

ALEUTIAN CONNECTION

DECEMBER 2005

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EAT PRESIDENT'S RECOGNITION AWARDS BY INGRID CARLSON

Terry Murphy, CHA IV of King Cove, and Melinda Johnson, CHA IV of Nelson Lagoon, were bestowed the Eastern Aleutian Tribes President's Award for their hard work and dedication to their respective communities. These two were both recognized this summer by the EAT Board of Directors, administration, supervisors and staff for their determination and fine quality of patient care in the past year.

Terry transferred from an itinerant CHA position to full-time provider/Primary Care Manager/EMS coordinator in King Cove when the PCM departed. His dedication to his job, staff

and communities of EAT is appreciated and recognized by many.

Melinda managed the helm in her community while a co-worker was on family leave for several months. She was on call twenty-four hours a day and facilitated several site visits from other medical staff while keeping a cheerful "Can Do" attitude.

Terry and Melinda are fine examples of EAT's dedicated staff region-wide. When you see them, please offer congratulations for their efforts, as well as the rest of our clinic



Terry Murphy (center) & King Cove Staff



Melinda Johnson, Ingrid Carlson, & Della Trumble

staff who all strive to improve our community's health and well-being on a daily basis.

NEW SIGN DEDICATED TO SONNY LARSEN BY KATHLEEN HEALY



Henry "Sonny" Larsen Jr.

We wanted to congratulate the King Cove Staff on their celebration of Henry "Sonny" Larsen's tenure with EAT. Sonny worked from February 2004 to May 2005. Even though he was previously working for the Agdaagux tribe, he maintained the mechanical systems in the King Cove Clinic. He always ensured the boiler and the entire system was working well.

The clinic staff put together a

great potluck (those of us tuned in from distant sites were hungry just listening). They came up with the idea of a sign to permanently commemorate Sonny's presence and influence on the clinic, and they made sure that family and community members were there to witness and share in the honor accorded him.

What a terrific job! Marilyn Mack deserves special mention here as she spearheaded the

effort. Thanks to EAT (Della and Rochelle in particular) for so quickly authorizing the funds for the sign in his honor. Thanks to Terry for getting the sign out to King Cove and getting pictures and a phone connection to Anchorage. This was probably the best example I have ever seen of a healing organization in action.

NEWS IN WHITTIER BY PATRICIA HOFFSTATTER

Negotiations continue into the second year regarding possible new surroundings for our clinic (move within this building, coordination with the City of Whittier in a new or renovated multipurpose building/space).

We've had visits from Dr. Gary Ferguson, Leslie Bennett (as EAT and independent practitioner), and Kathy Chastain over the last few months.

Each has helped with certain parts of the population.

We had an "Iditahealth Challenge" starting in February, with initial free screenings and educational and goal setting activities for improving various health parameters. Cheryl Dalena was the coordinator, and in a dwindling way it is still ongoing. On April 11 we worked with PWS/Alyeska Pipeline

floating health fair, the AK HF Corporation, and the Whittier Community School and had the Third Annual Health Fair since EAT has been in town; and it went well, as usual.

Our patient encounters, not counting two CHP to FNP consultations, have been steady between 210 and 220 per month for the third month in a row.

FALSE PASS GETS NEW AMBULANCE BY CLAIRE YANIK

The False Pass clinic and EMS squad would like to thank the Seward Volunteer Ambulance Corp for their very generous donation of a beautiful 1992 Ford F350 ambulance. The Seward volunteers made public their interest in donating the ambulance to a village in need. The False Pass clinic wrote a letter to the Seward squad, pleaded their cause with support from EAT and were fortunate to be rewarded for the effort. Eastern Aleutian

Tribes helped to facilitate the transport by paying the ferry expense for shipping the vehicle and by also calling in a couple of favors to see that the ambulance made the M/V Tustemena's last trip of the year to the area. False Pass has been struggling with trying to obtain a decent patient transport vehicle for several years. They have been driving a 1979 Chevy ambulance with a rusting floorboard, toxic patient bay and

completely unreliable start record. The Seward volunteers were kind enough to throw in some additional tires for the rig and drove the vehicle from Seward to Homer with no compensation. For the first time ever, The False Pass EMS squad and EAT's clinic personnel can depend on their ambulance to assist in emergency response. Thanks to all of the individuals and agencies who made this dream a reality.

**DIABETES OUTREACH PROGRAM BY DR. GARY FERGUSEN**

EAT continues to push forward in its Diabetes Outreach Program. In addition to providing our diabetic patients with better-than standard care, we are putting a big focus on prevention – helping people to realize that they can prevent diabetes. Healthier food choices and choosing to exercise daily go a long way in helping our bodies work better and prevent the onset of Type 2 Diabetes. Current studies show a

correlation between sedentary/inactive lifestyles and earlier onset of diabetes. People who have a blood relative with diabetes are especially at risk, and/or those who are Alaska Native/American Indian.

EAT has chosen to focus much of its outreach efforts on the benefits of exercise this year. Look for walking events in your community this fall! We're also looking at walking clubs to "hike/kayak the Aleutians" -

which is a walking program based on the "Walking the Iditarod/10,000 steps" program. We are pairing exercise promotion with healthier food choices and will have a food buying guide that will be available to help you order/be aware of good-tasting nutritious foods at our "healthy food potlucks". The old adage, "you are what you eat", really is true!

ELDER CARE BY DR. GARY FERGUSEN

Eastern Aleutian Tribes is in the process of improving our Elder Care Program. In cooperation with Aleutian Pribilof Island Association, EAT is participating in an Elder Task Force – which has met regularly in past months to discuss the needs of elders in the Aleutian Region. Our population is aging and the

needs of our elders continue to grow. Key EAT personnel in each community have been identified and work is being done to get continued training in areas of need. The State of Alaska has changed its requirements for medicare-provided services to elders and those in need; EAT is getting this

information and will help those in need get qualified for whatever services are applicable/available. We are always looking for ways that we can serve the needs of the elders in the region – so comments/suggestions are welcome.



Dr. Gary Ferguson

ELDER CARE “STEW” BY ROSEMARY GRAFFIUS

Recipe for Eldercare “Stew”

Directions: Adequate preparation time is essential to success, so plan ahead!

Contrary to most recipes, too many cooks don’t spoil this broth. In fact, the best taste comes from the greatest variety. Slow simmering blends and brings out the flavors and allows for seasoning to taste as desired. Remember to start the stew even if you don’t have all the ingredients. More can be

added as available. You will need one very large kettle with smaller ones in each community and several people to find and prepare the ingredients, (some are found locally, some regionally and some are more difficult to locate). The cook may need to seek advice from more accomplished chefs. One primary cook starts the process by choosing the recipe and mixing the ingredients. Then the stew is divided up in

each community for a taste test. Seasoning is corrected for local and individual taste and additional ingredients are added as needed. Many assistant cooks are needed to stir the pot and keep the heat at the right temperature so that it can be served when needed to our elders. The primary cook has gone on to another meal, so it is important to keep the pot simmering until the next course is ready. Thanks to all for help!

“Many assistant cooks are needed to stir the pot ... so that it can be served when needed to our elders.”

Ingredients:

Currently on hand:

- Communities that care about their elders.
- Compassionate and visionary Board of Directors and Administration.
- Elders Task Force comprised of EAT, APIA and AHA members.
- APIA and AHA projects such as food boxes, legal services, and home modification.
- ANTHC support for Elders Projects and Palliative Care
- ANMC Case Managers for Alaska Native patients.
- Hospice of Anchorage
- Access Alaska (resource for consumer directed home health and equipment)
- Grant writers for EAT who are always searching for funds.
- EAT employees working with elders and palliative care.
- New CCT’s (Community Care Technicians) in 3 communities
- Ten CHA’s/BHA’s have completed cancer training
- Volunteers committed to helping others

Still Needed:

- Hospice volunteers in every community.
- Home Health Services to include Personal Care Attendants.
- Assisted Living Facilities in Sand Point and King Cove.
- Community Care Technicians in every community.
- An Elder’s Trust Fund to assist with cost of equipment, shipping, and services.
- Ongoing training and respite services for caregivers and families.
- A partnership with the schools to offer a vocational education path for students who want to work with elders.
- Sustainable funding sources to maintain elder and palliative care services.

ANNA LIVINGSTON MEMORIAL CLINIC BY BARBRA KELLER

The clinic held a very successful health fair for the community in April and had a great turn out. Participants were able to have height, weight, BMI, blood glucose, cholesterol, hemoglobin, blood pressure, and oxygen saturation screening. Information on dental health, immunizations, cardiovascular disease, diabetes, early detection of colorectal cancer, and smoking cessation and the dangers of using smokeless tobacco were provided.

A visit by "Dip Lip," made it fun for all ages. The effects of smoking with the use of pigs' lungs flown in by Alaska Health Fair Inc; was also a big hit. Nutrition information, along with visual aides of real to life 2.5 and 5 pound slabs of fat, were effective tools.

Sign up sheets were used to promote a walking club in the community and to recruit volunteers for our EMS squad. Community members left with their arms full of health education pamphlets, door prizes, tooth brushes, and their stomachs full from healthy snacks provided by Dr. Gary Ferguson.

The clinic staff is concentrating on several projects. The diabetes registry is one project that is a living document and is forever being added to. The staff has just sent out to

all the Clinics of EATS, the new IHS guidelines for the Care of Adults with Prediabetes and/or the Metabolic Syndrome in Clinical Settings that was made available April 2005. These guidelines will help EAT's clinicians provide consistent, quality and metabolic syndrome and help support our goals to prevent diabetes and cardiovascular disease in our region.

The clinic is the new hub for storing materials for annual health fairs in our communities. Several poster board presentations along with great visual aides for nutrition, diabetes, cardiovascular disease, dental health, immunizations, and smoking cessation are available. Please call the clinic to book the use of this equipment. A calendar with bookings will be kept so all can take advantage of these materials.

The clinic staff continues to campaign for a healthy community by posting smoking cessation web sites, information on early detection of cancers, to name a few. It posts the information around the community, especially in the Pen Air terminal for people to read as they are waiting to fly to their destinations.

In the summer the clinic will be changed to its summer hours allowing the staff to

participate in subsistence fishing, hiking, bear watching, and taking in the splendor of the area. Residents could contact the medical staff who always monitor channel 16 on the VHS radio. Weather service relayed messages to the clinic staff for those who did not have a VHS radio. The clinic extends a big THANK YOU to those at the weather service for always helping the community of Cold Bay.

"The clinic staff continues to campaign for a healthy community"



Cold Bay, Alaska

PRIMARY CARE DIRECTOR BY MICHAEL TERRY

As many of you know, I am leaving my position as Director of Primary Care to spend a year with my son and daughter in California before starting my Ph.D. studies. But, I will be back in the region on at least a quarterly basis to provide consultation services to our medical and behavioral clinicians.

I am leaving the Primary Care Office in the capable hands of our new directors of Medical and Behavioral Health services who will continue the integration work that has come so very far to date. Ingrid Carlson, PA-C is our new Medical Director. I have had the privilege of mentoring her over the past 7

months and am greatly impressed with her personal integrity, dedication to service and commitment to continuous improvement personally, professionally and in all our clinical services.

Tony Washington, LPC and Jim Neumann, MSW are the new Co-Directors of Behavioral Health. Jim is a man of wisdom and great compassion, and he is vigorous in assuring that our services respect the full dignity of each person's humanity. Tony joined us one year ago and charms everyone who meets him. He brings a vast array of clinical skills, tenacious patience, and a profound gentleness to our team.

EAT is fortunate to have these three outstanding people in leadership roles, and I am personally grateful and indebted to them for their demonstrated leadership and teamwork.

Michael Terry
Director of Primary Care



Whittier, Alaska

MEDICAL DIRECTOR BY INGRID CARLSON

I would like to take the opportunity to tell a bit about myself and our Primary Care Program here at Eastern Aleutian Tribes. I've currently been working for seven months as Deputy Director of Primary Care under Michael Terry, the director. My background is primarily in medicine as I worked in my hometown of Sand Point as a Community Health-Aide for ten years before going on to Physician Assistant training at the University of Washington-Medex program. After graduating I worked in Family Medicine at the Alaska Native Medical Center managing a panel of patients in the primary care setting, which I enjoyed very much.

I was very excited at the opportunity to work with my home healthcare corporation and feel quite fortunate to have the opportunity to both learn and serve our region. I've had the opportu-

nity to work on several granting projects to increase services in our region such as developing a more comprehensive elder and chronic care program, concentrating on preventative and therapeutic programs such as a new Health Educator and improving data collection tools as well as improving dental access. I have also been quite busy strengthening current services and recruiting for any current medical positions.

I feel quite fortunate to have this opportunity to serve the people of our region and look forward to meeting and talking with more of you in the next few months as I make some site visits to our beautiful communities.

Ingrid Carlson,
Medical Director



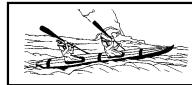
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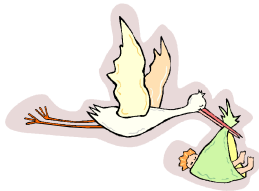
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EASTERN ALEUTIAN TRIBES, INC.

**WORKING TOGETHER TO PROMOTE
HEALTHY COMMUNITIES**



Andrew Hawk Jackson
Born : 9/14/05 4:00 a.m.
8 ½ lbs. 20 ½ in. long



Anchorage staff at Jewel Lake Park
EAT picnic July 29, 2005



Carter Tomas Uttecht
Born: 5/18/05 3:47p.m.
7 lbs. 6 oz. 20 ½ in. long

The mission of the Eastern Aleutian Tribes, Inc., is to provide and continually improve quality health care in a dependable manner that ensures that everyone is treated equally with dignity and respect, encouraging the well being of people.

Goals for 2001-2006:

1. Engage in controlled purposeful growth of the corporation with ... support;
2. Improve and expand all services through village clinics;
3. Provide education and awareness on health issues including prevention and preventive care;
4. Enhance, expand, and integrate technologies into health service delivery;
5. Ensure continuous quality improvement of all functions of the corporation.

EAT JOB

OPENINGS:

- **Psych Nurse Practitioner - St. George**
- **Nurse Practitioner/Physicians Assistant - Adak**
- **Itinerant Nurse Practitioner/Physicians Assistant - Regional**
- **Nurse Practitioner/Physicians Assistant - King Cove**
- **Human Resources Manager**