father of Medicine famously said, "Let your food be your medicine and your medicine be your food". Some fantastic sources of both of these nutrients are plain yogurt, eggs, salmon, and tuna.

In Good Health ~ Jenna





Photo Courtesy: Jami Creaseyn

Community Board



JOHNSON O'MALLEY STUDENT ACTIVITIES PROGRAM

APPLICATIONS OPEN
AUGUST 1, 2025

REQUIREMENTS:

- ✓ Age 3+ attending Anchorage School District
- ✓ Tribally enrolled, Tribally enrolled parent or grandparent, or child is at least 1/4 Alaska Native or American Indian
- ✓ Grant only applies to this school year

FUND USES:

- Classroom supplies ✓
- Books ✓
- Tutoring ✓
- Field trips ✓
- Graduation supplies ✓
- And much more! ✓

JOMprograms@citci.org
907-793-3300

Check pickup will be at the
CITC Nat'uh Service Center
3600 San Jeronimo Drive
Please bring ID

Limited
number of
scholarships
available!



Apply



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.)



Elder Gatherings will be held
September 5th, 12th and the 26th.

Potluck is on the 19th.

1131 E. International Airport Rd,
Anchorage

UPCOMING EVENTS

September is the month of...

Labor Day

Grandparents Day

International Day of Peace

September 1st

Labor Day

September 8th

Grandparents Day

September 26th

Positive Thinking Day

September 17th

Constitution Day

October is the month of...

Indigenous Peoples

Teachers

Coffee

Non-Violence

November is the month of...

Thanksgiving



SEPTEMBER IS
**SUICIDE
PREVENTION
AWARENESS
MONTH**

