

the council

Dena' Hena' Hénash • Our Land Speaks

Vol. 47, No. 1

A REPORT TO THE MEMBER TRIBES OF TANANA CHIEFS CONFERENCE

January 2022

Brian Ridley Appointed Interim TCC President

By Leona Long

The Tanana Chiefs Conference Full Board of Directors voted to remove PJ Simon from his position as Chief/Chairman during a Special Full Board of Directors Meeting held on December 15 at the Westmark Hotel in Fairbanks. The decision was made following an all-day executive session.

"I know that many of you have felt a great deal of uncertainty these last few months," said Charlene Stern, PhD, vice-president for the TCC Executive Board. "Despite these challenges, Tanana Chiefs Conference's leaders

and staff remain steadfast in our commitment to serving our Tribes and Tribal members. We will get through this in the same way we have always have – together."

In the interim, the Full Board of Directors has appointed Brian Ridley, chief financial officer, as acting President.

"TCC's Executive Board appreciates Brian for accepting the call to serve as acting president during the next few months," said Dr. Stern. "As we

move forward from this difficult time, we ask you to treat one another with Ch'eghwtsen' as we continue on our path towards healing and to focus on our shared vision of Healthy, Strong, Unified Tribes."

The votes to recall Simon and appoint Ridley as acting President occurred during open session, which was livestreamed on YouTube and TCC's website. Ridley will serve until March 2022 when the Tribes will elect a Chief/Chairman during the TCC Annual Convention.

Happy New Year!

From Tanana Chiefs Conference

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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



TCC EXECUTIVE BOARD MEMBERS

Trimble Gilbert/Arctic Village
1st Traditional Chief

2nd Traditional Chief

Brian Ridley/Eagle
President

Charlene Stern/Arctic Village
Vice President

Charlie Wright/Rampart
Secretary/Treasurer

Herbie Demit/Tanacross
Upper Tanana

Claude 'Joe' Petruska/Nikolai
Upper Kuskokwim

Nancy James/Fort Yukon
Yukon Flats

Eugene Paul/Holy Cross
Lower Yukon

Frank Thompson/Evansville
Yukon Tanana

Norman 'Carl' Burgett/Huslia
Yukon Koyukuk

Peter Demoski/Nulato
Elder Advisor

Alex Hanna/Minto
Youth Advisor

PRESIDENT'S REPORT

Dear Tribes and Tribal Members,

On Wednesday, December 15th, the full Board of Directors appointed me as interim President of Tanana Chiefs Conference until our Annual Convention in March. I am humbled that the full Board chose me to carry our organization through this transition. I will do all I can to ensure that our operations continue to run smoothly.

Our organization has struggled these past few months through division, adversity, and acts that go against our traditional values. A difficult decision was made by our Tribes, based on what they deemed best for the overall health and wellbeing of TCC. We have faith in our Tribal leaders and hope we can put this behind us and move forward together in unity.

My goal during the next few months is to focus on healing and rebuilding TCC so that when a new Chief/Chair is elected they will inherit a strong and stable organization that is ready to face the many challenges of our times. There will be much work to do, but together we will stand strong and protect TCC from those who try to tear us down.

If any of our member Tribes have concerns or questions, I want them to know that we will take those concerns seriously and will follow the proper protocols to ensure those issues get resolved internally.

*Mahsi' Choo,
Brian Ridley
President*



THE 2022 CALENDAR IS HERE!



2022 Calendars have been mailed to all tribal offices throughout the region and are available at TCC facilities in Fairbanks. Those living outside the TCC region who would like to receive a calendar can request one by sending their mailing address to communications_dept@tananchiefs.org

EDITOR'S NOTE: Our December Issue incorrectly listed former Executive Board Members for Secretary/Treasurer, Upper Kuskokwim, and Youth Advisor. We sincerely apologize for the mistake.

Congratulations! COVID-19 Vaccine Giveaway Winners

Tanana Chiefs Conference would like to thank the winners of our COVID-19 Vaccine Giveaway for the month of December.

"That's going to be my grandkids Christmas," said a very surprised and happy Leonard Jensen, an Elder from Nenana, when notified that he won \$500 cash in TCC's Covid-19 Vaccine Giveaway.

Aiden Jendry, son of TCC employee Jodi Jendry, was featured on the local Fairbanks news about the challenges of getting an autistic youth vaccinated. The news story highlighted the calming techniques used by his family and the medical staff, including playing a game on an iPad to distract him from the shot. It was just days later that Aiden's name was randomly drawn as a winner of an Apple iPad Air. He squealed in delight and said "thank you" over and over in sign language when he opened his brand new iPad.

Leonard and Aiden, your reactions made the entire contest worthwhile! Thanks to the 10,000+ people who got their shot and entered the giveaway, and a big congratulations to the following December winners in the COVID-19 Vaccine Giveaway!

\$500 Cash:

- Will Daniels of Fairbanks
- Leonard Jensen of Nenana
- Thomas Oliver of Fairbanks
- Charles Stickman of Nenana

Beaded Gloves:

- Shawn Champagne of Tok
- Cecelia Derendoff-Nollner of Huslia
- Christine Gayvoronskiy of Fairbanks
- Eugene Witt of Fairbanks

Apple iPad Air:

- Aiden Jendry of Fairbanks
- Aiyana Patsy of Nulato

Nintendo Switch & \$100 Gift Card:

- Caleb Benjamin of Galena
- Angelina Gibson of Fairbanks

Beats Headphones:

- David Ahyakak of Fairbanks
- Marylene Burgett of Galena

\$300 Amazon Gift Card:

- Nevaeh Morland of Fairbanks
- Mia Pitka Semaken of Galena

GRAND PRIZE DRAWING WINNERS!

Trip for 2 on Alaska Airlines & \$1,500 Cash:

- Two winners who wish to remain anonymous

\$5,000 Cash:

- Kathleen Demientieff of Nenana
- One winner who wishes to remain anonymous

\$2,500 Cash:

- Florence Newman of Fairbanks
- Beattus Moses Jr. of Allakaket

Fur-Trimmed Parka & \$1,000 Cash:

- Shawn Coyle of Fairbanks
- Jeannette Walker of Tanana

Fur Hat & \$300 Cash:

- Shawny Frerichs of Fairbanks
- Patricia Tritt of Venetie



A YEAR IN REVIEW



JANUARY 2021

By January 27th, 1,898 vaccines were administered to 24 rural communities.



JANUARY 2021

A Prayer Vigil was held outside the Chief Peter John Tribal Building to raise awareness for the missing Alaska Native people in the Fairbanks area.



MARCH 2021

TCC is featured on NBC's Today Show and NBC Nightly News highlighted the successful vaccine distribution out to our rural communities.



MARCH 2021

2021 TCC Annual Full Board of Directors meeting was held as a special meeting. TCC welcomed new members to the Board including C. Petruska of Nikolai, Y. of Rampart and Y. Hanna of Minto.



JULY 2021

TCC staff and Executive Board members were joined by representatives from various entities on a 3-day boat trip to visit the communities of Nenana, Tanana, Rampart and Stevens Village, giving Tribes and Tribal members the opportunity to educate them on their concerns and priorities.



AUGUST 2021

The Tribal Resources Commission was established by combining the Hunting and Fishing Task Force (HFTF) and the Yukon River Inter-Tribal Fish Commission (YRITFC) in an effort to improve communication, outreach, and responsiveness to those we serve.



SEPTEMBER 2021

On September 21st, the TCC region mourned the loss of First Traditional Chief Don Honea Sr.



SEPTEMBER 2021

In September, TCC partnered with the North Star Library to expand our book gifting program to rural communities through an Imagination Library affiliate.



MARCH 2021

TCC Convention and Directors Meeting
Special hybrid
welcomed three
the Executive
Claude 'Joe'
ai, Charlie Wright
outh Advisor Alex



APRIL 2021

Hughes hosts various Tribal Leaders for the First Housing Summit to determine how they can creatively partner to achieve housing and advocacy.



MAY 2021

On May 14th, CAIHC began to administer the COVID-19 vaccine to children ages 12 and up.



JUNE 2021

On June 13th, 215 orange bandanas were tied to the Centennial Bridge in Fairbanks to honor the memory of the 215 Native children discovered in unmarked graves at Kamloops Indian Residential School in Canada.



SEPTEMBER 2021

TCC partnered
Star Imagination
and Dolly Parton's
gram to all TCC
viously unserved
n Library



OCTOBER 2021

TCC along with Doyon, donated \$100,000 each for the Foundation's Health Scholarship Fund to support and encourage shareholder students in the health field through the establishment of the scholarship fund.



OCTOBER 2021

TCC launches the 'Don't Miss Your Shot' COVID-19 Vaccine Giveaway to encourage interior Alaska residents to get their COVID-19 vaccine. The giveaway features monthly prize drawings and a grand prize drawing at the end of the year.



NOVEMBER 2021

The TCC Executive Board and Executive Management Team attended a three-day Strategic Planning Retreat. This was held to provide input from the Tribes and TCC to ensure that the organization remains in alignment with the Tribes' vision.



Fairbanks Fish Distribution

The 2021 moratorium on fishing this summer has had severe impacts on our Fairbanks area families. In immediate response to the 2021 Yukon River salmon crash, volunteer efforts successfully distributed approximately 2,800 pounds of salmon to our Fairbanks region's Alaska Native Elders on December 15, 2021. Approximately 100 households benefited from this distribution.

Tanana Chiefs Conference partnered with Fairbanks Native Association, the Native Elder advocates at Denaakkanaaga, Inc. and Operation Fish Drop as one of the immediate responses to the 2021 Yukon River salmon crash. Operation Fish Drop started as an idea to help supplement

Alaskan Native communities with traditional Indigenous subsistence foods. Over the course of the last seven months, they have been able to help distribute 16,000 pounds of salmon to our Indigenous relatives.

Donated and purchased salmon were distributed to our region's villages up and down the Yukon River and its tributaries earlier this year. This is due to an unprecedented collapse in Yukon River king salmon and chum salmon numbers which has been declining over the past several years. For the first time, local residents up and down the Yukon were banned from fishing in order to allow breeding stock to migrate up river to promote future runs.



TCC DENTAL CLINIC

As of August 1st, 2021

TCC Dental is expanding access to urgent care dental appointments by having a modified walk-in system. To allow for social distancing we will offer appointments in Zones.

Zone 1: Check in at 7:45am

Zone 2: Check in at 9:45am

Zone 3: Check in at 1:45pm

Patients will be assigned a Zone and will be seen in order of urgency.

Patients must present at the designated check in time in order to be seen.

Each Zone is 2-3 hours in length. This is the length of time you should prepare to wait to be seen.

For questions or concerns please contact the Dental Clinic



TCC Dental Clinic
907-451-6682 x3200

What's Happening With TCC Headstart?

By Kristi Walmsley

The FY22 Head Start school year is going strong! Here are some of updates that TCC's Head Start program would like to share with everyone:

- Most villages are currently offering home-based care for kids with the exception of Nenana, Galena, Northway and Tanacross who have their classroom open for in-person learning. TCC hopes to open more classrooms to in-person care depending on the availability of staffing.
- Head Start has open enrollment for children birth-4 year-olds. Please contact Tanya Yatlin at 907-452-8251 or 800-478-6822 ext. 3469 for more information.
- TCC Head Start has recently teamed up with the Dolly Parton Imagination Library, which means every month enrolled children between the ages of birth to 5 will get a free age appropriate book. Reading together is a wonderful way to build a lifelong love for reading with children and promote family time.



- In November, TCC partnered with a number of local village stores to provide our Fall Harvest boxes to enrolled families. This put a totally of \$4,081 back into our local village economies, and saved in costs

- By doing this instead of buying in Fairbanks and freighting these meals we put \$4081 back into the local communities.
- To show appreciation, TCC Head Start has sent out over 100 ham dinners to our staff and enrolled families for winter break. Fleece tie blanket making kits were sent to all children in the household and new books were sent to children enrolled in head start.
- With COVID-19 cases on the rise we are no longer able to brush teeth in the classroom, so we're participating in the Brush, Book and Bed program. We continue to send out care packages with tooth brushes, tooth paste and books to enrolled families to help instill good oral hygiene and promote family time. A new book

was sent home in December.

- In December, Head Start staff travelled to four villages in our region to provide vision and hearing screenings to children enrolled in our program.
- We also had a number of staff participate in a week long training seminar in Orlando, FL that centered on parent and family engagement, hosted by the National Head Start Association.

Head Start has positions open in the following villages: Fort Yukon, Galena, Grayling, Holy Cross, Hughes, Huslia, Kaltag, Nenana, Shageluk and Tetlin. The positions available are Lead Preschool Teacher, Preschool Assistant Teacher, Infant/Toddler Teacher, Family Visitor, Early Head Start Cook and Substitute Teacher/Assistant Teacher. We also have an ERSEA position open in Fairbanks. Please visit our website at www.tananachiefs.org/careers to see what's open in your area or call Kristi Walmsley at 907-452-8251 or 800-478-6822, ext. 3015.

Healthy New Year Goals!

Strategic Prevention Framework Partnerships for Success (SPF – PFS)

By Autumn Cantu

Happy New Years, and the start of new goals! Strategic Prevention Framework (SPF) – Partnership for Success (PFS), The Indigenous Wellness Academy (IWA) and the Youth Wellness Warriors (YWW) would like to help families build new healthy traditions. Our programs would like to encourage families to participate in cultural traditions, consistent communication, and healthy interacting. SPF PFS program's purpose is to help prevent and reduce youth from developing substance misuse with underage drinking and prescription drug misuse. We encourage having more interaction with your family because it can lead to healthy routines and more fulfilled daily lifestyles.

Creating a strategy to help improve your family's wellness doesn't have to

be a struggle. SPF PFS would like to offer some small tips. Take one step at a time; this will help your family transition into your new routine smoothly. Always keep communication open for suggestions. It's important to remember to include our youth in the process. You never know, they may have great ideas! Ask your children what they like and don't like about the new routine. Here are some family wellness activities suggested from SPF PFS:

- Offer to help Elders within your community together.
- Pass on you family traditions, like trapping!
- Help clean up dog lots in town, or wood yards as a family activity.
- Get active as a family and go snowshoeing together!

Participating in all of these activities plays an important role in a child's life because they are protective factors. What is a protective factor? It can be a parent, significant individual, grandparent, or even your community that helps create positive life qualities. These individuals can help you learn how to deal with stressful situations and lower the possibility of a negative outcome that might cause an impairment on your mental health. We hope to inspire and support the healthy changes in your community for the holidays and after. On behalf of The Division of Wellness and Prevention here at Tanana Chiefs Conference (TCC), be the change for betterment for your family this winter, and please break trail for a healthy lifestyle alongside your family.

Human Trafficking In *Alaska*

By Rachel Saylor

Human trafficking is a troubling issue that often goes unnoticed in our communities. While human trafficking may sound like an issue that only happen in large cities outside of Alaska – the reality is that human trafficking is happening now – in Alaska – and in our communities. In a 2017 study, 1 in 4 females at Anchorage's covenant house had been trafficked for sex, and of those youth – 42% were Alaska Native. Among homeless youth surveyed in 10 cities throughout the country – Anchorage had the highest prevalence of trafficking. Even here in the Fairbanks area and in our interior villages – we have been hearing about cases of human trafficking.

The most heartbreaking part is that this is only a small glimpse of how large this problem actually is. Trafficking is notably underreported, mainly due to the intense trauma that victims experience, which makes it difficult for them to come forward and ask for help.

With January being National Slavery and Human Trafficking Prevention Month – Tanana Chiefs Conference would like to provide important information on human trafficking, how to identify it and how to prevent it.

What is Human Trafficking?

Trafficking is the illegal exploitation of a person – whether it be for labor or sex. Victims can be recruited and trafficked in their own villages and hometowns and, sadly, even in their

own homes. Traffickers use violence, manipulation, or false promises of well-paying jobs or romantic relationships to lure victims. Traffickers disproportionately target at-risk populations, including individuals who have experienced or been exposed to other forms of violence such as child abuse and maltreatment, interpersonal violence and sexual assault, community and gang violence.

Warning Signs that someone may be being trafficked:

- Physical abuse such as burn marks, bruises or cuts
- Unexplained absences from class
- Sexualized behavior
- Overly tired in class
- Withdrawn, depressed, distracted or checked out
- Brags about making or having lots of money
- Less appropriately dressed than before or new expensive clothes, accessories or shoes
- New tattoo (tattoos are often used by pimps as a way to brand victims. Tattoos of a name, symbol of money or barcode could indicate trafficking)
- Older boyfriend or new friends with a different lifestyle
- Talks about wild parties or invites other students to attend parties
- Shows signs of gang affiliation (color colors, notebook doodles of gang symbols, etc.)

Traffickers Often Exhibit the Following Behaviors:

- Jealous, controlling and violent
- Significantly older than female companions
- Promise things that seem too good to be true
- Encourage victims to engage in illegal activities to achieve their goals and dreams
- Buys expensive gifts or owns expensive items
- Is vague about his/her profession
- Pushy or demanding about sex
- Encourages inappropriate sexual behavior
- Makes the victim feel responsible for his/her financial stability. Very open about financial matters.

What to do if you suspect someone if being trafficked

- DO NOT INTERVENE – you could make the situation worse for the individual or for yourself.
- Call 911 immediately and report the situation.

RESOURCES:

If you are a victim of human trafficking and need help – contact the National Human Trafficking Hotline : 1-888-373-7888 or text “help” to Be-Free (233733)

You can also contact the Alaska State Troopers at 907-375-6409



TCC Now Offering Child Care Assistance Coverage for *Subsistence Activities!*

Are you engaged in subsistence activities such as hunting, fishing, berry picking, gardening, food preservation or wood cutting? Did you know that if you have children under the age of 13 **we can pay a family relative to provide child care** for them while you are doing these activities? That's right, if a family relative is willing to be an approved child care provider we can pay! Usually a grandparent or a close relative are already providing care your children so why not have them get paid. If you would like further information please contact us at 907-452-8251 ext. 3365 or email us at childcare@tananachiefs.org.

BEHAVIORAL HEALTH AIDE *Spotlight*

Ann Neglaska - Kaltag

By Linden Staciokas

When you are caught in the middle of alcoholism or drug addiction, it can be hard to see a way out, a future that is not only free of substance abuse but that can be full of joy. Ann Neglaska has lived those feelings and, just as was done for her, now works every day to reach out and pull others through that dark tunnel to life at the other end.



Ann is the Behavioral Health Aide for Kaltag, a village of about 125 people located on the banks of the Yukon River, about 335 miles west of Fairbanks. In that position, she provides a broad range of mental health and addiction services, including intake assessments, diagnosis and treatment plans, and individual and group counseling. But Ann's path to this work was not a straight one.

"I guess you could say it started with my own recovery. While I was at Old Minto Camp, one of the counselors there, Dorothy Bekoalok, became a kind of role model, a mentor." With her support and inspiration, Ann achieved sobriety and wanted to help others the way Dorothy, and many others at the treatment camp, had helped her. Later another woman, Jessica Goff, convinced Ann, who at that point was working as a clerk, that she had the ability to go through the training to become a Behavioral Health Aide for Tanana Chiefs.

Ann was hired in June of 2015, but first the job required completing a rigorous training program. For two years, she traveled every month to Fairbanks and then Anchorage to take classes, which led to a certificate in Rural Human Services. At that point she was assigned some limited responsibilities for clients, but the emphasis was on still more training, this time under the supervision of licensed mental health professionals. After several years she earned her A.A. in Rural Human Services, from the University of Alaska, and was able to carry a caseload of her own.

As she had hoped, the greatest joy of her job is that Ann is able to offer encouragement to people who may not be able to see that recovery is possible. And not everyone is recovering from substance abuse, some are struggling with mental health issues or trauma that stops them from having their best life. Wherever someone is in their life's journey, if they really want to get better, Ann is there to help.

There are frustrations to being a Behavioral Health Aide, mostly the same ones that so many rural providers experience, such as a lack of health aides, no VPSO, and a long time to wait for the Troopers to arrive if there is an emergency. It means that Ann must wear many hats and that she spends a lot of time coordinating with

urban providers to get her clients services. And then, like any provider for any agency, there is the ever increasing and often changing paperwork! But the satisfaction she gets from her job makes it all worth it.

When she is not working, Ann can be found spending time with her husband of twenty five years, or one or more of her three adult children. It is gratifying to Ann that her youngest son told Ann she is his inspiration and that he is at UAF working on his counseling degree because he intends to follow in her footsteps.

When she has free time, Ann enjoys skin sewing, mostly for potlatches. She is an avid photographer, and uses the family's many camping trips to catch the sunsets and sunrises in her pictures. Her other main source of what she calls self-care, is her garden: planting, tending, harvesting, and taking pictures of the plants as they grow. She makes sure to take the time she needs to replenish her own energy, so that she can keep doing the job she loves for many years to come.

Candice Jacobs, who has worked with Ann for some years and is now her supervisor, calls Ann "a pillar of strength to her community and a blessing to her co-workers. She always is willing to step in on a moment's notice to help out wherever she is needed, whether at Old Minto or assisting another Behavioral Health Aide in their community. We are so thankful to have her on our team!"



Infrastructure in *Rural Alaska*

By Leona Long

In mid-November, President Joe Biden signed the \$1.2 trillion Infrastructure Investment and Jobs Act into law. The funding includes a historic \$11 billion investment to boost infrastructure and tackle challenges like adapting to climate change, transportation, improve internet access and sanitation in Alaska Native and Native American communities.

“The infrastructure funding will help improve our quality of life,” said Brian Ridley, President of Tanana Chiefs Conference. “It won’t pay for everything our villages need, but it covers a lot of everything and provides an opportunity to make investments in infrastructures that are critical to improving the health and safety of our tribal communities.”

Thinning ice and melting permafrost put Alaska’s 187 remote communities on the frontlines of the changing climate. About 93 of those communities are affected by climate change, including 35 that are in immediate danger of a climate related disaster. A 2019 report by the Denali Commission found that Shaktoolik, Shishmaref and Kivalina are among the communities that are most at risk for flooding, erosion, harsher storms, rising sea levels and melting permafrost.

The infrastructure funding includes a \$216 million investment to the Bureau of Indian Affairs Tribal Climate Resilience Program to help them adapt to the environmental impacts of climate change. The funding will replace aging

infrastructure and provide money for climate-related relocation and adaptation.

“The harmful effects of climate change on our lands and waters puts our traditional subsistence ways of life and culture at risk,” said Ridley. “President Biden listened to Alaskan tribal leaders and provided the solutions that we needed to improve the quality of life in our under-served communities.”

Alaska will receive about \$3.5 billion in federal highway funding to construct, rebuild, and maintain its roads and highways over the next five years. Congress set aside \$3 billion for the federal Tribal Transportation Program, and another \$2.5 billion to address approved Native water rights settlements. Alaska also received funds to repair and rebuild bridges, support the Alaska Marine Highway System, and make improvements for airports of all sizes across the state.

Water and wastewater projects in Alaska will receive \$180 million over five years. That is in addition to the \$3.5 billion that Indian Health Services will receive to finally bring safe water and adequate sanitation to under-served communities. In TCC’s region, 13 of our villages and about 500 households live in underdeveloped conditions without water/sewer infrastructure.

“For decades, clean water and sanitation has been out of reach for small Native communities because it’s been

considered too expensive,” said Ridley. “The pandemic revealed just how under-served our tribes are when it comes to access to basic hygiene like handwashing, and now there is federal funding to help these communities. We look forward to the time when outhouses and honey buckets are things of the past.”

Previously, many small Native communities missed out on funding for safe water and proper sanitation, because the cost was infeasible according to the Indian Health Services funding cost formula. Now, federal infrastructure funding sets aside about \$2 billion for clean water and sanitation projects in these communities.

Each state will receive at least \$100 million in grants to build broadband capacity and an additional \$600 million to build broadband capacity in under-served communities. There is another \$1 billion for Middle Mile Broadband Infrastructure grants, which will bridge Alaska’s digital divide by connecting rural communities with the core network.

“Connecting to the internet is something that almost all of Alaska’s rural communities struggle with,” said Ridley. “Our villages don’t have the internet speeds fast enough to access telemedicine, distance education and remote job opportunities. We need to be connected to fast internet like the rest of the world so that Alaska Native people have the same opportunities.”

The HPV Vaccine & Cancer Prevention

Cancer prevention has been a growing concern among our tribes, with cancer being the second leading cause of death among Alaska Natives. The Human Papillomavirus (HPV) is a group of more than 150 related viruses, several of which are cancer-causing. This is important to be aware of considering **80% of people will get an HPV infection in their lifetime**. Thankfully, the HPV vaccine is a safe and effective means of preventing these cancer-causing viruses.

"In countries where the vaccine has been routine, there has been a dramatic drop in the HPV disease," says Dr. Stephen Gerrish, MD, Chief Andrew Isaac Health Center, "It is expected that cancers caused by HPV will be largely eliminated in future generations once the vaccine becomes routine."

Who should get the HPV vaccine?

The State of Alaska, which pays for the vaccine, offers it to children starting at 9 years of age. The good news is that if you get the vaccine before 15 years of age, you only need two doses. After that, it takes three doses. It can be given to men up to 21 years old, and women 26 years old. At that age, it offers some benefit, but only from those HPV viruses that you have not been exposed to (there are several HPV types that cause disease).


The HPV virus is mostly caught through sexual activity and works best if given before relationships begin because once you have an HPV virus, the vaccine provides no protection from that particular HPV virus type.

Why get the vaccine?

The HPV vaccine provides protection against most of the cancers caused by HPV infection. HPV infections can cause cervical cancer, cancer of the lower bowels, and throat/neck cancers. HPV cancer usually does not have symptoms until it is quite advanced, very serious and hard to treat. Other strains of the HPV infection are known to cause warts.

However, it's important to note that HPV can be passed even when an infected person shows no signs or symptoms. People can develop symptoms years after being infected, making it hard to know when you first became infected.

If you are interested in getting the HPV vaccine, please contact your healthcare provider.



GIDEON JAMES ARCTIC VILLAGE

Gideon Albert James was born in February 1939. His dad was from Birch Creek and his mom was from Arctic Village.

Gideon got his education in his traditional ways from watching his dad and grandfather.

"I don't depend on anybody to show me how to do," said Gideon. "I follow my dad. I follow my grandfather. Now I can do it and I do it when I got big enough."

They taught him how to hunt, trap and how to make tea from melted snow over a campfire. They made their own gun cases, snowshoes, and sleds. They also made their own fish wheels and fish traps. Anything they needed, Gideon's dad and grandfather made.

"A lot of knowledge. You have to respect that. Heroes. Those people are heroes in our books. All of you guys have heroes in your village."

To hear Gideon's full story, visit www.tananachiefs.org/legacy-of-our-elders/

TCC's Legacy of our Elders series documents the lives and stories of Elders throughout the TCC region. These videos are available on our website.

ALASKA REAL ID CARD

DEADLINE EXTENDED

Due to the COVID-19 Pandemic, the Department of Homeland Security announced that **the deadline to obtain a Real ID has been extended to May 3rd, 2023**. A real ID is used as identification to board a domestic flight or enter military bases and most federal facilities.

**GET IT BY
MAY 3RD, 2023**

STEP 1: ESTABLISH YOUR IDENTITY

To apply for a REAL ID card, you must present one identity document, which shows your date of birth, true full name, identity and U.S. citizenship or lawful status. Select a document that has your current true full name (first, middle and last). An original document or certified copy is required.

STEP 2: CHECK YOUR NAME

Is your current true full name (first, middle and last name) the same as the name listed on the identity document you selected in step 1? If not, to document your name change, bring documents that connect the name on the identity document you selected to your current true full name (first, middle and last name). Select the documents you will use (this can be more than one if needed to connect the name listed on your identity document to your true full name). An original document or certified copy is required.

STEP 3: CONFIRM SOCIAL SECURITY NUMBER

Select ONE document you will use that contains your full social security number (SSN). An applicant must present any of the following genuine documents bearing the name of the applicant and their full social security number. (Example: Social Security Card, W-2 form, pay stub with full SSN)

STEP 4: VERIFY RESIDENCE ADDRESS

To establish Alaska residency, you must present two documents that verify your residence address. The document must list the applicant's first and last name and match the residence address as listed on the driver license or ID card application. One of these residency documents needs to be dated within 90 days. (Example: mortgage bill, deed or title, rental or lease agreement, IRS tax return, home utility bills, or bank statement)

To view the full checklist and see what documentation will be accepted, please visit:

<https://online.dmv.alaska.gov/REALIdChecklist>



TRAVELING WITH YOUR TRIBAL ID

According to the Transportation Security Administration (TSA), Tribal Identifications are an acceptable form of identification at the security checkpoint today and will continue to be accepted once the enforcement of REAL ID begins. Here is what holders of tribal IDs needed to know:

- The tribal must be federally-recognized by the Bureau of Indian Affairs
- The ID must have a photo
- If the ID has an expiration date, it cannot have been expired for more than a year
- If there is no expiration date, there is no restriction beyond #1 and #2.
- If a traveler is using their tribal ID at the TSA security checkpoint and they are told it is not acceptable (this should NOT happen, but just in case), the traveler should ask to speak immediately with a TSA supervisor

**SCHEDULE
APPOINTMENT
ONLINE:**



Dental Fillings At The Chief Andrew Isaac Health Center

Have you ever wondered what fillings are offered at the Chief Andrew Isaac Health Center or what the advantages or disadvantages of each fillings are? WebMD has compiled a helpful article to introduce all the different fillings and their disadvantages and advantages.

What Types of Filling Materials Are Available?

Today, several dental filling materials are available. Teeth can be filled with gold; porcelain; silver amalgam (which consists of mercury mixed with silver, tin, zinc, and copper); or tooth-colored, plastic, and materials called composite resin fillings. There is also a material that contains glass particles and is known as glass ionomer. This material is used in ways similar to the use of composite resin fillings.

Silver Fillings (Amalgams)

Advantages of silver fillings:

- Durability -- silver fillings last at least 10 to 15 years and usually outlasts composite (tooth-colored) fillings.
- Strength -- can withstand chewing forces
- Expense -- may be less expensive than composite fillings

Disadvantages of silver fillings:

- Poor aesthetics -- silver fillings don't match the color of natural teeth.
- Destruction of more tooth structure -- healthy parts of the tooth must often be removed to make a space large enough to hold the amalgam filling.
- Discoloration -- amalgam fillings can create a grayish hue to the surrounding tooth structure.
- Cracks and fractures -- although all teeth expand and contract in the presence of hot and cold liquids, which ultimately can cause the

tooth to crack or fracture, amalgam material -- in comparison with other filling materials -- may experience a wider degree of expansion and contraction and lead to a higher incidence of cracks and fractures.



- Allergic reactions -- a small percentage of people, approximately 1%, are allergic to the mercury present in amalgam restorations.
- The mercury contained in the amalgam releases low levels of mercury in the form of a vapor that can be inhaled and absorbed by the lungs. High levels of mercury vapor exposure are associated with adverse effects in the brain and the kidneys. Studies have found no link between the amalgam fillings and health problems and the FDA considers them safe for adults and children ages 6 and above.

Tooth-colored Composites

Advantages of composites:

- Esthetics -- the shade/color of the composite fillings can be closely matched to the color of existing teeth. Composites are particularly well suited for use in front teeth or visible parts of teeth.
- Bonding to tooth structure -- composite fillings micro-mechanically bond to tooth structure, providing further support.
- Versatility -- in addition to use as a filling material for decay, composite fillings can also be used to repair chipped, broken, or worn teeth.
- Tooth-sparing preparation -- sometimes less tooth structure needs to be removed compared with amalgam fillings when removing decay and preparing for the filling.

Disadvantages of composites:

- Lack of durability -- composite fillings wear out sooner than amalgam

fillings (lasting at least five years compared with at least 10 to 15 for amalgams); in addition, they may not last as long as amalgam fillings under the pressure of chewing and particularly if used for large cavities.

- Increased chair time -- because of the process to apply the composite material, these fillings can take up to 20 minutes longer than amalgam fillings to place.
- Additional visits -- if composites are used for inlays or onlays, more than one office visit may be required.
- Chipping -- depending on location, composite materials can chip off the tooth.
- Expense -- composite fillings can cost up to twice the cost of amalgam fillings.
- In addition to tooth-colored, composite resin fillings, two other tooth-colored fillings exist -- ceramics and glass ionomer.

Other Filling Types

- Ceramics. These fillings are made most often of porcelain and are more resistant to staining than composite resin material. This material generally lasts more than 15 years and can cost as much as gold.
- Glass ionomer is made of acrylic and a specific type of glass material. This material is most commonly used for fillings below the gum line and for fillings in young children (drilling is still required). Glass ionomers release fluoride, which can help protect the tooth from further decay. However, this material is weaker than composite resin and is more susceptible to wear and prone to fracture. Glass ionomer generally lasts five years or less with costs comparable to composite resin. The newest ones have an even better lifespan and, when placed in appropriate areas are equal to composites.

To Contact the Dental Clinic:

TCC • Health Services • Dental Services
(907) 1-800-478-6822 • (907) 451-6682 Ext. 3200

Election Criteria: 2022 TCC Full Board of Directors Meeting

SUBREGIONAL ADVISORY BOARD ELECTIONS

TCC EXECUTIVE BOARD OF DIRECTORS

Subregional Positions:

Yukon Flats Subregion3 Year Term (2022-2025)
Currently Nancy James, Ft. Yukon
Yukon Tanana Subregion3 Year Term (2022-2025)
Currently Frank Thompson, Evansville

Eligibility Criteria:

- Must be a current village director, as authorized by tribal/village resolution. (Article 7, Section 4)
- Must be residents of the State of Alaska and Alaska Native Members of member villages of the corporation. (Article 4, Section 1)
- Full Time employees of the corporation shall not be eligible to serve as Directors or officers of the corporation with exception of the President. E-Board Members may serve as temporary or seasonal TCC employees. (Article 4, Section 2)
- Must successfully pass an ICPSA and Alaska Barrier Crimes Act Background check. (See also Executive Board Policy 50-5003).
- Compliance with the TCC Board of Directors' Drug and Alcohol Free Policy #50-5001 applies to all TCC Executive and Health Board of Directors, with the exception of the Chief/Chair of the Board who is an employee who follows the employee policy. To be eligible as a candidate, individuals must pass the background check the week before their election

TCC ADVISORY BOARDS

The three TCC Advisory Boards make recommendations to the TCC Executive Board and President. The Regional Health board is selected by each respective subregion. (Article 7, Section 2). The President has the authority to appoint all individuals to the other advisory boards, (Article 7, Section 3), but the most recent process has been for the subregions to democratically select representatives to each advisory board. All candidates must be Alaska Native.

TCC Regional Health Advisory Board

Upper Tanana Subregion.....3 year term (2022-2025)
Currently Sylvia Pitka, Northway
Upper Kuskokwim Subregion3 year term (2022-2025)
Currently Agnes Tony, Nikolai

TCC Education Council

Yukon Flats Subregion.....3 year term (2022-2023)
Currently
Upper Kuskokwim Subregion.....3 year term (2022-2025)
Currently Alice Dale, McGrath
Upper Tanana Subregion.....3 year term (2022-2025)
Currently Diane Titus, Tanacross

Interior Athabaskan Tribal College Board of Trustees

Yukon Koyukuk Subregion.....3 year term (2022-2025)
Currently Beverly Kokrine, Huslia
Yukon Flats Subregion.....3 year term (2022-2025)
Currently VACANT
Upper Tanana Subregion.....3 year term (2022-2025)
Currently Gerald Albert, Northway

Important Dates for the 2022 TCC Elections

Submit between now and February 15th:

The last day TCC is able to guarantee a background check will be completed in time for the required 10 day announcement of candidates before the meeting.

February 3rd at 8:00am

The open period in which a candidate may declare written candidacy begins. Please confirm receipt of your letter of intent.

March 4th at 5:00pm:

The open period in which a candidate may declare candidacy ends. Candidates must declare their candidacy in writing. TCC must provide a list of eligible candidates to member tribes.

March 17th:

TCC elections held at the TCC Full Board of Directors Annual Meeting at the Westmark Hotel in Fairbanks.

FULL BOARD OF DIRECTORS ELECTIONS

AFN Village Representative

1 SeatOne year term (2022-2023)
Currently Julie Roberts-Hyslop, Tanana

IRHA Board of Commissioners

Seat C3 year term (2022-2025)
Currently Speedy Sam, Huslia

Seat D3 year term (2022-2025)

Currently Leah Woods, Fairbanks/Rampart

* Must be eligible to serve on TCC Board of Directors

- Employees of TCC or IRHA are not eligible to serve as IRHA Commissioners (Article 7, Section 7)

FULL BOARD OF DIRECTORS ELECTIONS

Officer Positions

Vice President.....3 year term (2022-2025)

Currently Charlene Stern, Arctic Village

Eligibility Criteria:

- Officers must be Alaska Native members of a member village of the corporation and eligible to be selected as a Director of a member village. (Article 5, Section 1)
- Must successfully pass the (DHSS) Alaska Barrier Crimes Act Background check. (See also Executive Board Policy 50-5003). Executive and Health board candidates must turn in a completed and correct background check application to Heather Rogers in Human Resources by February 15th to guarantee background checks will be completed by March 4th. Individuals contemplating running for a board position should turn in a background check application immediately to ensure the ability to make corrections to mistakes in the lengthy application. All background check applications will be confidential and only Human Resources will have access to the application and the names of individuals. Those individuals that do not submit complete paperwork or fail to pass a background check will not be eligible candidates for the TCC Secretary/Treasurer, Executive Board or Health Board positions.
- Compliance with the TCC Board of Directors' Drug and Alcohol Free Policy #50-5001 applies to all TCC Executive and Health Advisory Board of Directors. All candidates must take and pass a drug test prior to their respective spring 2022 Subregional Advisory Board Meeting, according to this policy in order to serve their term if elected.

Note Regarding President/Chairman Position:

Per Article V of TCC's Bylaws, the Board of Directors shall appoint a successor to serve the unexpired term after removal of the President/Chairman. The Board made a temporary appointment of Brian Ridley as Acting President until the March convention, at which point the Board will appoint a successor to serve the one year unexpired portion of the President's term. This appointment process differs from an election process in several important ways—notably, there will be no campaigning or speeches, and there will not be a ballot with all the interested candidates' names. The appointed person still must satisfy the TCC Background and Character Investigation Policy, 50-5001, and Drug and Alcohol Free Policy, 50-5003. By early February, TCC will provide further information for those interested in being considered for this appointment, including instructions to obtain the necessary background check and drug test.

DECLARATION OF CANDIDACY

Individuals who want to declare themselves a candidate for any of the above seats must submit a written, signed and dated letter of intent between **8:00 AM February 3, 2022 and 5:00 PM-March 4, 2022.**

Letter of intent (see example on next page) must be received by fax, mail or delivered in person **no later than 5:00 PM on March 4, 2022** to:

Tanana Chiefs Conference
ATTN: Norma Dahl, Board Secretary
122 First Avenue, Suite 600
Fairbanks, AK 99701

1-800-478-6822 ext.3118 FAX # (907) 459-3884

2022 TCC Full Board elections process follows the TCC Elections Rules; the elections rules are posted on the TCC website at www.tananachiefs.org under the 2022 TCC Annual Convention information and is also enclosed with the First and Official Call to Convention mailed to TCC member tribes. A copy of the elections rules can be requested by contacting Rebecca Patterson, Acting General Counsel.

Background Checks and TCC's Full Board of Directors Election

ICPA BACKGROUND CHECK INFORMATION:

The Indian Child Protection Act (ICPA), requires TCC Executive and Health Board of Directors to pass a federal ICPA background check, and the Alaska Barrier Crimes Act background check.

The TCC Executive Board has made the commitment to both comply with current laws, Board policies and advocate for reasonable changes in background check requirements. As part of compliance, TCC Executive Board and Health Board candidates must submit their complete background check application which includes fingerprints **by February 15th** submitted to Heather Rogers, Human Resources Director. This allows enough time for the check to be complete. Only those candidates that pass the background check will be eligible to continue as official candidates for the respective elections.

2022 TCC ELECTIONS: ELECTION RULES

RULE 10. MAJORITY VOTE REQUIRED

To be elected to a position, nominees are required to receive a majority vote from the votes cast by the TCC Board of Delegates. If no nominee receives a majority vote on a ballot, the Election Committee shall conduct a subsequent ballot provided by these Election Rules until a nominee receives a majority vote.

RULE 11. FAILURE TO ACHIEVE MAJORITY

1. In the event of a tie occurring for a Subregional seat after the third ballot, a coin toss will occur to determine the outcome of the election.
2. Ballots where there are four (4) nominees or more. If no nominee receives a majority vote on the first ballot the following rules will apply with the intent to eliminate candidates to achieve a majority:

The Election Committee will eliminate all nominees except for the three (3) nominees receiving the highest number of votes and conduct a subsequent ballot.

If there are three (3) or more candidates that receive the second highest number of votes, all those with the second highest number of votes will proceed to the next ballot including the

candidate with the most votes. The remaining candidates will be eliminated.

If there is a tie for candidates with the third highest vote and there are two (2) or more candidates that receive the first and/or second highest number of votes, only the two (2) or more candidates that receive the highest number of votes will proceed to the next ballot. The rest will be eliminated.

If there are more than three (3) candidates tied for first highest vote, all of those receiving the first highest will proceed to the next ballot. The rest will be eliminated.

If all but one candidate ties for second, the Election Committee will distribute an "elimination ballot" that includes only the nominees who tied for second. The Election Committee will eliminate the one nominee receiving the lowest number of votes on the "elimination ballot" and resume the balloting between all remaining nominees.

3. Ballots where there are three (3) nominees. If no nominee receives a majority vote on a ballot having three (3) nominees, the Election Committee will eliminate the one nominee receiving the lowest number of votes, and conduct a subsequent ballot. If all three (3) nominees tie for the votes cast, the Election Committee shall conduct a subsequent ballot including all nominees. If two nominees tie for the fewest votes cast, the Committee will distribute an "elimination ballot" that includes only the two nominees who tied for the fewest votes cast on the prior ballot. The Election Committee will eliminate the one nominee receiving the lowest number of votes on the "elimination ballot" and resume the balloting between all remaining nominees.
4. Ballots with two (2) nominees. The nominee receiving a majority vote shall be elected. If neither nominee receives a majority vote, the Election Committee will prepare another ballot without elimination of the nominee receiving the fewer votes. This Election Committee will repeat this process as necessary until one nominee receives a majority vote.

** Majority is based on the number of Directors present for the 2022 Full Board of Director's roll call.

DATE (Must be between 8 a.m. February 3, 2022 and 5 p.m. March 4, 2022).

I, _____ of _____ declare my intent to run for the Tanana Chiefs Conference
(Name) (Village/Enrolled to)

position of _____
(Insert seat you intend to run as a candidate for. Example: Secretary/Treasurer, Subregional Executive Board, TCC Health Board, TCC Education Council or /ATC)

Signature

City, State, Zip Code

Print Name

Phone Number

Indian Child Protection and Family Violence Prevention Act, 25 USC sec. 3207 provides that each tribal organization that receives funds under the Indian Self-Determination and Education Assistance Act shall not employ individuals that have committed certain crimes when the position involves regular or foreseeable contact with Indian children. The TCC Executive Board has reviewed and passed procedures to implement the ICPA background checks and the Board requires all Executive Board of Directors, Health Board of Directors and TCC employees to pass ICPA background checks and the Alaska Barrier Crime Act, when applicable.

Nominees must fill-out a background check application. The background check application can be obtained from Heather Rogers, Human Resources Director at ext. 3095, and is due by February 15th, 2022 to allow for processing before the election. Only those candidates that pass the background check will be official candidates for the 2022 Full Board of Directors' elections.

TCC recommends that you confirm the receipt of your Letter of Intent with the TCC Board Secretary prior to 5:00 P.M. March 4, 2022.

LETTER OF INTENT

Tanana Chiefs Conference
ATTN: Norma Dahl, Board Secretary
122 First Ave, Suite 600
Fairbanks, AK 99701 | Fax (907) 459-3884
1-800-478-6822 ext.3118



THE COUNCIL NEWSLETTER

122 First Avenue, Suite 600
Fairbanks, Alaska 99701

Phone: (907) 452-8251 ext. 3424
Fax: (907) 459-3884
communications_dept@tananachiefs.org

www.tananachiefs.org

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.



Tanana
Chiefs
Conference



Find Your Purpose

Join our Team at Tanana Chiefs Conference
www.tananachiefs.org/careers

Village Vacancies

- **Alatna:** Community Health Aide/Practitioner, Tribal Workforce Development Specialist, Tribal Administrator-Onsite Supervisor, Rural Trauma Navigator
- **Allakaket:** Community Health Aide/Practitioner, Community Health Representative
- **Anaktuvuk Pass:** Behavioral Health Aide
- **Anvik:** Substitute Elder Nutrition Cook, Rural Trauma Navigator, Village Public Safety Officer
- **Arctic Village:** Home Care Provider, Substitute Elder Nutrition Cook, Tribal Administrator - Onsite Supervisor, Village Public Safety Officer
- **Chalkyitsik:** Behavioral Health Aide, Community Health Aide/Practitioner, Tribal Family Youth Specialist, Village Public Safety Officer
- **Circle:** Community Health Aide/Practitioner, Substitute Elder Nutrition Cook, Tribal Family Youth Specialist, Rural Trauma Navigator
- **Dot Lake:** Behavioral Health Aide, Community Health Aide/Practitioner
- **Eagle:** Community Health Aide/Practitioner, Home Care Provider, Rural Trauma Navigator
- **Evansville:** Elder Nutrition Cook, Community Health Aide/Practitioner
- **Fort Yukon:** Home Care Provider, Rural Trauma Navigator
- **Galena:** Behavioral Health Clinician, Registered Nurse, Physician Assistant, Nurse Practitioner, Behavioral Health Clinical Associate, Service Desk Technician, Sub-regional Care Provider, Galena Community Elder Support Representative, Infant/Toddler Teacher
- **Grayling:** Family Visitor, Tribal Workforce Development Specialist, Village Public Safety Officer
- **Healy Lake:** Community Health Aide/Practitioner, Tribal Workforce Development Specialist x2, Rural Trauma Navigator
- **Holy Cross:** Home Care Provider, Substitute Elder Nutrition Cook
- **Hughes:** Community Health Aide/Practitioner - Itinerant
- **Huslia:** Preschool Lead Teacher, Family Visitor, Tribal Workforce Development Specialist
- **Kaltag:** Tribal Workforce Development Specialist, Tribal Family Youth Specialist, Tribal Administrator-Onsite Supervisor
- **Koyukuk:** Tribal Office Administrative Assistant
- **McGrath:** Elder Nutrition Cook, Substitute Elder Nutrition Cook, Tribal Workforce Development Specialist, Rural Trauma Navigator, Village Public Safety Officer
- **Minto:** Behavioral Health Aide, Community Health Aide/Practitioner, Rural Trauma Navigator
- **Nenana:** Cook(EHS), Preschool Assistant Teacher, Tribal Family Youth Specialist, Rural Safe Home Attendant
- **Northway:** Community Health Aide/

- Practitioner, Home Care Provider, Rural Safe Home Attendant, Village Public Safety Officer
- **Nulato:** Substitute Teacher/Assistant Teacher, Rural Safe Home Attendant, Village Public Safety Officer
- **Old Minto:** Traditional Counselor, Camp Counselor
- **Rampart:** Behavioral Health Aide, Community Health Aide/Practitioner, Elder Nutrition Cook, Substitute Elder Nutrition Cook, Rural Trauma Navigator
- **Ruby:** Behavioral Health Aide, Community Health Aide/Practitioner
- **Stevens Village:** Community Health Aide/Practitioner
- **Tanacross:** Community Health Aide/Practitioner
- **Tetlin:** Behavioral Health Aide, Community Health Aide/Practitioner, Village Public Safety Officer
- **Tok:** Security Officer, UTHC Team Lead, Assistant Crew Boss, Behavioral Health Clinical Associate, Village Public Safety Officer-Regional Rover, On-Call Janitor, Clinical Support Staff/ Medical Assistant, Family Directed Respite Provider, Certified Medical Assistant, Physician Assistant, urgent Care RN Advanced, RN Case Manager, Tribal Family Youth Specialist
- **Venetie:** Tribal Administrator - Onsite Supervisor, Village Public Safety Officer

Region- Wide Vacancies

- Behavioral Health Clinical Associate-FBKS, Lead Family Contact Coordinator - SOC

JOBS LISTED WERE OPEN AS OF DECEMBER 22, 2021

February is National Children's Dental Health Month!

TCC Dental will be celebrating with a special 'Give Kids a Smile' event. Stay tuned by visiting TCC's Facebook and website!



ADA American Dental Association®

The American Dental Association's (ADA) 'Give Kids a Smile' program was begun in 2003 by the ADA with the goal to provide dental care to children as well as to increase prevention and education for communities around the country.



Tanana
Chiefs
Conference

Monthly Connections

Find Connection & Encouragement

Tanana Chiefs Conference is now offering an opportunity for connection, empowerment and encouragement for those who are struggling as we continue to move through the COVID-19 pandemic. Connection with others is important for our overall health and wellbeing and many are feeling the loss of those important connections with family and friends.

These meetings will be available remotely (via phone or computer).

Those interested in attending can contact Roxanne Frank at:
907-452-8251 ext.3581
Toll-Free at 1-800-478-6922 ext.3581
Roxanne.frank@tananachiefs.org