

## Special Full Board Of Directors Meeting



Tanana Chiefs Conference (TCC) hosted a Special Full Board of Directors Meeting November 15th-17th in Fairbanks. The meeting focused on several high-level topics including Fishing, Water and Sewer, Housing and Full Board Resolution 2022-22, where the Full Board considered the separation of the Chief/Chairman and President's role.

The first day of the meeting focused solely on discussion surrounding Resolution 2022-22, submitted by the Native

Village of Tanana, which requested TCC staff to research the governance structures of other Alaskan Native organizations and present the data from the research and the proposed Bylaw changes at the special meeting in November.

The day kicked off with a presentation from Julie Roberts-Hyslop, Second Chief of Tanana, who gave insight into the reasoning behind the resolution, followed by presentations from TCC staff on the research conducted. Many

delegates came forward to voice their thoughts on whether or not the recommended change to TCC's governance structure would be beneficial to the organization. After listening to the discussion on the floor, Second Chief Roberts-Hyslop made a motion to table the discussion and the Full Board voted in favor of the motion. As a result, TCC's Bylaws will not be amended at this time, and an election for a Chief/Chairman/President will take place at the TCC Annual Convention in March of 2023.



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## Mission

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

Andy Jimmie/Minto  
2nd Traditional Chief

Brian Ridley/Eagle  
Chief/Chairman

Sharon Hildebrand/Nulato  
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

Lori Baker/Minto  
Yukon Tanana

Charlie Green/Louden  
Yukon Koyukuk

Peter Demoski/Nulato  
Elder Advisor

Alex Hanna/Minto  
Youth Advisor

## Chief's Report

Dear Tribes and Tribal Members,

I hope that everyone enjoyed spending time with friends and family during Thanksgiving and took time to reflect on what we are grateful for. I am grateful for my family, my friends, all of the employees at TCC and our strong Tribal leaders.

Last month, TCC hosted the Special Full Board of Director Meeting where discussions were had surrounding several important topics including Fish, Water/Sewer, Housing and Resolution 2022-22. The Full Board chose to table the discussion on Resolution 2022-22, which means that the position of Chief/Chairman will remain as is and will be up for election in March 2023.

TCC recently assisted in hosting a Veterans Honor Potlatch for the Alaska Native Veterans and Fort Wainwright 11th Battalion. I was honored to be able to speak at the event and address our Alaska Native Veterans and soldiers. During the event, a banner with a photo of the late Traditional Chief Peter John was displayed alongside TCC's Guiding Principle – *Ch'eghwtsen'*. I explained that the service and sacrifice that our Veterans and soldiers have made on behalf of our people, country and land comes from a place of *Ch'eghwtsen'*.

Finally, I want to wish everyone a Merry Christmas and a Happy New Year. I am looking forward to a new year with new beginnings as we continue to strive towards our vision of *Healthy, Strong, Unified Tribes*.

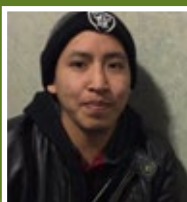
*Mahsi' Choo,*  
Brian Ridley  
Chief/Chairman



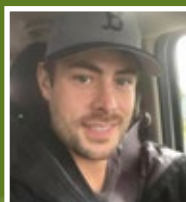
## MISSING PERSONS



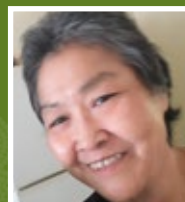
Lorraine Ginnis



Willis Derendoff



Doren Sanford



Debbie Nictune



Frank Minano

If you or someone you know has any information on the whereabouts of these individuals - please come forward!

### SUBMIT TIPS ANONYMOUSLY:

Text AKTIPS followed by your tip to 84711 or visit  
<https://dps.alaska.gov/ast/tips>

Call the Alaska State Troopers at 907-451-5100, Fairbanks Police Department at 907-450-6500 or TCC Public Safety at 907-452-8251 ext.3269.

Visit [www.tananachiefs.org/missing](http://www.tananachiefs.org/missing) for more information.



## TCC Participates In Honor Potlatch for Veterans

Last month, Tanana Chiefs Conference (TCC) partnered with Fort Wainwright (FWW), the Alaska Native Veterans Association, Fairbanks Native Association, Doyon, Limited and others to host an Honor Potlatch to show support for the Alaska Native Veterans and Fort Wainwright 11th Battalion.

The event included an opening presentation of colors from the Alaska Native Veterans, welcome address from TCC Chief/Chairman Brian Ridley, Doyon Vice-President Chris Simon, Senator Dan Sullivan, Phil Hokenson with VA Health and more. Native singing, dancing and gift-giving were also included in the event.

The Honor Potlatch planning committee would like to thank the supporters that brought encouragement to the Alaska Native Veterans and Fort Wainwright (FWW) 11th Battalion via

food, kind words, cultural sharing, and spiritual blessings during the Veterans Honor Potlatch. They would like to acknowledge and thank FWW Garrison - Col Steven Phillips, Eric Collier, Cultural Resources Mgr/Native Liaison, Elizabeth Cook, Tanana Chiefs Conference, Fairbanks Native Association, Doyon Ltd., Alaska Native Veterans Association, Wright's Air, Quality Sales, Seekins Ford, Nenana Native Council, Doyon Facilities, Denakkanaaga, Born Again Believers, and Safeway for their donations and in-kind support to make this memorable and fun event possible.

Special thanks goes out to hunters in Nenana: Hugh Kriska, Danny Ketzler, Elder Tommy Justin, Bobby Pierce, David O'Brien, Mike White, and Brian Charlie. Thanks to all our esteemed Native Elders, Native Leaders, Senator Dan Sullivan, Alaska Native Veterans,

Culture Bearers, your presence was dear and powerful. Notable thanks for the moose head soup which was graciously made by Harold and Josephine Semaken. Also, thank you to the 5:00am fire starters - Kias Peter, David O'Brien, and Seth Marta. We couldn't have started without you! Thank you to all the soup cooks and meat cutters: Lead - Danny Ketzler, Elder Tommy Justin, David O'Brien, Joshua O'Brien, Amos O'Brien, and 10 FWW Troops! TCC's exceptional employees Blanche, Angel, Roxanne, Lori, Amanda, Jessie, Felicia, Flo, and many others. The food servers are too many to name, but know who they are. Thanks to the five women who showed up to clean the kitchen and the pots at the Chief David Salmon Hall. Every single one made this event special, and without you it could not have happened! This event embodied true Ch'eghwtsen' spirit—True Love.





# TCC Provides Updates on Public Safety Summit

Last month, TCC's Tribal Government and Justice Division hosted a Public Safety Dinner to provide an update on the outcomes of TCC's first-ever Public Safety Summit which was held in April of 2022. The summit was the first of its kind and brought together leadership, stakeholders, and decision-makers in effort to develop strategies for addressing the various issues the TCC communities face in regards to public safety.

The summit brought forward four main themes of focus for Public Safety Capacity Building:

1. Community Crisis Response Teams
2. Community-Based Wraparound Support
3. Development, Support, and

Enforcement of Tribal Codes, Ordinances, And Plans/Protocols

4. Increased Wellness and Prevention and Behavioral Health

For each theme, TCC provided a report on the suggestions that emerged from the summit, existing resources/capacity, and potential solutions and opportunities. The report and a detailed summary report will be made available on TCC's website, under the Public Safety program.

After staff reported out, attendees of the dinner heard from Joel Hard and Dianna Thornton from the Statewide VPSO Program, State of Alaska Public Safety Department Deputy Commissioner Bryan Barlow, Steve Ginnis, Executive Director of FNA, Brian Ridley, Chief/Chairman of Tanana Chiefs

Conference, Lantz Dahlke, State of Alaska MMIP Investigator, and Captain Eric Spitzer with the Alaska State Troopers.

The dinner ended with a candlelight prayer honoring the missing and murdered indigenous people and specifically the Alaska Native people in the interior who are still missing including Doren Sanford, Frank Minano, Debbie Nictune, Willis Derendoff and Lorraine Ginnis. A special mention was also made for a recent tribal member lost under suspicious circumstances, Meleah Peter.

Anyone who has questions about the Public Safety Summit and the outcome can contact Brittany Madros, Tribal Government & Justice Division Director: [brittany.madros@tananachiefs.org](mailto:brittany.madros@tananachiefs.org) ext. 3132.





# Traditional Healing Gathering

## Focuses on Wellness through Cultural Practices

During the March Convention last year, there was a long Facebook conversation on the TCC Convention live stream calling on TCC to integrate and create opportunities for tribal members to access “traditional healing”. Applying TCC’s guiding principle of Ch’eghwtsen’ to the conversation, TCC staff developed a plan to begin empowering providers to learn about these methods of healing and finding ways to allow for our tribal members to access these traditionally driven healing practices, as well as identifying the traditional healers that are all around us; our Elders, our cultural bearers, and our natural helpers with healing hands. This is only the beginning of TCC’s journey of integrating traditional healing into our services, as we hope to continue building capacity among our different service providers in health, behavioral health, and client services. TCC hears you.

From the early conversation this spring to the active planning and coordinating with healers around the Interior this summer, it all came together and in October, TCC’s Tribal Protective Services Program and our contracted Event Coordinator Teisha Simmons, hosted our First Annual Traditional Healing Gathering where participants had the opportunity to work on healing from intergenerational and historical

trauma through traditional and cultural activities.

Historically, Indigenous people have used traditional healing to treat the imbalances in a person’s body, mind, emotions and spirit. The belief is that when these elements are in balance – it reduces the risk of other illnesses and diseases.

At the direction of the TCC Full Board of Directors and Executive Board, TCC is exploring ways to incorporate Alaska Native values and beliefs into our services in order to promote health, heal past traumas, prevent disease, reduce pain, and enhance emotional wellness.

“This is TCC’s first Traditional Healing Gathering and we hope that it provides the opportunity for our region to reignite the integration of cultural practices into our everyday routines,” said Chief/Chairman Brian Ridley, “I hope that participants are able to walk away feeling that deep connection to our culture and who we are as Native people.”

The Traditional Healing Gathering brought together tribal members from throughout the region to participate in sessions that included birch bark basket making, fish net making, salve making, drum making, appointments with traditional healers, indigenous language lessons and exercises that address historical and intergenerational trauma.

TCC has received a lot of good feedback from participants and service providers. TPS is creating a process to receive requests for village and subregional healing gatherings, and is already preparing for the 2nd Annual region-wide healing gathering for tentatively for Spring 2024.

TCC would like to thank the following people for making this event possible: Teisha Simmons, Dr. Alisa Alexander, Bev Joseph, Bergman Moses, Diane Little Eagle, Karen Trulove, Nina Heyano, Candyce Childers, Stephanie Maggard, Bernice Aragon, Marsha Munsell, Ed Alexander, Ginny Alexander, Valarie Pingayak, Jody Hassel, Stanley Ned, Susan Paskvan, Sam Alexander, Polly Hyslop, David Engles, Anna Frank, Vernelle Titus, Norene Otnes, Tristan Madros, Kenneth Frank, Elizabeth Medicine Crow, Ruth Ridley, George Demientieff Holly, Alicia Kangas, Mike Alexia, Allen Hayton, TCC Communications Dept., Accounting Dept., Travel Dept. TCC Health Dept and the help of fellow Tribal Government and Justice Division staff. It is also important to give a huge shout out to the Tribal Protective Services Program Team: Constance Reimer-Ely, Ashton Snow, Martha Bravo, and Bryana Angulo; for their long work hours and willingness to go above and beyond to make sure the gathering was success for both presenters and participants.



# Coping with Grief during the Holidays

Over the past few years, the TCC region has experienced a tremendous amount of loss with all tribal communities impacted by the COVID-19 pandemic. The holiday season can be particularly difficult for those who will be experiencing the holidays for the first time without a member of their family.

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 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.

It's important to acknowledge that the holidays will not be the same as it has in years past. It's still important to make a conscious decision to celebrate – even in small ways. Plan ahead and make a commitment to celebrate.

## How to Cope with Grief:

- Be gentle with yourself. Recognize when things are getting too difficult and take breaks as necessary.
- Don't overexert yourself. If you usually decorate the whole house and now you just want to decorate the tree - that's okay. Don't stress yourself out trying to replicate past holidays.
- Talk to someone. Don't hold your feelings to yourself. Find a trusted friend or family member who can help you process your feelings.
- Don't isolate yourself. Stay open to receiving support from friends and family – and don't forget to offer support to others who are grieving as well.

## Support Others Who Are Grieving:

- Pay attention to the children in your life. Remember that children also

experience grieving and it is often their first time dealing with the death of a loved one. They may need someone to guide them through their feelings and remind them that they are loved.

- Remember that grief is complicated. Everyone deals with death differently. Remember to be gentle with others – as their grieving process may look very different than yours.
- Stay connected. Connect with your friends and family via phone, text, or FaceTime to uplift one another and encourage each other.
- Volunteer to help. Offer to help others with acts of services like getting a tree, cutting wood, help decorating or help with cooking or baking.
- Listen. If someone wants to talk about the loved one they lost – listen. It can be difficult to bring up old memories, but it's important to listen as this may be part of their healing process.
- Show that you care. The best way to help those who are grieving is to let them know that you care. Acknowledge their loss and let them know that you remember and honor their loved one.

## Honor your loved one during the Holidays:

- Share a story. Share one of your favorite experience or memory that you shared together and allow others to share their own stories as well.
- Say a prayer. Say a prayer especially for your loved one before the holiday dinner.
- Make their favorite dish. Make a dish that your loved one used to like or used to make.
- Make something. Make a memorial

ornament or wreath in honor of your love one.

- Light a candle. Light a candle in their memory.

We hope that this holiday season brings you hope, good memories, and that you feel the love from each other during this time of grief for you, your family, and the whole community.

For more information and resources on how to cope with grief, contact Roxanne Frank at 907-452-8251 ext.3581 or [Roxanne.frank@tananachiefs.org](mailto:Roxanne.frank@tananachiefs.org)

## Behavioral Health Resources

The holidays can be difficult for many of us. If you or someone you know is experiencing a mental health crisis, please reach out. There is always help available.

### TCC Behavioral Health Services

- (907) 459-3800
- Toll free (800) 478-7822 extension 3800.
- For After-hours press Option 2
- Fax: (907) 459-3810

### National Suicide and Crisis Lifeline

- Call or Text 988
- 24/7, free and confidential support to people in suicidal crisis or emotional distress. Learn more at <https://988lifeline.org/>

### Careline

- 1-877-266-4357 (HELP)
- Text 4help to 839863
- Careline is free and confidential.





## Special Full Board Of Directors Meeting



## Happy Holidays & New Year from **System of Care (SOC)**

A year ago, System of Care renewed its funding and entered a new grant cycle. With this comes the opportunity to re-evaluate, re-envision, and re-organize-to ask ourselves how we can do more and be more for those we serve. SOC is tasked with disrupting the cycle of trauma for Alaska Native youth in the Yukon Koyukuk (YK) subregion, so that their future is healthier and brighter than the one they currently see. What does that mean? What is the best way to manifest it? A culture-positive and evidence-based approach means asking those questions at every step.

Over the past 5 years, SOC has held activities and events that engage youth

in topics of wellness, relationships, healthy choices, and strength-based growth. We offer culture-centered parenting classes and promote family and community engagement. We've supported other groups' efforts as well as those of the community. Over the past year, we focused on Huslia and we intend to widen our reach this year. We're also integrating the Whole Family Approach, a methodology that engages not just individuals but the family unit as a whole. For the coming year, SOC seeks to strengthen existing partnerships and build new ones, affirming and expanding the system of resources and supports available.

We're looking forward to learning more about other groups' efforts in the YK and to collaborating on ways we can support each other for youth and their families.

With the holidays approaching, SOC wants to support and encourage a time of gratitude and family enjoyment, followed immediately by a sense of new beginnings. SOC updated services are expected to start in the new year. In the meantime if there is anything we can do to support agencies or families in the YK region please contact us. SOC wishes each of you a happy and safe holiday season full of family and loved ones.



## Traveling to Alaska Native Medical Center and need assistance?

The ANMC-TCC Patient Advocates work closely with the medical teams at the Alaska Native Medical Center (ANMC) to ensure TCC patients receive clear communication about their care, excellent patient experiences, safe discharge plans, and access to support if concerns arise while at ANMC.

Please reach out to our ANMC-TCC Patient Advocates if needed.



**Lucy Frank**

*Lead ANMC-TCC Patient Advocate*

**907-378-8002**



**April Johnson**

*ANMC-TCC Patient Advocate*

**907-687-9193**

## December Head Start News

This year has flown by! December is already here and with it we are a third of the way through our school year. Our kids are fully back in the swing of going to school and are doing great. Our first educational checkpoint of the year was completed by our teachers on November 23.

In November our program partnered with local village storage to supply 78 enrolled families and staff with Fall Harvest food boxes! Our goal is to not only let our families and staff know we care about them but also help with food security while also putting money back into the local economies. In November our family advocates also sent out information for families on how to be safe and visible during our dark Alaska winters as well as materials for the families to make Pilot Bread Pizzas.

December is shaping up to be just as busy, we're partnering again with local village stores to supply Ham Dinners for our enrolled families and staff. Our family advocates are also sending out supplies for families to make snow ice cream!

There are still spots available in many

of our classrooms. If you have a child under the age of 5 that you'd like to be enrolled please contact Tanya Yatlin at 907-452-8251 or 800-478-6822 ext. 3469 for more information.

### **FY23 School Year sites:**

- Allakaket: Vacant
- Grayling: Vacant
- Holy Cross: Vacant
- Huslia: HS is open and EHS is vacant
- Minto: Vacant
- McGrath HS: Open
- Nenana EHS & HS: Open
- Northway HS: Open
- Nulato: Home Visiting Open, need additional staff to open classroom.
- Tanana: Home Visiting Open
- Tetlin: Home Visiting Open
- Tanacross HS: Open
- Tok HS: Open

### **TCC Head Start has teamed up with the Dolly Parton Imagination Library!**

TCC Head Start has teamed up with the Dolly Parton Imagination Library! Every month enrolled children from

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. If you do not have a local Head Start educator, please call Tanya. She's happy to assist. Please contact Tanya Yatlin at 907-452-8251 or 800-478-6822 ext. 3469 for ways to sign up.

### **Head Start has positions open in the following villages:**

Allakaket, Grayling, Holy Cross, Huslia, Minto, Nenana, Northway, Nulato, Tetlin and Tok.

### **There are also positions open in Fairbanks.**

The positions available are Family Visitor, Preschool Lead Teacher, Assistant Teacher, Substitute Teacher, Health and Safety Coordinator, Disabilities Coordinator and CACFP/Nutrition Coordinator

Please visit our website at [www.tananachiefs.org/careers](http://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.



**Our Huslia Classroom enjoying story time**



**Our McGrath classroom going to an archeological dig in the village**



**Our Nenana Early Head Start class cleaning out pumpkins**



# Advocate for Our Way of Life!

There are several important upcoming meetings where tribal members will have the opportunity to advocate for our way of life and the need to protect our salmon.



## North Pacific Fishery Management Council Meetings

December 5 – 14, 2022

Anchorage Hilton Hotel and via Zoom

**Learn more:** <https://www.npfmc.org/current-or-next-council-meeting/>

*NOTE: Please pay attention to the agenda. There is the Scientific Panel days, Advisory Panel Days, and the Council Meeting days. We need people to testify on the AP days on decisions that get moved to the Council, who makes the decisions, and we need folks to testify on Council days when they are voting on those decisions.*

To sign up for text alerts about NPFMC meetings, text "NPFMC" to 1-833-237-1598. Contact [npfmc.admin@noaa.gov](mailto:npfmc.admin@noaa.gov) if you need help or have questions.

## Yukon River Panel 2022 Post-Season Meeting

December 5th-8th, 2022 (Day 5-6 closed to public)

Anchorage, AK (Available to view via livestream)

**Learn more:** <https://www.yukonriverpanel.com/meetings/>

## TCC Tribal Resources Stewardship Program Advisory Council Training

December 9th, 2022 • 9:00am-4:00pm

Fairbanks, AK - Location to Be Determined

## TCC Tribal Resources Stewardship Program Board of Fish Training

January 11th-13th, 2022

Anchorage, AK - Location to Be Determined

## Alaska Board of Fisheries - Arctic/Yukon/Kuskokwim Finfish

January 14th-18th, 2023

Anchorage, AK - Egan Civic & Convention

Comment due date: December 30, 2022

**Learn more:** <https://bit.ly/3EB77Jl>

## Alaska Board of Fisheries – AK Peninsula/Aleutians (Area M)

February 20th -25th, 2023

Anchorage, AK - Dena'ina Center

Comment due date: February 3, 2023

**Learn more:** <https://bit.ly/3GvjCYG>

## Alaska Board of Fisheries – Statewide Finfish & Supplemental Issues

March 10th-13th, 2023

Anchorage, AK - Egan Civic & Convention

Comment due date: February 23, 2023

**Learn more:** <https://bit.ly/3tYiS7b>

## Eastern Interior Regional Advisory Council Meeting

March 1st -2nd, 2023

Arctic Village, AK, Fairbanks, AK alternate location

**Learn More:** <https://www.doi.gov/subsistence/regions/ei>

## Western Interior Regional Advisory Council Meeting

April 4th-5th, 2023

Aniak, AK, Galena, AK alternate location

**Learn More:** <https://www.doi.gov/subsistence/regions/wi>

## Questions? Contact:

**Ben Stevens** at [benjamin.stevens@tananachiefs.org](mailto:benjamin.stevens@tananachiefs.org)

**Janessa Newman** at [janessa.newman@tananachiefs.org](mailto:janessa.newman@tananachiefs.org)

# Follow Us On Facebook!

The Chief Andrew Isaac Health Center has a new Facebook page

- Important Announcements
- Meet Our Staff
- Information about Services
- Health & Wellness Tips
- So Much More!



SCAN ME!





# Responsible Use of Opioids

There are many reasons why a doctor might prescribe opioids to a person, such as after a surgery, an injury, or to help with chronic pain. Opioids are a class of drug used to treat pain and they can be effective when prescribed and used correctly. Unfortunately, they can also have serious problems for some people as some can develop a tolerance, experience withdrawal symptoms, or even take so much that their heart rate and breathing can stop, which is called an overdose. However, when used carefully under the care of a medical provider, opioids can provide relief from pain without being dangerous.

## There are a few important things to keep in mind to use opioids safely:

### 1. Take your medication only as prescribed.

Don't skip a dose to save for later, and never take more than your prescribed dose. In either case, you could accidentally take too much, which can be lethal when it's an opioid.

### 2. Be honest with your doctors.

Let your provider know you have a prescription for an opioid from a different doctor. Never combine opioids. Double prescriptions of these drugs can be deadly.

### 3. Never combine opioids with other medications.

Talk to every doctor, dentist, or prescribing provider you see and make sure each of them knows about every medication you take. It can be quickly life-threatening to take an opioid like Percocet with an anti-anxiety medication like Valium or Ativan. This is also true for medications that help you sleep, like Lunesta, or that relax your muscles, like Flexeril. These medication, together with opioids, can stop your breathing, which is called an overdose.

### 4. Don't use opioids while pregnant.

Opioid use during pregnancy is dangerous unless specifically monitored by your OB-GYN. Babies born to

women who take opioids in pregnancy can have serious problems, like premature birth. Newborn babies can also have painful and dangerous withdrawal symptoms from opioids when they are born.

### 5. Don't drink alcohol when taking opioids.

Alcohol, in combination with opioids, can greatly decrease the amount of oxygen you receive by slowing your breathing. Even one drink while taking an opioid can be lethal.

### 6. Never drive after taking an opioid.

People may feel extremely sleepy, have poor concentration, make poor decisions, and have very poor reaction time when they are under the influence of opioids. Many car accidents are related to driving intoxicated and taking opioids.

### 7. Keep your medication safe.

Lock up your medication and keep it away from anyone who is not prescribed to use the opioid. The medicine cabinet is the place many people can find opioids for the first time. This is where anyone, including children, can find them and accidentally overdose. Keep your family safe and keep your opioids secure.

### 8. Don't save opioids you don't use.

Bring left over medications to national prescription drug take-back days or throw them away. Never give them to someone else for their own use.

These are eight tips to use and remember. We can all be an important part of reducing the risk of opioid overdose in our communities. If you know someone you are worried about, or if you are worried about your own use, ask for help. Your doctor or provider is a good place to start. Prevention and responsible use are both possible. Together, we can make a difference and keep our communities strong and our families safe.

## For more information on Substance Abuse Prevention:

**Call us:** 1-800-478-6822 • 907-452-8251 ext. 3581

**Email us:** [Prevention@tananachiefs.org](mailto:Prevention@tananachiefs.org)



## Naloxone Requests

If you live in the TCC region, contact the Division of Wellness & Prevention via phone or email to request Naloxone OR Complete the TCC Naloxone Request Form Survey online. We will make contact to fulfill your request.



TCC Division of Wellness & Prevention  
907-452-8251 ext. 3400 • [prevention@tananachiefs.org](mailto:prevention@tananachiefs.org)



# Focus on **Healthy Family Time**

School's out, the kids are home, and families everywhere are preparing to celebrate the upcoming holidays—this is the perfect time for you to spend quality time with your family. Here are some useful tips on being purposeful and maximizing the gift of spending time together.

## **BE PRESENT:**

We're all bombarded with distractions—work, chores, phone calls, changing the car oil, and more. When spending time together try to remove as many of these distractions as possible and block time to just focus on your family. Being present sends the message to others that you're interested, they're important, and you love them. Kids know when your mind is elsewhere, so give them the gift of your uninterrupted attention—you won't regret it!

## **UNPLUG:**

One of the best ways to be present with your family is to unplug from

electronics. With its ever increasing popularity, screen time and social media are becoming a child's #1 companion (and same goes for adults too). Set the example by putting down your phones, turning off the TV and focusing on your family members.

## **TELL STORIES:**

Everyone loves the story of when Uncle Bob fell in the river or little Timmy was chased by a porcupine! Tell stories of your adventures, your funny moments, your family traditions, or favorite childhood memories. Stories bond families together with laughter, life lessons, and good memories.

## **CELEBRATE EVERYTHING:**

We don't always need a holiday break to spend time together as a family. Look for ways to celebrate everything—birthdays, good report cards, catching big fish, sunny days, and the list continues. Celebrations

give you the opportunity to build each other up and strengthen your family.

## **ASK QUESTIONS:**

Kids love being asked questions. Kids love when someone shows interest in their lives. Kids love sharing their thoughts, dreams, and ideas. Ask them questions. Kids, you can ask your parents questions too—you may learn something new. Questions promote communication, cultural values, and connection between family members.

## **PLAY:**

The old adage, "A family who plays together, stays together" is true. Whether it's playing a game of Uno, wrestling with your kids, reading a book together, hunting for grouse, or playing hide and go seek—take every opportunity to play with your family. Play sparks creativity, promotes intelligence, improves mental health, and teaches life lessons.

### **For more information on Suicide Prevention Contact:**

Division of Wellness & Prevention Zhiiniidzelt'aey Project

**Call us:** 1-800-478-6822 • 907-452-8251 ext. 3177

**Email us:** [Prevention@tananachiefs.org](mailto:Prevention@tananachiefs.org)

## **Flu Season:** Importance of Getting a Flu Shot

With flu season upon us, it's important to lessen the risk for getting the flu. In a typical year, flu season occurs from fall to early spring. The length and severity of an infection may vary. Some lucky individuals can get through the season flu-free, but be prepared to be surrounded by sneezing and coughing for a few months. Also remember to self-isolate and seek testing as soon as any symptoms appear.

### **Flu Symptoms Include:**

- Coughing
- Fever
- Headache
- Muscle/body Aches
- Sore Throat
- Runny Nose
- Fatigue
- Vomiting/Diarrhea

The symptoms that come with the flu can keep you bedridden for a week or more. An annual flu vaccine is the best way to help protect you against flu.

The CDC believes that flu viruses and the virus that causes COVID-19 will both be spreading during fall and winter. The symptoms of flu have major overlap with symptoms of COVID-19, so the flu vaccine will be more important than ever.

**To schedule an appointment to get your flu shot call the Chief Andrew Isaac Health Center at 907-451-6682.**



# The Council Newsletter

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(907) 452-8251 ext. 3424  
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[www.tananachiefs.org](http://www.tananachiefs.org)



Tanana  
Chiefs  
Conference



## Find Your Purpose

Join our Team at Tanana Chiefs Conference  
[www.tananachiefs.org/careers](http://www.tananachiefs.org/careers)

### New Vacancies

<b>Fairbanks</b>	Administrative Assistant II- Behavioral Health
<b>Fairbanks</b>	Administrative Assistant II- Peer Review Support Specialist
<b>Fairbanks</b>	Administrative Assistant III- Behavioral Health
<b>Galena</b>	Behavioral Health Administrative Assistant II-ENC
<b>Region-Wide</b>	Behavioral Health Aide I
<b>Fairbanks</b>	Certified Medical Assistant
<b>Fairbanks</b>	Certified Nurse Assistant
<b>Koyukuk</b>	Community Health Aide/Practitioner
<b>Nulato</b>	Community Health Aide/Practitioner
<b>Allakaket</b>	Community Health Aide/Practitioner
<b>Fairbanks</b>	Dental Assistant Intern
<b>Fairbanks</b>	Education and Outreach Specialist
<b>Nulato</b>	Elder Nutrition Cook
<b>Fairbanks</b>	Environmental Services Technician II
<b>Fairbanks</b>	Facilities Technician III
<b>Region-Wide</b>	Healthy Transitions Project Manager
<b>Fairbanks</b>	Housing First Case Manager
<b>Nenana</b>	Infant/Toddler Teacher
<b>Fairbanks</b>	IT Administrative Assistant I
<b>Region-Wide</b>	Itinerant Behavioral Health Aide II
<b>Fairbanks</b>	Native Connections Project Coordinator
<b>Fairbanks</b>	Nurse Manager- Addictions
<b>Fairbanks</b>	Nurse Practitioner - Urgent Care
<b>Fairbanks</b>	Nurse Practitioner - Urgent Care PRN
<b>Fairbanks</b>	Patient Registration & Admissions Specialist
<b>Fairbanks</b>	Perioperative Nurse II-ASC
<b>Fairbanks</b>	Physician Assistant - Urgent Care
<b>Fairbanks</b>	Physician Assistant- Hematology/Oncology
<b>Fairbanks</b>	Program Coordinator Yukon Koyukuk Behavioral Health
<b>Fairbanks</b>	Registered Nurse – Infusions and Oncology Specialist
<b>Fairbanks</b>	Residential Support Technician
<b>Fairbanks</b>	RN
<b>Nenana</b>	Rural- Patient Registration & Admissions Specialist
<b>Fairbanks</b>	Security Officer
<b>Fairbanks</b>	Staff Dentist
<b>Fairbanks</b>	Substance Abuse Prevention Project Coordinator
<b>McGrath</b>	Tribal Administrator-Onsite Supervisor
<b>Fairbanks</b>	Urgent Care RN Advanced
<b>Nenana</b>	Village Public Safety Officer

JOBS LISTED WERE OPEN AS OF NOVEMBER 18, 2022

### CAIHC Closure • Dec. 9, 2022

CAIHC Urgent Care Clinic will be open with limited staffing • 1:00pm-6:00pm  
Pharmacy, Radiology, Lab Support, and Dental clinic will be open with limited staffing • 1:00pm-5:00pm

**ALL OTHER DEPARTMENTS WILL BE CLOSED**



### UPCOMING EVENTS

**North Pacific Fisheries Management Meeting**  
December 5, 2022 • On-line/Anchorage, AK

**Christmas Holiday Observed**  
TCC & CAIHC Closed All Day December 25, 2022  
Urgent Care Open December 26-27, 2022  
8:00am-5:00pm

Visit [www.tananachiefs.org/calendar](http://www.tananachiefs.org/calendar) for more information.

### JOB OPENING NORTHWAY TRIBAL PEACE OFFICER

Job incumbent will enforce tribal law within the village. The incumbent will perform the following first responder functions: enforce tribal laws and ordinances, provide emergency response, provide routine patrols, organize and manage search and rescue operations when necessary, monitor community and environmental safety, animal control, and community policing. Officer will work with tribal council on crime prevention and addressing crime.

Apply Online at  
[www.tananachiefs.org/careers](http://www.tananachiefs.org/careers)