

the council

Vol. 44, No. 6

A REPORT TO THE MEMBER TRIBES OF TANANA CHIEFS CONFERENCE

June 2019



36th Annual Tribal Court Conference

By Lisa Jaeger
Village Government Specialist, TCC



Tanana Chiefs Conference, in partnership with the University of Alaska Tribal Management Program, hosted the 36th Annual Alaska Tribal Court Conference. Over 350 participants attended representing some 75 Alaska tribes. The conference featured 3 keynote speakers this year: Will Mayo shared sage advice and wisdom from his experiences growing up in Tanana, Stephen Pevar, author of *The Rights of Indians and Tribes*, gave a detailed profile of the Indian Child Welfare Act, and Natasha Singh gave a rousing presentation on tribal sovereignty and challenged participants to make decisions that

will be beneficial to generations 100 years from now. Panels of presenters from around the state covered topics including compassion fatigue, court administration, domestic violence, protecting children, tribal court structure options, tribal enforcement of public safety codes, tribal/state diversion programs, and working with the State judiciary. Senator Lisa Murkowski, who has been instrumental in securing funding for tribal courts through the Bureau of Indian Affairs budget, also joined the conference via video. Three presentations from State representatives followed the Senator:

Ed Sniffen, Chief of Staff for the Office of the Attorney General, Justice Susan Carney from the Alaska Supreme Court, and Commissioner Amanda Price, Alaska Department of Public Safety. The Conference ended with presentations from the Bureau of Indian Affairs and the Department of Justice. Following the Conference was the 2nd Annual Missing and Murdered Indigenous Woman's Awareness Walk, and then a formal tribal consultation with the Office of Victims of Crime.

Congratulations Rev. Dr. Anna Frank!

Rev. Anna Frank of Minto received an Honorary Doctorate of Laws (LL.D.) degree from the University of Alaska Fairbanks, recognizing her many contributions to Interior Alaska and the State as a Native leader and Priest.

TCC would like to thank you for all that you do for Interior Alaska!



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MISSION STATEMENT

Tanana Chiefs Conference provides a unified voice in advancing sovereign tribal governments through the promotion of physical and mental wellness, education, socioeconomic development, and culture of the Interior Alaska Native people.

VISION

Healthy, Strong, Unified Tribes



Tanana
Chiefs
Conference

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CHIEF'S REPORT

Dear Tribes and Tribal Members,



This past May many of us celebrated with our friends and family on their recent educational achievements, Congratulations to all that graduated! For those going into higher education, vocational training, or employment, I wish you all the best of luck.

Among the graduates was Rev. Dr. Anna Frank of Minto who received an Honorary Doctorate of Laws (LL.D.) degree from the University of Alaska Fairbanks, recognizing her many contributions as a Native leader, Counselor, Advocate, Priest and of course mother and grandmother.

Over the past few years the University of Fairbanks has honored several tribal leaders with an Honorary Doctorate Degree; 2nd Traditional Chief Dr. Trimble Gilbert of Arctic Village, Dr. Elizabeth Fleagle of Alatna, Dr. Al Ketzler Sr. of Nenana, and the late Dr. Poldine Carlo of Nulato. Thank you UAF!

Also, congratulations to Teisha Wiehl of Beaver, Mariah Bifelt of Hughes, Amber Jimmie of Minto, and Robert "Dale" Keeling of Manley for completing Level 4 of the Community Health Aide training program. To date, 102 health aides have attended Session Training at the TCC CHAP Basic Training Center. These four individuals will return to their communities better prepared to meet your health care needs. More information and photos from this ceremony can be found in the July Council newsletter. Remember whenever you can, thank your Health Aid.

TCC collaborated with the Interior-Aleutians Campus to host the 36th Annual Alaska Tribal Court Conference with the theme 'Tribal Courts: Guardians of Justice.' This year we had over 300 participants, which is significantly larger than previous years. I would like to thank Senator Lisa Murkowski for her support and funding, the Bureau of Indian Affairs for establishing a roll out, and the Tribal Management Program at the University of Alaska Fairbanks for their partnership. Information from this conference can be found on page 1.

The Athena Health Patient Portal is now available to via desktop, tablet and mobile devices, bringing patients greater convenience and more opportunities to stay connected. With the 24/7 Online Patient Portal, patients can conveniently request and view appointments, request prescription refills, and more. A step-by-step tutorial on how to access the Online Patient Portal can be found our Youtube or Facebook pages.

Now that summer is here, people throughout our region will be travelling more on the rivers. Before you head out on the river, remember to wear your life jacket and review the boating safety guidelines on page 5. Remember to bring enough gas! :)

Don't forget to send in your graduation photos by June 8th to communications_dept@tananachiefs.org to be featured in the July Council newsletter for your hard work and achievements.

As always, we are working towards our vision of Healthy, Strong, Unified tribes.

Ana Bassee,
Victor Joseph
Chief/Chairman

Yukon River Inter-Tribal Fish Commission Meeting

By Stephanie Quinn-Davison
Tribal Fisheries Commission Director, TCC

The Yukon River Inter-Tribal Fish Commission had their annual meeting in Fairbanks April 23-24 to discuss fishery management considerations for the 2019 season. The Fish Commission, founded on conservation and unity, unanimously supported continued conservative management measures to help get enough king salmon to spawning grounds and to help protect larger, older female king salmon. The Fish Commission also approved an ambitious outreach and communications strategy for the upcoming season to help improve communications between ADFG and the Tribes, as well as among Tribes along the river.

The Fish Commission then attended the ADF&G and USFWS annual preseason meeting on April 25 in Fairbanks to advocate for their management considerations with the fishery managers.

What to expect?

The fishery managers are expecting a king salmon run size similar to 2018. The outlook for 2019 is for a run size of 168,000 – 214,000, which should meet escapement goals and provide for some subsistence harvest. However, it is still much less than the historical run sizes of 300,000+ king salmon and models forecasting run sizes for the next three years are predicting a potential decline in the king salmon run over the next few years. For this reason, the Fish Commission believes we are not out of the woods with the king salmon run yet and continues to support conservation measures.

The Fish Commission supports individuals and families determining

what kind of conservation measures they can afford to take, understanding that everyone's situation and needs are different. Examples of conservation measures to consider include:

- Voluntarily choosing to harvest fewer king salmon
- Supplementing a reduced king salmon harvest by harvesting other salmon or non-salmon species
- Voluntarily choosing to use smaller mesh gear, such as 6.0" or smaller mesh size, to protect larger, female king salmon. Subsistence surveys in 2017 showed that fishing with a 6.0" mesh size caught 1/3 as many female king salmon and 5 times as many small (age-4) king salmon.

Fishery managers are anticipating similar management actions as they did last year, which included a reduced fishing schedule and smaller mesh (6.0") gear in District 5D (Stevens Village to the Canadian border).

How to stay informed?

- Fishing Hotline – (866) 479 - 7387 - Call any time. Select the district you are fishing in to get information on your area's openings and gear options. The recording also has the latest test fishery and sonar estimates.
- News Releases - Published for every opening, closure, or restriction. If your Tribal Council is not receiving these news



releases, call the Fairbanks ADF&G office to get signed up (907-459-7274).

- Fish Commission Facebook Page (www.facebook.com/oneriveronevoice)
- We will be posting fishery updates and sharing news releases on our page this summer, as well as other important fishery messages.
- Weekly YR DFA Teleconference - Every Tuesday at 1pm, call in to 1-800-315-6338 (code: 98566#) to hear updates from fishermen along the river and managers.
- Radio Stations - Openings and closures are also announced on numerous local radio stations.

Lastly, I track the run and all management actions during the season. You contact me with any questions or concerns (Stephanie.quinnndavidson@tananachiefs.org or 907.328.8088). Thank you to everyone along the river who is working to rebuild the king salmon run and making sure this run is around for future generations!



A Glimpse from the Past

The first Council Newsletter was created 43 years ago in 1976. Below are photos from the fourth edition.



Cover photo: Chief Matthew Daniel of Tanana.

1. Darlene John, Northway; Bertha Ulvi, Eagle; Mary Demientieff, Nenana; Anna Frank, Fairbanks; Mildred Thomas, Tanacross; Kathleen Mark, Tetlin
2. Leah Simon
3. Mickey Stickman, Nulato; Curtis Yaska, Huslia; Nancy Gray; Leonard Stickman, Nulato; Simeon Mountain, Jr., Nulato; Mike Budbill; Debbie Turner, Holy Cross
4. Mike Budbill, Edna Compton, Sarah Compton, Nancy Gray, Eleanor Laughlin
5. Curtis Yaska, Huslia; Wayne Pitka, Stevens Village; and Michael Nicholia, Ruby
6. Curtis Yaska, Huslia, and Michael Nicholia, Ruby
7. Mickey Stickman, Nulato
8. Curtis Yaska, Huslia
9. Mickey Stickman, Nulato; Curtis Yaska, Huslia; and Henry Titus, Ruby
10. Dale Evans, Stevens Village
11. Curtis Yaska and Michael Nicholia
12. Henry Titus, Ruby
13. Leonard (Sonny-Man) Stickman, Nulato
14. Deborah Turner, Holy Cross
15. Michael Nicholia, Ruby
16. Bobby Kennedy; Elliot Johnson; and Wayne Pitka
17. Elliot Johnson, Ft. Yukon; and Bobby Kennedy, Ruby
18. Kenny Richards, Elliot Johnson, Bobby Kennedy, and Roland Alexander
19. Charlene Peter, Nulato
20. Edna Compton
21. Zeta Cleaver
22. Nancy Gray
23. Vickey Hildebrand, Nulato; Nancy Gray; Agnes Demientieff, Grayling; Susan Druck, Chalkyitsik; Stephanie Herbert, Chalkyitsik; and Stephanie Henry, Chalkyitsik



Morris Thompson Cultural & Visitors Center Gift Shop *Artist Highlight*

Birch Bark Baskets
Handmade by Lena Tickett, Inupiaq
Eskimo and Al Capsul, Athabaskan

Growing up in the village of Kobuk, AK, Lena learned to make birch bark baskets from her mother when she was 14-years-old. It's not easy - Lena rarely has any fingerprints left after working with the tough bark and spruce roots. These days she has help from her partner, Al, who digs the roots and helps her sew the baskets and ornaments together by hand.

Lena's birch bark baskets can be purchase at:
Morris Thompson Cultural
& Visitors Center
101 Dunkel St,
Fairbanks, AK 99701
907-459-3700

TCC Employee *Awards*

On May 17th, TCC held our annual All-Staff meeting where we were able to recognize our employees for their dedication to the organization and their commitment to our mission and vision. A special Thank You to all of our staff for the work they do on behalf of our tribes, tribal members, and organization.

Culture of Excellence
Jamie Boyle

Rising Star
Niesje Tindall

Bridge Builder
Robin Campell
Gina Pope

Above and Beyond
Kathy Lee
Adriana Cuber

Making a Difference
Adam Demientieff

Caring Heart
Leona Starr
Rachel Patton

Leading by Example
Jessica Goff

Ch'eghwatsen'
Cesa Agnes

Dedication to Mission
Jennifer Probert

Save the Date

2019 Education Summit

August 2nd • 8am-5pm • Chief David Salmon Tribal Hall • Fairbanks, AK



State of Education

Advocacy Update

with Marna Sanford

Tanana Chief Conference Legal Division has been looking for new way to communicate to those who want to stay up to date on what is going on in the State, Capitol, and in Washington, D.C.

Most recently, TCC began a weekly Advocacy Update video series featuring TCC Government Relations Coordinator Marna Sanford, where she provides updates on issues that are of concern to the tribes and beneficiaries of TCC. All videos are posted on the TCC Facebook and YouTube pages.

You can also find more information on the Advocacy webpage:

www.tananachiefs.org/advocacy

For more questions on TCC's Advocacy Efforts contact:

Marna Sanford, TCC's Government Relations Coordinator
marna.sanford@tananachiefs.org



LUKE & ALICE DEMIENTIEFF, *HOLY CROSS*

Luke was born on March 3, 1926. His earliest memory was the passing of his father when he was only four years old. Shortly after this, his mother sent him and his four siblings to the mission in Holy Cross to be cared for.

Alice was born on August 19, 1932 on the Nushagak River. Alice remembers her father taking care of her and her siblings while her mom was sick with tuberculosis. After her mother died, her father took a job in the Alueutians while the children went to the mission in Holy Cross.

Both Luke and Alice recall that life was very strict in the mission. "They called us by the numbers, gave us a number. Get in line to go to church, and get in line to go to breakfast."

After Luke and Alice got married, "I had built a house," he says, "but that's about all we had." Alice recalls that while money was often tight, Luke made sure the family was taken care of. "We just lived on what we had."

In 1974, they moved back to Holy Cross. Alice recalls one of the snowmachine trips they went on and got caught in the snow and fog and had to wait out the weather. "You couldn't see," she recalls. He said 'well, we'll find a place to make fire.' She laughs, then reflects: "Everywhere and anywhere I followed him."

Alice's advice to future generations is simple 'Keep busy.'

When he reflects on what advice he has for others, Luke says when it comes to success, it's better to focus on the work and leave it to others to notice what you accomplish. "I think that's worth a lot of words," he says. "so keep working."

To hear Luke and Alice's full story, visit www.tananachiefs.org



TCC's Legacy of our Elders series documents the lives and stories of Athabascan elders throughout the TCC region. Their interviews are compiled into volumes that include a DVD movie as well as an accompanying book. The books and DVDs highlight the elders and the stories that they want to share. These videos are available on our website at www.tananachiefs.org

Funding for Legacy Project made possible by TCC & The National Park Service.

June is National **CATARACT AWARENESS** Month

Prevent Blindness America has declared June as Cataract Awareness Month and all of us at Tanana Chiefs Conference want to provide you with some great educational materials. **Cataracts are the leading cause of vision loss in the United States, and are the leading cause of blindness in the world**, it seems fitting that the entire month of June is dedicated to the education and awareness. There are more than 22.3 million Americans that have cataracts. Although there is no proven way to prevent cataracts, choosing a healthy lifestyle can slow the progression.

If you are worried about your eye sight or want to know more about cataracts, make an appointment with your provider.

AM I AT RISK?

The exact cause of a cataract is unknown. Often times, a cataract is part of getting older. There are several possible risk factors for cataracts such as:

- Intense heat or long-term exposure to UV rays from the sun
- Certain diseases, such as diabetes
- Inflammation in the eye
- Hereditary influences
- Events before birth, such as German measles in the mother
- Long-term steroid use
- Eye injuries
- Eye diseases
- Smoking

WARNING SIGNS

Most often, a cataract does not cause pain, redness, or tears. These warning signs may indicate that you have a cataract:

- Blurred vision, double vision, ghost images, or the sense of "film" over your eyes
- Lights seem too dim for reading or close-up work, or you are "dazzled" by strong light.
- You change eyeglass prescriptions more often and the change does not seem to help your vision
- You may be able to see the cataract in your eye. It may look milky or yellow in the black center of your eye

TYPES OF CATARACTS

Cataracts usually form in both eyes, but not always at the same time. As a result, you may not notice large changes in your sight right away.

There are multiples types of cataracts:

Age-related -

95% of cataracts are usually after age 40.

Congenital -

These are present at birth, usually caused by an infection or inflammation during pregnancy or inherited

Traumatic -

Lens damage from impact, cut, puncture, intense heat, or chemical burns

Secondary -

Some medicines, eye diseases, eye infection, other diseases such as diabetes

Cataract surgery is an elective procedure. Please make an appointment with your provider for more information.

Source: <https://www.preventblindness.org/cataract>

Brighten Your Berry Patch with *New* Varieties This Summer

By Heidi Rader
Tribes Extension Program, TCC



Raspberries and strawberries are ubiquitous in Alaska gardens and I, for one, never tire of eating them.

But there are

other lesser known types of berries that also thrive in Interior Alaska that are worth trying. You might even find a new favorite.

Berries in general are high in antioxidants and fiber.

Saskatoons (or serviceberries), haskaps (or honeyberries), currants and gooseberries are well adapted to Interior Alaska growing conditions. Saskatoons and haskaps are incredibly prolific and productive. They can be eaten fresh or in baked goods or preserves.

Haskaps have the added benefit that they mature earlier than other berries, which extends the time you can be eating fresh berries. I love the tart flavor of currants, which is excellent when made into syrup or jam.

Growing berries is not as straightforward as growing lettuce or carrots. But at least you don't have to plant them every year since they are generally perennial. Most berries benefit from full sun, mulching, compost, weed control, disease prevention measures, plentiful pollinators, good drainage and consistent watering. But berries vary substantially in their day/night length requirements, fertility needs, ideal pH, cold tolerance, required pruning regime and pollination strategies.

For example, haskaps are self-incompatible, meaning you must plant two different cultivars for cross-pollination to occur and those cultivars

also need to bloom about the same time. Alaska Berries Farm (www.alaskaberries.com) is a good source for haskap plants, and they've even bred some of their own varieties.

Cultivation requirements don't just vary between, say, strawberries or currants, there are even different requirements for different types of currants or strawberries. For example, black currants and red currants require different pruning regimes, while how you grow wild, everbearers, June-bearers or day-neutral strawberries varies substantially.

Summer bearer, floricaner fruiting, primocane fruiting, everbearing, June-bearing and day-neutral are all terms that either describe when a cultivar fruits, which is usually linked to its response (or lack thereof) to day length. These terms can be confusing because they're not consistently used among nursery owners and cultivars likely will perform differently in the land of the Midnight Sun than their name might indicate. It's important to understand which of these types will grow in Interior Alaska. I explored this topic with strawberries previously here, bit.ly/2OJKa9X. All that to say, growing berries is not as simple and straightforward as growing vegetables.

You might even want to consider cultivating native berries. Even though they grow wild throughout Alaska, sometimes getting to the nearest berry patch might require more time and energy than we have. Consider how convenient it might be to "manage" a wild stand on your land or cultivate berries in your gardener or yard.

If you're lucky, maybe you

happen to have native berries like high bush cranberries, low bush blueberries or lingonberries (low bush cranberries) already growing on your property. If not, you can always plant them and cultivate them like you would non-native berries. Unfortunately, cloudberry do not thrive in cultivation.

The accompanying table gives you an overview of growing characteristics for various berries in the Interior. The table was compiled from the comprehensive chapter on the topic in "Alaska's Sustainable Gardening Handbook," bit.ly/2zSTZ06, Pat Holloway's excellent class on berries and other University of Alaska Fairbanks Cooperative Extension resources on berries. You can find many of these berries at the Georgeson Botanical Garden. You can even purchase berry plants at the garden. Berry plants can be purchased locally, but to find a specific variety, sometimes you need to search online. Unfortunately, many nurseries do not ship to Alaska. UAF Extension's "Using Alaska's Wild Berries and Other Wild Edibles" is an excellent resource for recipes for both native and cultivated berries in Alaska.

Berry	Cultivars	Ideal pH (tolerable pH)	In-row spacing (ft.)	Expect mature crop in year*	Plant Lifespan (years)	Yield (lb./plant)
Raspberries	Boyne Kiska Latham Skeena Chief Mammoth Red SK Red Mammoth	5.7-6.0 (5.5-7.5)	2-2.5	3	15-20	6-9
Strawberries	June bearers: Alaska Pioneer Toklat Everbearers: Quinalt Fort Laramie Day-Neutral: Seascape Tristar Tribute Fern Selva For a Strawberry Patch: Mountain or Beach strawberry	6.0-7.0	1-1.3	1 (Everbearers) 2 (June-bearers)	1 (Everbearers) 5 (June-bearers)	1-2
Currants	Red Lake (Red) Swedish Black (Black)	6.1-6.8 (5.5-7)	4	4	10-15	4-8 (black) 8-12 (red)
Gooseberries	Whitehorse	6.1-6.8 (5.5-7)	4	4	20	5-8
Serviceberries	Martin Smoky	6.0-7.5	4-6	2-4	30-50	6-7
Haskaps	Blue Belle Berry Blue Blue Sky Many more!	6.5-7 (5.0-7.0)	6-8	2	20	5-8

QUESTIONS ABOUT GARDENING?

Contact Heidi at heidi.rader@tananachiefs.org or 907-452-8251 ext. 3477

This project was supported by the Federally Recognized Tribes Extension Program of the National Institute of Food and Agriculture, USDA Grant # 2013-41580-20782. Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author (s) and do not necessarily reflect the view of the U.S. Department of Agriculture.

5Khotr'elneyn

We Remember

5K RUN/WALK TO HONOR THOSE WE'VE LOST TO CANCER

All Proceeds go to the Interior Alaska Cancer Association

June 2nd • 10am - 1pm • Birch Hill Recreation Area • Fairbanks, AK

Whether you're a competitive runner OR would just like to walk the race with your family, this event is great for everyone!

Registration will be available at the event! The event is FREE but race bibs will be sold at a suggested donation of \$5 which will go to the Interior Alaska Cancer Association.

Information on cancer prevention, screenings, and support services will be available. There will also be authentic Alaska Native artwork available for purchase.

This 5K run/walk will honor those we have lost to cancer. Khotr'elneyn' is from the Tanana Dialect and means 'We Remember'. We hope those you join us in remembering those who have passed away from cancer.

ALL proceeds will go towards the Interior Alaska Cancer Association.

Special Performance by **PAMYUA!**



Gathering of *Remembrance*

A Gathering of Remembrance took place on April 29th, 2019 to remember the victims of unsolved homicides in Fairbanks.

This year we honored Sophie Sergie, whose case was recently resolved thanks to the dedication and hard work of our law enforcement. "While we don't rejoice in it, we are thankful," said Shirley Lee.

"We are gathered here today to show that peace prevails, that love prevails, that light prevails, that those who have gone on before us are not forgotten. Their light burns. Sophie's light still shines and twinkles. Remember each person we named today with peace and that eventually justice will come."

Peace be with you all.



A Promise Kept: Improving Health Care in the Upper Tanana

By Rachel Saylor

Communications Manager, TCC

"Don't forget about us."

A simple request from the Tanana Chiefs Conference (TCC) Full Board of Directors that echoes in the back of TCC Chief/Chairman Victor Joseph's mind every time he is making decisions about healthcare expansion in the region. In 2008, Chief Joseph was the Health Services Director when he stood before the Full Board seeking authorization to move forward with the construction of the Chief Andrew Isaac Health Center (CAIHC) in Fairbanks. The Full Board approved the proposal with only three stipulations – 1) Make sure the clinic isn't designed as a square box, 2) When you expand services make sure you services are expanded in the villages too and 3) Don't forget about us.

"I remembered that promise," says Chief Joseph, "There needs to be balance. Everything can't be centered on Fairbanks, we need to make sure we are providing the highest level of care in our villages too."

So when the opportunity to build a new subregional clinic in the Upper Tanana subregion came forward, TCC kept their promise. Beginning in the summer of 2020, the Upper Tanana area will finally be able to receive comprehensive and integrated health care services all in one location with a brand new state of the art healthcare facility.

Expanding Services

The need for a new facility has been a long awaited request from the tribes of the Upper Tanana. The current Upper Tanana Health Center was opened in 2011 and met the healthcare needs of the area at that time. However, it wouldn't be long before TCC would have to step back and re-evaluate.

The first challenge came in 2014, when the Tok Counseling Center announced that it would be closing its doors, leaving those in the Tok area who could not receive health services under IHS without the help they needed.

"They approached us to see if we could take over their patients to ensure there wasn't a gap in behavioral health services," recalls TCC's Executive Director of Health Services, Jacoline Bergstrom, "So we began offering behavioral health services to the greater Tok area that same year and had a seamless transition of services."

Shortly after TCC

started providing behavioral health care services to the greater Tok population, TCC was approached to take overall health care services in Tok. In order to maintain health care within the subregion the Upper Tanana leadership agreed that it would be in the best interest for TCC to take over the health care services in Tok. The Indian Health Care Improvement Act allowed TCC to provide routine care to non tribal members if it did not reduce the ability to provide care to beneficiaries. TCC applied for Community Health Center (CHC) funding, which allowed them to increase care to the tribes while expanding care for others.

In the fall of 2015, TCC started providing all health care services. In order to provide health care in Tok, TCC is operating out of three different facilities, which limits the ability to provide coordinated care to surrounding communities like; Eagle, Healy Lake, Dot Lake, Tanacross, Tetlin, Northway, Tok, and several others.

New Struggles Emerge

After the increase in services and an entire new set of patients, the need for an integrated health care facility became more evident and more urgent.

"The current facilities cannot manage the current patient volume," explains Chief Joseph, "We are providing both family practice and emergency services in the same small area, which forces us to use rooms that should not be used for patient care."

Joni Young, Director of the Upper Tanana Health Center (UTHC), talks about some of the struggles they have



Draft blue print of the new facility.

faced after integrating more services, “Right now we only have four exam rooms and two urgent care beds. There isn’t enough space for staff or for patients,” she described, “We saw around 1,300 patients last quarter and there are only about 30 staff in our three buildings.”

Another complication comes from Tok’s location. It is one of the first major communities on the road to/from the Canadian border, meaning there is more outside traffic which also results in more accidents.

“Several times there were multi person injuries caused by vehicle accidents that we had to tend to,” says Bergstrom, “You want to be able to stabilize all of those patients at the same time, and having only two urgent care rooms makes that a challenge.”

“None of the current facilities were originally built or designed to be medical facilities,” explains Bergstrom, “If you look at where the dental facilities are right now, they are not handicap accessible because they are in a basement. So those who need those services would have to go to Fairbanks.”

“We have two aging infrastructures, and both infrastructures lack adequate space,” summarizes Chief Joseph, “Additionally, operating out of three different locations makes it harder to integrate services.”

The current facilities provide no room for expansion either, and according to Bergstrom; “Looking at how health care evolves and requirements and regulations change, it’s important to be able to adjust and expand how you provide services in order to meet the needs of the people we serve.”

The Solution

In 2016, the Upper Tanana passed a resolution supporting the purchase of additional land in Tok that would serve as the location for a new clinic and in 2018, the Full Board of Directors approved the purchase at the Special Full Board

of Directors Meeting. In April 2019, TCC began tearing down the old structure to clear land for the new Tok subregional clinic.

The new facility will provide solutions to the current issues being faced in Tok.

“It’s going to have all of our services under one roof,” says Chief Joseph, “The clinic will be large enough for us to bring in specialty care and other providers without people tripping over one another. The level of care is going to increase to something that the community had never experienced before.”

The facility will be approximately 15,900 square feet, and will be designed to support an additional 8,000 square feet for future expansion. The clinic will make it possible for TCC to provide primary care, dental, behavioral health, trauma, and triage functions, with full laboratory, radiology, and pharmacy services. All in one convenient location.

Much like CAIHC, TCC has brought on a special cultural committee, representing the communities and Tribes in the Upper Tanana subregion, who will work with the architect to ensure that the clinic is not designed as a ‘square box’.

Looking to the Future

“My hope is that we have a subregional clinic where we provide world-class services and are able to expand our current services in the subregion so people don’t have to travel to Fairbanks as much,” says Bergstrom.

Young also shares the same sentiment, “Having a facility is a big need here,” she explains, “I want people to be able to get their care locally, because it’s hard on a lot of us, especially elders. My hope is that this is a building that everyone can be proud of and believe in.”

For Chief Joseph, it all goes back to a promise made over a decade ago. “This is just another way we are incorporating the spirit of Ch’eghwtsen’ into our work, as well as following our new guiding principle,” says Chief Joseph, “I remember that promise, and it’s good looking back at all we’ve done to keep it.”

Cultural Committee

When designing the layout of the new Tok Clinic, Tanana Chiefs Conference wanted to ensure that the facility was something that was reflective of the area by incorporating different cultural elements into the design. To assist in this process, TCC formed a cultural committee comprised of representative experts from surrounding communities to meet with the architects to provide input on the design.

The committee includes; Jerry Isaac of Tanacross, Chaaiy Albert of Northway, Daisy Northway of Tok, Evelyn Combs of Healy Lake, Roy David of Tetlin, Tracy Charles-Smith of Dot Lake, and Bun Juneby of Eagle.

Through these meetings, the architect will pull design elements from the mountains, rivers, forests, and northern lights to incorporate into the clinic design.

“The cultural committee gives great insight to what is important to them, what they want to see in a facility to make it feel like it’s theirs and resonates with the subregion,” explains Executive Director of Health Services Jacoline Bergstrom who also participates in the Cultural Committee meetings.



Clinic Construction Timeline

APRIL 2019
Demolish old structure

JULY 2019
Complete Foundation

SEPTEMBER 2019
Enclose Building

SUMMER 2020
Official Opening!

The 2020 Census, a *Complete and Accurate* Count in the Interior?

By Jolene Malamute
Community Planning Coordinator, TCC

With only six months away from 2020 Census, we have developed a list of **Frequently Asked Questions** (FAQ's) for you to better understand the different inquiries and scenarios.

Q: If I don't participate in the Census count, how will it affect my Tribe or community's funding?

A: Tribes or City Governments will lose at least \$3,000 in government spending for every tribal member/citizen who isn't counted.

Q: I'm a dually enrolled Tribal member, can I list my two tribes on the Census questionnaire.

A: On the Census Questionnaire #9, you can only list one tribe. It's important to not only know your tribes federally recognized name, but to spell your tribe's name correctly. (Example: Village of Kaltag, Anvik Village, Koyukuk Native Village, or Healy Lake Village.)

Q: If a person is not enrolled into a tribe, yet they are descendants, can they name that tribe?

A: Yes, they can name a tribe they aren't directly enrolled in, but are a descendant too.

Q: Are native foster children being counted as tribal members and is there anyone focusing on counting native foster children?

A: When the foster care parent is filling out the survey, they would claim the child as an Alaska Native and include the child's tribal affiliation.

Q: What Residence Criteria is used to determine where people are counted during the 2020 Census?

A:

- Count people at their usual residence, which is the place where they live and sleep most of the time.
- People in certain types of group facilities on Census Day are counted at the group facility.
- People who do not have a usual residence, or who cannot determine a usual residence, are counted where they are on Census Day.

Q: My uncle went to Fairbanks in March, he usually returns in the summertime. He usually lives with me, should I include him in my household?

A: Count people at their usual residence, which is the place where they live and sleep most of the time.

Q: My spouse is currently in a residential treatment facility, would I count him/her in my household?

A: People in certain types of group facilities on Census Day are counted at the group facility.

Q: I'm currently homeless, what do I list as residential address on the Census survey?

A: People who do not have a usual residence, or who cannot determine a usual residence, are counted where they are on Census Day.

Q: I live in Section 8 housing and my mother lives with me. Does the Census report this information to housing programs?

A: The Census adheres to strict confidentiality, one of the strongest confidentiality guarantees in the federal government and it is against the law for any Census Bureau employees to disclose or publish any census or survey information that identifies an individual or business, including housing programs.

NEED MORE INFORMATION OR HAVE QUESTIONS?

Contact Jolene Malamute at (907) 452-8251 ext. 3385 or jolene.malamute@tananachiefs.org



Healing Journey

www.mygrandmashouseak.org

June 7-14, 2019

Join us for a picnic and help bring healing to our communities!

A healing journey raising awareness, addressing child abuse, suicide, and trauma. Share stories of hope and healing. Come learn about prevention, treatment, and resources to help keep children in our communities safe.

If you would like to volunteer your time, donate, get more information, or have any questions contact:
Cynthia Erickson at (907) 750-9123 or cynthia@mygrandmashouseak.org

SCHEDULE:

FAIRBANKS - June 7th

TOK - June 8th

TANACROSS - June 9th

NORTHWAY - June 10th

NENANA - June 12th

BOATING SAFETY TIPS

NOW THAT SUMMER IS HERE, MANY PEOPLE THROUGHOUT THE REGION WILL BE TRAVELING AND WORKING ON THE RIVERS. BEFORE YOU HEAD OUT ON THE RIVER, HERE ARE SOME SAFETY GUIDELINES THAT EVERYONE SHOULD REVIEW IN ORDER TO SAFELY NAVIGATE THE WATER;



Wear a Life Jacket

Always wear a properly fitted life jacket when on deck or in an open boat.



Balance Your Boat

Be sure to balance the gear in your boat and don't overload it. You may capsize.

Communicate

Tell people where you are going, and when you plan to return.



Be Weather Wise

Always check local weather conditions before departure. If there is bad weather.



Prepare for Anything

Carry a first aid kit, a survival kit, and be prepared for an overnight stay if things don't go as planned.

Visit Our Website for More Details on Boating Safety: www.tananachiefs.org/boating-safety

Preparing for *Wildfires* in your Community

Fires are a natural part of the environmental cycle, but each year wildfires threaten to destroy property and resources around rural communities in Alaska.

TCC can provide supplies and support during times of need by coordinating with both state and federal agencies. TCC has always been willing to assist our tribes during emergencies. Preparation before wildfires begin will ensure life and property are protected and health and safety are maintained.

Protect Yourself & Your Family

Preparing for fires now can help save time and property later. TCC recommends the following guidelines for protecting your loved ones and your home during this wildfire season.

- Have your emergency kit (“go-bag”) ready if you need to shelter in place at your home or move to a different area in your community. Remember to include food, water, and medications.
- Limit your exposure to smoke by staying indoors whenever possible with windows closed.

Use air conditioners if possible, to limit smoky air in the home.

- Know your community’s emergency plans, and follow the plan guidance. Find out if your community has a “clean room” for sensitive groups during severe smoke events.
- Plan to stay at home unless an evacuation is called for. Have activities on hand to occupy children and books or movies to keep adults entertained for long periods indoors.
- Remember to plan for visitors who might be in your village during wildfire season.
- N95 or similar respirators/masks are designed to filter out particles in the air. Using a mask will reduce airflow and can make breathing difficult so use with caution.
- If it’s too hot to stay indoors with the windows closed and you do not have an air conditioner, seek shelter elsewhere.
- Check out local air quality reports or visibility guides. AK Department of Environmental Conservation’s (DEC) Division of Air Quality publishes

Air Quality Advisories. The Fairbanks North Star Borough publishes an Air Quality Index with information about smoke, cautionary statements and health statements. You can also monitor local village visibility by consulting the FAA Aviation Weather Cameras. Protect your Property, Protect the Land.

- Before wildfire seasons begins, clear out dead vegetation and other flammable items within 30 feet of your home and outhouses, garages, or sheds. This includes stacked wood and propane tanks. If it can catch fire, don’t let it touch your house or other buildings.
- Dry grass and brush are fuel for wildfires. Cut it down.
- Know your community’s plans for working with fire response agencies so you will know what to expect during a wildfire.
- Follow any instructions given from local leadership or fire response personnel about property management during wildfires.

For other resources, visit our website at www.tananachiefs.org

2019 Culture & Wellness Camp Schedule

Lower Yukon

- Shageluk - August 27-29
- Anvik - July 30-August 2

Upper Tanana

- Tanacross - June 16-22
- Healy Lake - Dates TBD

Yukon Koyukuk

- Galena - Dates TBD
- Koyukuk - September 1-7

Upper Kuskokwim

- McGrath - August 5-9
- Takotna - Dates TBD

Yukon Flats

- Circle - August 12-16
- Birch Creek - August 29-September 3

Yukon Tanana

- Rampart - July 15-19
- Nenana - August 19-23

To watch camp highlights from previous years, visit <https://www.tananachiefs.org/culture-and-wellness-camps/>

A look at the Athena Health Patient Portal

- ✓ Better Communication
- ✓ Better Patient Care
- ✓ Easier Access to Health Information

An effective patient portal is the centerpiece of any comprehensive patient engagement strategy. It's where patients can easily exchange messages with providers, access information, request and cancel appointments, and more.



Access Personal Health Information

The AthenaHealth patient portal allows patients convenient access to important health information, 24/7.

- Lab and other test results can be sent to patients securely
- Care summaries are conveniently available for patients' review
- Current and previous medications are listed for easy access
- Immunization history is available to patients anytime they need it
- View kids immunizations for school requirements



Secure Messaging

The HIPAA compliant way to open lines of communication and engage patients in their care

- Patients can send their provider or care team questions or messages securely
- Patient messages will be sent to appropriate staff – scheduling, billing, providers and more – based on the patient need

How to Access the Patient Portal:

A link to the Patient Portal can be found on the TCC website at www.tananachiefs.org under 'Patients'. You can log in or create an account and begin using the Patient Portal!

You can find a "How to Access the Patient Portal" tutorial on our Facebook or YouTube.

**DO NOT USE MARIJUANA IF YOU ARE
PREGNANT OR BREASTFEEDING.**

Smoking marijuana or consuming edible cannabis products can expose your baby to potentially harmful substances.

**FOR MORE INFORMATION AND RESOURCES ON NEGATIVE
HEALTH EFFECTS OF MARIJUANA USE PLEASE CONTACT:**

Wellness & Prevention
(907) 452-8251
prevention@tanachiefs.org



Tanana
Chiefs
Conference

THE COUNCIL NEWSLETTER

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Letters to the Editor, other written contributions and photo submissions are welcome. However, space is limited and program-oriented news has priority. We reserve the right to edit or reject material. Letters and opinions are not necessarily the opinions of Tanana Chiefs Conference. Material submitted anonymously will not be printed.

Follow us:     

JOIN THE TCC FAMILY

WWW.TANANACHIEFS.ORG

Village Vacancies

- Behavioral Health Aide (Rampart, Chalkyitsik, Ruby)
- Community Health Aide/Practitioner (Alatna)
- Family Visitor (Grayling, Hughes, Tanacross, Holy Cross, Kaltag, Shageluk)
- Healthy Transitions Clinician (Tok)
- Physician Assistant-Upper Tanana Health Center (Tok)
- Preschool Assistant Teacher (Galena, Grayling, Fort Yukon)
- Preschool Lead Teacher (Galena)
- Village Public Safety Officer (Huslia, Grayling, McGrath, Nulato, Circle, Ruby, Tanana, Venetie)

Fairbanks Vacancies

- Behavioral Health Clinical Associate-Fairbanks
- Behavioral Health Clinician
- Behavioral Health Crisis Clinician
- Certified Medical Assistant II
- Coding Manager
- Healthy Transitions Clinician
- Lead Behavioral Health Clinician
- Physician - Primary Care
- Physician - Women's Health
- Preschool Assistant Teacher
- Psychiatrist

Region- Wide Vacancies

- Wild Land Firefighter Type II Crew Member

JOB LISTED WERE OPEN AS OF May 8th, 2019

UPCOMING MEETINGS/EVENTS

Denakkanaaga Elders & Youth Conference
June 4-6 • Nulato, AK

Father's Day
June 17th

Tanacross Culture & Wellness Camp
June 16-22 • Tanacross, AK

TCC Closed
July 4-5

Rampart Culture & Wellness Camp
July 15-19th • Takotna, AK

Congratulations Trinity Marrapodi

TCC would like to recognize and congratulate Trinity Marrapodi, RN Assistant Nurse Manager for receiving the **2019 Excellence in Nursing** award for Registered Nurses at the National Nurses Week Award Banquet on May 3rd.

