

## Tribes Focus on *Solutions* at Special Convention



Last month, Tanana Chiefs Conference (TCC) hosted a Special Full Board of Director's Meeting and Behavioral Health/Hunting and Fishing Task Force Summit in Fairbanks. The Full Board of Directors voted to keep the conversation and dialogue solution-focused, with the tribes directing TCC and offering solutions to the issues at hand.

The first day of the Summit was focused solely on Behavioral Health, with panels focused on tribal leadership, emergency services, and community intervention.

Katie Kangas, First Chief of Ruby, spoke on the tribal leadership panel. "This is a dream to meet together –

it's something that we have advocated for for many years," said Kangas, "In the case of our children- the number one thing we can do is work on our relationship with schools and administrators on behavioral health issues. We also need to keep expressing our love and support even through the mistakes our people make from these types of behavioral health issues."

Julie Roberts-Hyslop, 2nd Chief of the Tanana Tribal Council, who also spoke in the panel shared a similar sentiment, "One of the best gifts that we have for one another is love and compassion. That's the only thing that's going to save our own people-

showing that you really care about them."

"We have to stand together and work together. Don't give up. Your culture – don't leave it behind," said Trimble Gilbert of Artic Village/2nd Traditional Chief, "Many time I talk about the fires – keep the fire on in your community. Keep burning. If you leave it behind then it will go out. So your community needs you and you got to be there with them."

Later, TCC Chief/Chairman Victor Joseph spoke about Chief Gilbert's comments and his interpretation of it. "I think about when I was a young person getting into trouble. A lot of

...continued on page 3

Merry Christmas  
from your friends at Tanana Chiefs Conference

**In This Issue:**

**Managing Stress**  
Page 4

**Shageluk Culture Camp**  
Page 6-7

**TCC Honors Carlos Frank**  
Pages 8

**Christmas Coloring Activity**  
Page 15



## 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



## TCC EXECUTIVE BOARD MEMBERS

Donald Honea Sr./Ruby  
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*Lower Yukon*

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*Yukon Tanana*

Norman 'Carl' Burgett/ Huslia  
*Yukon Koyukuk*

Peter Demoski/Nulato  
*Elder Advisor*

Jolie Murray/Beaver  
*Youth Advisor*

## CHIEF'S REPORT

Dear Tribes and Tribal Members,



Last month we celebrated Veteran's Day. We would like to express our appreciation to past, present, and future service men and women for your sacrifices and dedication to our country. In addition, I hope everyone had a great Thanksgiving surrounded by loved ones.

Last October, we selected Architect of Alaska to design the CAIHC expansion. The design meetings started early November. As we are designing our future facility it provides us an opportunity to look back. Not only to recall what we could have done better with the past design but to also reflect on our successes. Just to share a couple of those successes since we started seeing patients in December 2012. Since that time we provided over a million medical encounters. Most recently we paid off the bonds/loan that was used to construct the facility. By paying off this debt early, we saved \$70.4 million. The money we saved will now be used to pay the new payment.

What I'm most satisfied about is when our leadership gave us the authority to construct our current medical facility they said "don't forget about us". Since then, we assisted in the construction of seven clinics, renovating two others and now started building Manley's clinic with material traveling to Evansville this spring. Additionally, we added 150 rural jobs at approximately \$5.6 million reoccurring each year, cultural camp \$1.3 million, each of our 37 federal recognized tribe received \$608,000 in unrestricted funds from TCC that totaled \$22 million. The above list is a just a small example of how TCC has infused our communities with real cash to help the local economy's

Last month, TCC held a two-day Behavioral Health and Hunting Fishing Task Force Summit and Full Board of Director's meeting. The meeting provided the opportunity for delegates and tribal members to voice their concerns and guide TCC in developing solutions for the issues our region is currently facing. On the last day of the meetings the Full Board of Directors passed a new TCC policy - "Board of Directors Drug and Alcohol Policy". This new policy will require candidates who wish to run for seats on our Executive Board and Health Board to submit and pass a drug screening one week prior to elections.

I would like to wish you and your family Merry Christmas and a Happy New Year. Please have a safe and warm holiday season!

As always, all of us here at TCC continue to work towards our vision of *Healthy, Strong, Unified Tribes*.

Ana Bassee,  
**Victor Joseph**  
Chief/Chairman



# Tribes Focus on Solutions at Special Convention continued...

people said that I was bad and they walked away from me. It was the elders of Minto who began to build me back up and put kindling into the fire—so that I could be where I'm at today," shared Chief Joseph, "We never know where our people are coming from and we never know where they're going to."

The following day the focused shifted to the Hunting and Fishing Task Force. Although the two issues may seem separate, they are more intertwined than one might think. "Our elders have always said our wellness is directly connected to our connection to the land and the animals," said Ben Stevens, Director of the Hunting and Fishing Task Force.

This portion of the Summit featured panels on Using the Regulatory Process for Solutions, Research, Science and Data as a Means to Alaska Native Management, and the Future of Alaska Native Management.

Charlie Wright of Rampart, Hunting and Fishing Advocate, spoke about how using a hunting permit can be a benefit to tribes in regards to Fish and Game. "Arctic Village is fighting for their sheep hunting ground because they weren't putting in permits saying that they hunted or that there is not enough animals, so Fish and Game doesn't know what's going on," explained Wright, "You have to fill those out and turn them in, that way it counts how many animals you need in your village That's a tool that works



for you."

Many tribal leaders came forward to voice their concerns after the Research, Science and Data as a Means to Alaska Native Management. The concerns surrounded the proposal of working with tribes to develop a Wild Foods Economy Matrix so that tribes could collect and use their own data.

"What we're talking about is creating an instrument that's tribally directed, developed and driven and that tribes could then receive the training in it to collect their own information to own it themselves. It doesn't belong to anyone else to control how it's used and how it can benefit us in our advocacy and in our efforts to take steps towards co-management," explained Will Mayo, Executive Director of Tribal Client Services, "What if we had our own data that we controlled that is scientifically solid, that nobody can argue against or make a case against because it is scientifically accurate?"

"Our tribal leadership were voicing their concerns," said Chief Joseph,

"We need to be a strong resource of information to support the positions that we are going to take. And if it's in conflict or if it's not in agreement with what the state is presenting – so be it – because it's true data. It's ours. Survey and data collection are going to be really important for our future – but we understand the risk it takes."

The summit wrapped up with the Full Board of Director's voting on the passage of one TCC policy: Executive Board Policy 50-5001 "Board of Directors Drug and Alcohol Policy". The policy passed with a majority vote. In the future, all candidates for TCC Executive Board and Health Board positions will have to adhere to the requirements presented in the new policy.

Continuing with the solution-focused theme of the Summit, TCC will be collecting the information received during breakout sessions conducted during the two days where tribes met to discuss solutions. This information will be used in future strategic plan development.



By Rachel Saylor,  
Communications Manager, TCC



# Community Health Aide Spotlight

By Nancy Tarnai, TCC

## Christina Copeland - Stevens Village Health Aide

Community Health Aides (CHA) work tirelessly for the health and safety of their communities by ensuring that villages have access to the care that they need. So when the need for a CHA was presented in Stevens Village – Christina Copeland was eager to step up to the plate. “You never stop learning and there’s always something new,” she said. “It’s never the same thing.”

Copeland grew up in Fairbanks and worked as a hotel housekeeper and at fast food restaurants before deciding to apply with TCC’s health aide training program four years ago. “There was a need in the community so I applied,” Copeland said. “It’s rewarding to help people and make a difference in somebody’s life.”

One challenge she faces is her youth. “Sometimes people think they know what’s wrong and don’t want to listen to my advice,” she said, but she is stoic in her outlook and committed to her career. In the future, she hopes to further her education and work toward

becoming a physician’s assistant or a nurse.

For now, she is happy in Stevens Village. “I’m glad to be raising my three children in the village and not in the city,” Copeland said. “I want to give them a good life.”

The family enjoys outdoor activities, such as sledding in the winter and swimming in the river all summer. “My children look up to me,” Copeland said. “They pretend to be little health aides.”

Copeland’s supervisor, Ryan Clairmont, CHAP coordinator instructor, said, “Christina Copeland is the sole medical provider for her community. In her four years as a health aide she has proven to be an invaluable asset to her community, Tanana Chiefs Conference and the Community Health Aide Program. She has completed all four levels of training, including her Preceptorship



to become a Practitioner, the highest level of training in the state.”

Clairmont said Copeland not only provides medical services to her community, both routine and emergency, but she also has volunteered multiple times to travel to other village communities to assist in providing medical care in times when there is a shortage of medical coverage.

“In addition to being a great health aide, Christina is a mother of three young children,” Clairmont said. “She manages to do both very well which is no easy task. She communicates very well with her supervisor, provides all administrative clinic paperwork on time and when needed takes on the additional duty of providing janitorial services to the clinic.

“She takes a lot of pride in being a health aide and it shows in her daily work.”

## Managing Stress During the Holidays

By Ashley Powe  
The Wellness Project, TCC

During the holidays’ stress and depression commonly increase. Make sure you practice self-care and utilize healthy coping skills. It can minimize the stress that may visit during the holiday season. Here are a few tips and tricks to coping with stress and depression during the holidays.

- **Listen to you!** If you start feeling overwhelmed, stressed, or increased sadness acknowledge those feelings so you can take the extra step to reduce the triggers around you.
- **Lean on your support system!** Reach out to supportive family and friends who can help lift your spirits and share responsibilities during the holidays.
- **Be realistic.** Decorating, baking, gifts, and social events can become overwhelming. Be realistic with what you are able to handle during the holidays.
- **Stick to a budget.** Before doing any shopping during the holidays create a budget to avoid financial stress over the holidays.
- **Plan ahead.** Organize your time to avoid feeling overwhelmed.
- **Say no.** You don’t have to participate in every event or take on more responsibility than you can handle. It is okay to say no.
- **Don’t ditch the healthy habits.** With all the sweets, treats, and events it is easy to forget about your selfcare. Be sure to get plenty of sleep, eat healthy foods, drink plenty of water, and incorporate regular physical activity.



# CHAP Workshops Offers Health Aides *Coping Skills* Knowledge

By Nancy Tarnai

Health aides, whose focus is often on caring for others, learned about self care at a "Coping Skills" workshop Nov. 5-7 in Fairbanks.

The class, created for rural health aides, is offered through TCC's CHAP program as a way to encourage employee retention and networking, while passing on valuable life skills.

"Every health aide deserves and needs this kind of support," said Jo Miller, a physician's assistant and CHAP instructor. "Health aides have one of the most difficult jobs within a village. It is not easy to balance daily work load in a rural medical clinic, home and family needs, and the after-hour responsibilities especially when working as a solo practitioner. Health aides often experience extremely challenging circumstances, including life and death emergencies, yet continue to provide an invaluable service to their communities despite the emotional impact and personal sacrifices that must be made to meet others' needs."

At the beginning of the workshop, participants made neck comforters, cloth bags filled with uncooked rice. They can be warmed in a microwave and wrapped around tense shoulders. The lessons were sometimes practical, and sometimes on a deeper level.

The health aides posted a list on a wall of their classroom with suggestions for ways to deal with stress: beading, music, church,

meditation, fishing, cooking, chopping wood, cleaning, reading, journaling, hunting, fishing, camping and taking vacations.

A special guest was Pauline Peter of Nulato, who shared stories of her life, including some from the 25 years she worked as a health aide. "A long time ago people had healing powers and there were no doctors," Peter said. She began working as a health aide in 1963, delivering a baby as one of her first duties.

"I did the best I could," she said. "That's all you can do. I learned a lot in my health aide days and I'm thankful for what I was able to do."

Villagers affectionately called her "Dr. Pauline," and she tried to be a teacher to others while still learning the medical skills. "I was happy to help. I enjoyed those years. It passed too fast," Peter said. "My thing was helping people and they never forget it. When you help people it helps you feel good inside."

Peter learned to deal with the stresses of her job by taking time to trap, read, bead, sew and study new words in the dictionary. "I've had a good life," she said.

Peter is proud of her granddaughter who is now a health aide. "I was happy but kind of sad because there are hard times. There's good times and bad times. Always treasure your good times."

The lead facilitators of the classes are community health practitioners

who share their unique experiences and knowledge. Instructor Margie Ambrose, health aide from Huslia and a workshop instructor, said her goal is to help people learn to cope better and not feel so bad that they want to quit. "Even if we help one health aide, it's worth it," she said. "We try to give them tools to help them realize they're not the only one going through this and to prevent turnover."

Tina Nollner, health aide in Circle, said she learned a lot at the workshop. "It gave me an understanding to help myself," she said. "I learned different coping skills."

Johanna Coghill, a health aide from Nenana who now works at the CHAP center, said the class gave her a new perspective. "I've been a health aide for years dealing without these tools. This helps me move past the hard things I've seen."

The coping workshop offers opportunities for health aides to learn from each other and more experienced health aides different ways to cope with the many stressors they face.

"It cannot be stressed enough the importance of this class for each and every health aide," Miller said. "I am hopeful each and every health aide will attend this class and return on a regular basis as they progress throughout their careers. I hope they find a renewed sense of excitement, passion and sense of purpose for the reason they chose to work in medicine."

## Winter Safety Tips

Winter is upon us and with changing weather comes hazards. Here are a few safety tips to keep in mind before you venture out in rural Alaska.

- **Be prepared** - make sure you have a plan.
- **Tell someone** where you are going and the route you plan to take.
- Always **check weather conditions**, try to bring a partner for long travel.
- **Slow down** and avoid traveling across bodies of water when uncertain of the ice thickness.
- With warmer temperatures it gets harder to predict the thickness and relative **safety over rivers and lakes**.
- Finally, **don't drive impaired!** We want you to get to your destination safely.





# SHAGELUK

## *Culture & Wellness Camp*

The Shageluk Culture and Wellness Camp took place on August 26-30, 2019, 20 miles up the Innoko River from the village of Shageluk.

There were a total of 41 participants ranging: 16 youth, 23 adults, and 2 Elders.

Some of the wellness activities that happened at the camp included safety, opioids abuse, safety, social effects of

colonization, and Traditional healing.

The cultural activities included cutting fish and moose, berry picking, cutting wood, skinning beaver, learning survival skills, and hearing stories.

Through these camps, participants spend their time with their Elders and learn about their families, cultures, history, language, and traditions.

These camps aide in giving our youth a strong foundation as they move forward in their lives and help to strengthen their self-identity.

Tribes throughout the region continue to host Culture and Wellness Camps funded through Tanana Chiefs Conference and the Administration for Native Americans.

For more information or to watch recaps of the 2019 camps, visit our website at [www.tananachiefs.org/culture-and-wellness-camps](http://www.tananachiefs.org/culture-and-wellness-camps)









# TCC Honors *Carlos Frank* for Role in the Protection of *Ceremonial Moose*

By Rachel Saylor,  
Communications Manager, TCC

On October 17th, during the 2019 National Congress of American Indians/Alaska Federation of Natives Tribal Conference, TCC Chief/Chairman Victor Joseph spoke on a panel discussing subsistence. Chief Joseph covered the history of Ceremonial Moose hunting and the landmark Frank v. Alaska case.

This December marks 40 years since Carlos Frank of Minto went to court against the State of Alaska for illegally transporting a moose after he and several other hunters were caught transporting a moose for a funeral potlatch. During the trial, Frank, the late Chief Peter John, and many others fought against the State to protect Alaska Native Ceremonial rights.

"Throughout colonialism, our people have maintained the funeral potlatch despite all efforts to take away our culture, our people have preserved this

ceremony," said Chief Joseph, "

Chief Joseph recounted a story that Frank had shared with him the previous day – when the Alaska State Troopers came to Frank's house they asked him if he had shot the moose. Frank admitted to transporting the moose but not to shooting it. When the troopers began asking who shot the moose – several men and elders from the community came forward and said 'I did'. "That

was a great moment of a community standing together in unison to protect a way of life that needs to be protected," said Chief Joseph.

Eventually, the courts ruled in favor of Frank, due to the fact that there was no evidence that moose obtained for funeral potlatches had any effect on the moose population.

"Because of those actions, we are



still able to maintain our ceremonial rights today," said Chief Joseph, "We must make sure that we continue to practice and protect our way of life."

Chief Joseph gifted Frank a Chief's necklace for his work and making it possible for the Alaska Native people to continue practicing our way of life.

"When someone passes away, the first thing you do is go find something to eat because you know friends are going to come," said Frank, "It's just in your heart. It's inside you, it's already built inside you. Keep it going."



## PETER SNOW, McGRATH

Peter Snow was born on July 3rd, 1948 in a log cabin on the old side of town, across the river from McGrath. "My mom and Katherine Turner were both pregnant, and they used to have to a row boat across to check the nets," says Snow, "My mom went into labor pains and I was born that day." Snow says that he was born early. He knows this because his sister's told him of their dismay, "My sisters were all packed up and ready to go to Anchorage and have a free trip," laughs Snow, "They were all mad at me for being born."

Snow started school in McGrath, but when he was in the 6th grade the priest at the school told his mother that he was hanging out with the wrong crowd. As a result, Snow was sent to Copper Valley in 1961.

Work in McGrath remained inconsistent for many of the residents, including Snow. "People around here weren't working," says Snow, "We didn't have a lot money."

Snow says that many of the residents took turns being the mayor of McGrath, because nobody wanted to take on the role. "Everyone said 'It's your turn to be Mayor.'" Says Snow, "So I said OK, I'll be Mayor for a while." So Snow became the Mayor of McGrath, he was even Chief of McGrath for a while. "I really enjoyed it; trying to create jobs and employment." Says Snow, "I was really pushing for work."

Snow keeps his grandchildren in mind with his message to future generations; "My grandkids; the message I would like to say to them is to just teach them what my parents taught me: share, help people, and be honest," says Snow, "When it boils right down to it, all you've got is your name and the truth that you say."

To hear Peter's full story, visit [www.tananachiefs.org](http://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](http://www.tananachiefs.org)

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



# Alaska Federation of Natives Annual Convention

The 2019 Alaska Federation of Natives Annual Convention took place October 17-19 in Fairbanks with the theme "Good Government, Alaskan Driven"





# WILLOW HOUSE *Renovation*

By Jennifer Eden,  
Executive Director of Quality & Development, TCC

With approval from the Executive Board, the Willow House patient hotel is undergoing a massive renovation to improve the quality of stay for those receiving care in Fairbanks. For the past year, TCC has been working with architects, engineers, interior designers, and contractors to design a massive renovation of the patient hotel. Demolition has been completed, and installation of new electrical, IT networks drops, and lighting is under way. A mock up room has been completed to provide a view of what the rest of the rooms will look like after completion of the project. On October 15, the TCC Executive Board and Executive Managers were able to tour the mock hotel room, take a firsthand look at all the renovations, and talk with the contractors.

All rooms will have new paint, flooring, light fixtures, exhaust fans, A/C units, furniture and linens, and hotel-grade TV and phone systems. On the main floor, one room is being designed to accommodate a person who is at end-of-life, with a connecting room dedicated for the family of that loved one. On the opposite side of the hall, the suite is being converted into a community gathering area with kitchen accommodations in order to support family gatherings and meal preparation for those staying at the hotel. The adjoining guest room will be converted into a laundry/ vending machine room for hotel guests to use.

Construction should be completed in January, and the hotel will re-open as soon as furnishings are available to install thereafter. TCC will continue to update our patients as we continue this renovation.



COMMUNITY ROOM - WILLOW HOUSE  
TANANA CHIEFS CONFERENCE - 2019-03-06

BETTISWORTH NORTH



VIEW A: COMMUNITY ROOM COMMON AREA

BETTISWORTH NORTH



PALLIATIVE CARE SUITE - WILLOW HOUSE  
TANANA CHIEFS CONFERENCE - 2019-10-10

BETTISWORTH NORTH



VIEW A: MAIN SUITE FROM ENTRY

BETTISWORTH NORTH



VIEW B: MAIN SUITE FROM SLEEPING AREA

BETTISWORTH NORTH



GUEST ROOM - WILLOW HOUSE  
TANANA CHIEFS CONFERENCE - 2019-10-10

BETTISWORTH NORTH



VIEW A: GUEST ROOM FROM ENTRY

BETTISWORTH NORTH



VIEW B: GUEST ROOM FROM BED AREA

BETTISWORTH NORTH



# Patient Experience Program

By Leilani Sauer,  
Patient Experience Manager, TCC

The Patient Experience Program at TCC and we are here to help!

We are located at Chief Andrew Isaac Health Center and our team includes: Patient Experience Manager, Leilani Sauer, two Patient Navigators, **Shayla Carney and Shawna Hytry**, and two Patient Shuttle Drivers Amanda Burgett and Stephanie Harris.

**Kristy Supsook** is our TCC Patient Advocate on the ANMC campus.

We are all here to listen, problem solve, help connect patients and families to appropriate departments, train staff on customer service tools, and ultimately make improvements based on feedback that we receive.

Every single interaction affects the patient experience and my team is here to help support employees, patients, and families so that we can accomplish this goal **one interaction, one person at a time**. We cannot do this alone. We need all employees, departments, and patients engaged with us.

Our goal is for people to leave all of our TCC Clinics and Facilities feeling a sense of **Ch'eghwtsen'** or True Love. We want to listen, show compassion, respect, and explain things in a way that is clear and caring.

Our Patient Handbook outlines the **TCC Patient Rights and Responsibilities**. We

work hard to provide a quality patient experience and we need you to be part of the team. Remember, respectful communication is a two-way street. Let's work together to be proactive in creating positive patient experiences and making improvements. To view our updated Patient Handbook, please visit the TCC Public Website and click on Patient Handbook.

**We value your kudos and suggestions for areas of opportunity.** All compliments and areas of concern are documented into a system called Verge, so they

can be shared and addressed. We also monitor the data that comes in on our electronic patient surveys. We encourage you to please complete the e-mail/text surveys because we are listening and reading the data and comments.

One area that comes up on comment cards and surveys is needing improvement with overall customer service. We worked together to bring up a Language of Caring expert, Dorothy Sisneros, to start hands-on training at our November 1st All Staff meeting. 350 of our staff learned about and practiced a very effective communication tool called HEART-HEAD-HEART. This tool helps our staff to communicate empathy and action in verbal and non-verbal ways. We will continue to focus on staff education which will improve your customer experience.



To contact the TCC Patient Experience Team

Chief Andrew Isaac Health Center: 907-452-8251 ext. 3792, 3484, 3143 or [patientexperience@tananachiefs.org](mailto:patientexperience@tananachiefs.org)  
ANMC: 1-800-478-6682 ext. 3604 or 907-687-9131

## Preventable Measures Support Brain Health & Reduces Alzheimer's Disease & Related Dementia Risk Factors

By Luann Strickland  
Elder Care, TCC

Aging is the number one risk factor for Alzheimer's disease and related dementia with family history and genetics (though genetics is not as large of a factor as previously thought).

Some preventable measures that help decrease the risks of Alzheimer's Disease and related dementia's include sleep hygiene, diet, exercise, staying social, and challenging yourself.



### SLEEP

During the night sleeping allows microglia cells which act as "Janitor's". These cells clean up the brain while you sleep and decrease the amount of debris that might turn into plaques.



### DIET

One of the diets that decreases risk factor is the Mediterranean diet, however, traditional foods like Moose and Salmon have an abundance of healthy fats and vitamins that are great for brain health.



### CHALLENGE YOUR BRAIN

Puzzles and memory games challenge your brain. Learning new skills helps keep your brain healthy. Choose an activity that you enjoy or want to learn more about.



### STAYING SOCIAL

Activities such as going to bingo or community events may help protect your brain health. Research has shown that staying socially active reduces rates of depression and disability.



### EXERCISE

Exercising on a regular basis decreases the risk, such as walking or berry picking. Even household chores increase physical activity.



# Coping with Grief during the Holidays

By Roxanne Frank,  
Reclaiming Our People, TCC

Holidays can be a happy time spent with family and friends, gathering together and the sharing of traditions with our love ones. Holidays can also be a sad time due to a loss of a family member. For many people, holidays can be difficult; especially the first Holiday cycle after the passing of a loved one.

Whatever your age, young or old, and whatever the cause of death, the absence of a Loved One means that normal routines have ended or are never repeated the same way. The routines that used to be used to be fun may now feel empty or sad. The routine with your loved one is no longer there and you will need to make adjustments in your life without the person.

Ways to Cope during the Holidays:

- **Be gentle with yourself** and take care of yourself.
- **Don't push yourself** to do more. If you usually decorate the whole house for Christmas, but

now you only want to decorate the tree, that's okay.

- **Allow time for feelings.** You might feel a wide range of emotions, you might feel joy, guilt, and sadness all within a few minutes. Allow yourself to feel those emotions without judging yourself or thinking you should be happy or you shouldn't be laughing.
- **Talk with someone** to let your feelings be known. This helps process your feelings. If you find a person who does not want to listen or does not respect your need to talk, talk with someone else. Often times, people don't know how to respond to grief. Don't give up on finding a person to talk to. Talk to a
- counselor if you feel that would be best.
- **Allow others to help.** We all need help at certain time in our lives. Don't be afraid to ask for help.

- **Remember its important to pay attention to children.** Children are often forgotten grievers. They are grieving the loss right along with you.
- Younger children frequently believe they are the cause of what happens around them. So listen to them and give them a lot of love and support.
- **Include your loved one you have lost in your family gatherings.**
- **Light a candle** at beginning of a meal to recognize the sadness your feeling.
- **Say a prayer** for your and family and loved ones.
- **Donate a gift or money** in memory of the loved one.
- **Make Christmas decorations in memory** of your loved one.
- **Do what feels right to you** as long as you are not covering your grief up by utilizing substances. Substance use can create increased sadness.

More information on grief or loss, or if you need assistance during the Holidays, please contact  
**Tanana Chiefs Conference Behavioral Health**  
1-800-478-7822, ext. 3800 or 907-459-3800

## Wellness Tip Did you know?

**Drinking more water can have numerous benefits.**

2 glasses of water after waking up can help activate your internal organs.

1 glass of water 30 minutes before a meal can help with digestion.





# SIGNS OF AN OPIOID OVERDOSE

Learn how to spot an overdose and what to do.



**Breathing**  
slow or absent



**Cannot be woken up**  
or not moving



**Choking**  
or coughing, gurgling,  
or snoring sounds



**Cold**  
or clammy hands



**Dizziness**  
and disorientation



**Discolouration**  
of lips and nails



**Pupils**  
extremely small

## What to do if Someone is Experiencing an Opioid Overdose

Call your local emergency provider **immediately** then,

**Give breaths** 1 breath every 5 seconds

**Use naloxone** if you have it

## Wellness Activity

### *Random Acts of Christmas Kindness*

By Shelby Fisher-Salmon,  
Reclaiming Our People, TCC

The holidays are a perfect time to be with your family and your community. Here are some fun holiday ideas to spread holiday cheer!

- Visit an Elder
- Chop wood for someone
- Haul water for an elder
- Bring in wood
- Bake something and give it as a gift to someone in your community
- Ask someone in your community if they're doing okay
- Help cook

- Have a community gathering
- Do a gift exchange; ideas for gifts could be promising to split wood for somebody, baking/cooking for someone
- Going out to get a Christmas tree with your friends/family
- Asking your family members to tell you stories
- Make an ornament for someone using materials you have on hand

There are lots of ways to spread kindness in your community!



# Eye Glasses: What You Need To Know

By Robert Nowicki  
Licensed Dispensing Optician, TCC

Why sitting down with an Optician is important! Wearing the correct eyewear can open up a whole new world for you.

## SHOULD YOU ORDER YOUR EYEWEAR ONLINE?

In today's modern times, online shopping has made purchasing a variety of goods fast and easy. But ask yourself, is risking your eye care worth the convenience of ordering online? At Tanana Chiefs Conference Eye Clinic, we pride ourselves on giving the best optical care possible. We use lenses that utilize the most advanced technologies possible. Let our team fit and service your eye care needs today!

## PROBLEMS ASSOCIATED WITH PURCHASING EYEWEAR ONLINE

There are some advantages to buying eyeglasses online, such as lower prices. However, buying online is not always the right choice for everyone. A study by the American Optometric Association found that 44.8%, almost half of the glasses purchased online had the wrong prescription or significant safety issues.

Sitting down with an Optician gives you the ease of knowing that you are getting the best optical products made with precise measurements that suite your lifestyle and vision needs. Not only can we guarantee the accuracy

of our lens products, but working with an Optician face to face allows you to try the frames on, so you know exactly how the glasses are going to look and feel.

## WHY YOU SHOULD SIT DOWN WITH YOUR OPTICIAN

By sitting down with your Optician, you will make sure you have the correct prescription. Having the wrong prescription in your glasses can cause eyestrain and can make life very difficult. Having the correct prescription in your glasses using precise measurements provided by an Optician improves your overall quality of life.

Other symptoms of uncorrected vision or a wrong prescription can include things such as; having to squint to see images clearly, headaches, or even in some cases double vision. Eyeglasses are the simplest and safest way to correct refractive errors but in order for them to be effective, they need to be measured and shaped based on how they sit on each individual person's face.

When you sit down with an Optician, one of the first things we check is where you are looking through the lens. When you order online, the vision center is usually placed in the middle of the lens, instead of being centered



using the pupillary measurement (PD) that is taken when you sit down with an Optician. This measurement is how far apart your pupils are. This measurement is important to get your glasses just right for you. A very similar issue arises when the vertical height is not measured. Most online glasses manufacturers do not specify an area for the ocular center height measurement, which is easily measured by an optician.

When you look through the wrong area of the lens it can cause distortion, and blurry or double vision. When you buy glasses in person sitting with an Optician, the Optician will evaluate prescriptions and recommend customized lenses, lens coatings, and frames to suit your needs, and verify that finished lenses are made to your personal specifications. A properly fitting frame and correctly designed lenses can make a huge difference in the clarity and comfort of your vision.

## Holy Cross \$100K & \$50K Distribution Reports

Holy Cross used their Special Grant funding from TCC (\$100k and \$50k funds) to renovate their old tribal building to convert it into a lodge. The lodge will be available for travelers to rent a room at during their stay.





# Christmas Coloring Activity

Provided by Wellness & Prevention



## Wellness Q&A

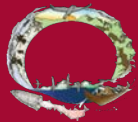
What does heroin look like?

Heroin can be a white or dark brown powder or a black tar. **Heroin is illegal, addictive, and dangerous.**

Talk to your parents, a doctor, a teacher, or feel free to call TCC Wellness & Prevention if you have more questions.

*Information adapted from SAMHSA; TIPS for teens.*





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.

Follow us:     

## JOIN THE TCC FAMILY

[WWW.TANANACHEADS.ORG](http://WWW.TANANACHEADS.ORG)

### Fairbanks Vacancies

- Subregional Prevention Coordinator
- Psychologist
- Coding Manager
- Revenue Cycle Director
- WIC Clerk
- Certified Medical Assistant
- Biomedical Equipment Technician I
- Mammography Technologist
- RN
- Physician - Urgent Care
- Optometrist
- Physician Assistant - Urgent Care PRN
- Lead Travel Clinical Laboratory Scientist
- Phlebotomist - Temporary
- Phlebotomist
- Camp Counselor
- Primary Counselor
- Family Services Coordinator

### Village Vacancies

- Community Health Aide/Practitioner(Alatna, Allakaket, Circle, Hughes, Kaltag, Ruby)
- Family Visitor(Allakaket, McGrath, Shageluk, Tanacross)
- Home Care Provider(Allakaket, Arctic Village, Birch Creek, Fort Yukon, Koyukuk, Nenana, Northway, Nulato, Rampart, Tetlin)
- Behavioral Health Aide(Anaktuvuk, Chalkyitsik, Dot Lake, Northway, Nulato, Rampart, Ruby, Tetlin)
- Substitute Elder Nutrition Cook(Arctic Village, Chalkyitsik, Huslia, Venetie)
- Elder Nutrition Cook(Chalkyitsik, Hughes, Nikolai)
- Village Public Safety Officer(Circle, Eagle, Grayling, Huslia, McGrath, Nulato, Ruby, Tanana, Venetie)
- Lead Teacher(Fort Yukon, Galena, Nulato)
- Infant/Toddler Teacher(Galena)
- SOC Youth Lead(Huslia, Kaltag)

### Region- Wide Vacancies

- Itinerant Clinician - SOC
- Medical Coder II
- Community Health Aide/Practitioner - Itinerant

JOB LISTED WERE OPEN AS OF November 12th, 2019

## UPCOMING MEETINGS/EVENTS

TCC CLOSED  
December 24-25

## RESOLUTION DEADLINE

TCC's Annual Convention resolutions process has been improved to provide for more tribal notice and dialogue.

**Resolutions are due  
February 7, 2020**

Please submit to Keith Rueben@tananachiefs.org

If you need assistance in writing resolutions,  
please contact the relevant department:

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Tribal Client Services • [amber.vaska@tananachiefs.org](mailto:amber.vaska@tananachiefs.org) • ext.3110

Administration • [joyce.roberts@tananachiefs.org](mailto:joyce.roberts@tananachiefs.org) • ext.3178