



# Ninilchik Traditional Council

April & May  
2017

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### **Upcoming Closure Dates**

NTC Office will be closed on: Monday, May 29th for Memorial Day

### **Council Meeting Schedule**

The next regular Council Meeting is scheduled for:  
 Thursday, April 27th at 10:00 a.m.

*The NTC Regular Council Meetings take place at the NTC Administration Conference Room at 15910 Sterling Highway. The meetings are open for tribal members to attend and participate in the visitors' comments and question session.*

*There are*

**THREE \$100.00 DOOR PRIZE DRAWINGS**

*for visiting tribal members at each meeting!*

***Front, Back, and Center Inlay Photos provided by Whitney Schollenberg***

We would like to invite your photo submissions for possible use as future newsletter adornments. You can email us at [ntc@ninilchiktribe-nsn.gov](mailto:ntc@ninilchiktribe-nsn.gov)



*The Ninilchik Village Tribe is made up of approximately 900 Members who trace their roots to the Ninilchik tribal lands as well as other Bureau of Indian Affairs-recognized Alaskan Natives and American Indians who have settled in the tribal boundaries and have applied, and been accepted for membership. The governing body of the Ninilchik Village Tribe, the Ninilchik Traditional Council, is presided over by a board of directors of 5 council members elected by the voting tribal membership to 3 year terms. The council directs executive staff using the Ninilchik Village Tribe's Organic Documents, which are set by the voting tribal membership to exercise tribal operations and tribal sovereignty, as guidelines.*

**NTC Board of Directors**

<b>Richard Greg Encelewski</b> President & Chairman	<b>William Dean Kvasnikoff</b> Vice President	<b>Whitney Schollenberg</b> Secretary & Treasurer	<b>Jamie Leman</b> Director	<b>Kenny Odman</b> Director
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**Ivan Z. Encelewski**  
NTC Executive Director

**NTC Department Directors**

<b>Bob Crosby</b> , Housing Director	<b>Christina Pinnow</b> , Tribal Services Director
<b>Maria Goins</b> , Chief Financial Officer	<b>Shelley Self</b> , Deputy CEO
<b>Janet Mullen</b> , Tribal Health Director	<b>Darrel Williams</b> , Resource & Environ. Director

**NTC Staff**

<b>David Bear</b> , EMS Assistant	<b>Jamie Oskolkoff</b> , Tribal Services Assistant
<b>Denise Brock</b> , Case Manager/Registered Nurse	<b>Michael Pinnow</b> , Assistant Maintenance Laborer
<b>Jenn Day</b> , Clinic Administration & Patient Account Specialist	<b>Christine Prokop</b> , Behavioral Health Services Manager
<b>Dr. Robert Downey</b> , Medical Provider (Contract)	<b>Nancy Pulliam</b> , Assistant Maintenance Laborer
<b>Nick Finley</b> , Youth Outreach Coordinator/NYO Coach	<b>Daniel Reynolds</b> , Resource Technician
<b>Caroline Finney</b> , Community Health Practitioner	<b>Diane Reynolds</b> , NTC Procurement & Contracting Officer
<b>Victoria Florey</b> , Resource Technician	<b>John Russo</b> , Plumber
<b>Maricel Folkert</b> , Community Health Aide/Medical Assistant	<b>Cynthia Schnabl</b> , HWC Attendant Fill In
<b>Jennifer Gilbertson</b> , Administrative Assistant	<b>Dr. Sarah Spencer</b> , Medical Provider
<b>Alanna Goins</b> , HWC Attendant Fill In	<b>Elise Spofford</b> , Yoga Instructor
<b>Eric Hanson</b> , Facilities Manager	<b>Bettyann Steciw</b> , Social Services & ICWA Specialist
<b>Eulelia Hendryx</b> , Secretary/Receptionist	<b>Tiffany Stonecipher</b> , Elders Outreach Program Coordinator
<b>Annette Hubbard</b> , Behavioral Health Aide/CDC	<b>Anna Sutton</b> , Clinic Information Coordinator
<b>Robert Johnson, Jr.</b> , Biologist	<b>Maureen Todd</b> , Native Connections Project Manager
<b>Jesse Leman</b> , NYO Coach	<b>Brie Wallace</b> , Health & Wellness Club Manager
<b>Terri Leman</b> , HWC Attendant/Clinic Reception Fill In	<b>Carrie Warren</b> , Family Nurse Practitioner
<b>Leslie McCombs</b> , Clinic Front Desk Receptionist	<b>Catherine West</b> , HWC Attendant Fill In
<b>Jennifer Miller</b> , Clinical Medical Biller	<b>Gina Wiste</b> , Environmental Technician
<b>Perry Miller</b> , Systems Administrator	<b>Lisa Zatz</b> , Advanced Nurse Practitioner
<b>Shanna McGrath</b> , Dietitian	<b>Tammy Zweiacher</b> , Personal Trainer
<b>David Nordeen</b> , Maintenance Laborer	
<b>Andrea Oskolkoff</b> , HWC Attendant Fill In	

**The Cheeky Moose**

**Robin Jaime**, Manager

<b>Melissa Lancaster</b> , Deli Worker/Barista	<b>Kaylene Radeke</b> , Deli Worker/Barista
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## **NTC Newsletter April & May 2017**

### **Executive Director's Address**



I hope everyone is having a wonderful spring and that you are ready for the bounties of summer. King salmon are beginning to show up in the waters off Ninilchik and fresh fish is on the mind. We anticipate receiving our 2017 Educational Fishery permit soon, with the fishery beginning on May 1st. Please understand that we will be operating the shorter May season in the same way as it was implemented last year. An Educational Fishery Assistant will be conducting the primary fishing for Elders and anyone wishing to volunteer or assist can call Shelley to schedule a time and date to help. Unfortunately the permit only allows us to fish from May 1st through the 20th and then closes until June 15th. This precludes us from

being able to harvest King salmon at a time when others such as sportsmen are fishing in the rivers and during peak fishing times. In order to put it in perspective, during this early period in May we caught 22 Kings in 2016, 38 in 2015, and 23 in 2014. The limited number of fish are then shared and distributed to hundreds of our Elders, making it hard to ensure that all the Elders gets fish in the early season. The general signup for the Educational Fishery season which reopens on June 15th will begin on Monday, June 5th, 2017 at 9:00 a.m. A separate mailing will be issued to the Tribal Membership shortly regarding specifics of signing up for the fishery. I look forward to an awesome season and trust that Shelley will coordinate another fantastic year.

On the subsistence side of things we are very proud to announce significant progress in this area as well. We just signed the operational plan for the 2017 Kasilof gillnet fishery which will begin on June 16th and run to August 15th. The Resource/Environmental Department crew will be setting the gillnet as scheduling allows during this time. All Federally-qualified subsistence users who are residents of Ninilchik are eligible to participate in this experimental community gillnet fishery. Qualified rural residents wishing to participate in the fishery must first obtain a Federal subsistence salmon fishing permit for the Kasilof River (Federal fishery number FFCI02). Permits are available from the U.S. Fish and Wildlife Service, Kenai Fish and Wildlife Field Office (43655 Kalifornsky Beach Road, Soldotna, AK). Along these lines, the Kenai Fish and Wildlife Field Office has also agreed to issue permits for eligible residents here in Ninilchik at the NTC Administrative office on June 1st, 2017 from 1:00 p.m. to 4:00 p.m. This will allow those individuals who cannot make it to the Soldotna office to get their permit here in the community. In addition, as soon as you obtain your Federal permit you will then need to turn it in to the office here with Shelley in order to get established on the first come first served list.

We are also very pleased to report that our Temporary Special Action Request (FSA17-01) which was jointly submitted by the Tribe and the U.S. Fish and Wildlife Service was approved. This action represents the enactment of the second phase of the implementation pathway for the Agreement in Principle with the Federal Subsistence Board, and allows our 2017 Kenai gillnet fishery to move forward as agreed this year. The last phase of the settlement agreement will be the issuance of permanent regulations that should be finalized this winter.



**Executive Director's Address**

The obvious reason this is so important is that the Kenai gillnet provides a much greater opportunity for Ninilchik residents to get their subsistence allocation of fish. The approximate two weeks of fishing last year in the Kenai produced around 723 Sockeye, about double the entire season of the Educational Fishery, which runs for several months. This also dwarfed the Kasilof subsistence harvest in the gillnet last year which only harvested 94 Sockeye.

Now that the regulations have been established and approved for the 2017 Kenai gillnet, I will provide a synopsis of the important parameters of the fishery. The gillnet season runs from July 1st to August 15th and then again from September 10th to September 30th. From July 1st to July 15th, retention of up to 50 Chinook that are less than 46 inches in length or greater than 55 inches in length is allowed if the Optimal Escapement Goal (OEG) set by the Alaska Department of Fish and Game has been met. If the OEG is not met all Chinook encountered in the net must be live released between July 1st and July 15th. In addition, the fishery will close until July 16th once 50 early-run Chinook Salmon have been retained or released. In summary, no matter what, the net will never be allowed to encounter more than 50 Chinook Salmon during the period July 1st - 15th. Regulations also provide that only up to 200 late-run Chinook Salmon may be retained between July 16th and August 15th. If 200 late-run Chinook Salmon have been retained or live released the fishery will also close until September 10th. Furthermore, all Rainbow Trout and Dolly Varden shall be live released unless they have died in the gillnet, in which they then can be retained. The fishery will be closed entirely for the season if at any time 100 Rainbow Trout or 150 Dolly Varden have been released or retained. In other words, at no time can this fishery encounter more than 100 Rainbows or 150 Dollys. The annual total harvest limits for specific salmon species was eliminated and the restrictions are based on the annual head of household/each additional member limits instead. As an example, this means that there will be no annual maximum for Sockeye, in which Ninilchik and Cooper Landing have to share a total annual allocation between their respective communities. This eliminates concerns with Ninilchik taking up the total annual allocation for a specific species in the gillnet before the Cooper Landing or Hope communities get their fish. Local personal use fisheries under State regulations don't use annual total harvest caps either.

Please keep in mind that in order to participate in this Kenai subsistence gillnet fishery you will also need to get your Federal permit, identical to the Kasilof River process I mentioned earlier. You can also get both Kasilof and Kenai permits at the same time.

In closing, I want to express my wholehearted appreciation and recognition to Pat Oskolkoff who recently retired. She worked tirelessly for the past 36 years at NTC and her commitment and dedication to the community and NTC was absolutely phenomenal. From the bottom of our hearts we thank and recognize Pat!

Until next time, may your summer be blessed and your harvest bountiful. Thank you.

Ivan Z. Encelewski  
NTC Executive Director

**Small Pieces of Plastic Can Cause Big Problems for the World's Oceans**

In modern times, plastics are very common. They can be shaped in infinite ways for infinite purposes. From life-saving medical devices and automobiles to toys and food packaging, they can be found everywhere.

8% of the oil produced worldwide is used in plastic manufacturing. The average person produces a half pound of plastic waste daily. It seems impossible to believe that this miracle material was almost unknown 50 years ago.

Sadly, much of the plastic used eventually ends up in the world's oceans. Twenty percent of ocean plastic is thrown or falls from ships and offshore drilling platforms. A lot is contributed by lost commercial fishing gear. Much of the rest is washed into the oceans from the land during heavy rains.

While plastics break down very slowly, the process is sped up by the salt concentration of ocean water. As they degrade, plastic items emit toxic chemicals into the atmosphere. They also break into smaller pieces, making consumption by marine life easier.

Some types of plastic, such as Styrofoam, soak up additional toxins before being washed into the ocean. They break into smaller pieces and sink, polluting the entire water column.

Once in the oceans, this debris tends to collect where currents converge. In the most polluted areas, the mass of the plastic found can be six times that of the plankton found! The Pacific Ocean has a patch of plastic trash larger than the state of Texas. Four more large patches are found worldwide. Parts of the Atlantic Ocean are estimated to contain up to 580,000 pieces of plastic per square kilometer.

Despite its usefulness, plastics can be very harmful to wildlife. Curious sea mammals, such as seals, can become entangled. This can lead to easily infected lacerations or strangulation. Fish, sea birds, and sea turtles eating small pieces die from digestive obstruction or strangulation. An estimated 100,000 marine mammals, 100,000 sea turtles, and 1,000,000 sea birds are killed annually due to plastic exposure.

Ocean plastics are also harmful to humans. Toxins from their breakdown accumulate in fish and crustacean tissues. These toxins are either absorbed from the water or from ingested plastic. As smaller organisms eat larger ones, these toxins become more magnified. Many of these affected species are ones that humans eat.

Toxins produced by plastic breakdown have been linked to cancers, birth defects, immune system problems, and childhood development issues. Heavy metal neurotoxins such as cadmium, lead, and mercury enter the human body when they consume contaminated seafood. Diethylhexyl phthalate (DEHP) is carcinogenic. Bisphenol-A (BPA) interferes with hormonal functions.

As consumers, we can help limit the amount of plastic that ends up in the world's oceans. One simple and effective way to make a difference is to limit the amount of plastic items that one purchases. One can choose not to buy products with excessive packaging. Being responsible with trash and picking up litter also help the situation. Recycle plastic refuse. Use reusable water bottles instead of disposable ones. When buying groceries, choose paper bags instead of plastic ones (bringing reusable cloth bags to the store is an even better option). All of these choices can help reduce the problem.





Look lovingly and dive deeply into what life brings your way.  
There's no end to the real value you'll discover. -- Ralph Marston

Hello Folks,

Oh the weather has been teasing us. It's time for Fishy On!

I want to remind everyone that your Housing Program has now reached the point where we will be taking applications on a first come, first served basis until further funding becomes available. At this time this does affect all Housing Programs. We have provided a basic budget for all our Housing programs, but with current limited funds this will mean there will only be one Rehab and a little left over for other program funding. We do have the luxury of moving funds around to accommodate applications that are turned in, but this still does not guarantee your request will be served. For program requirements and to download an application, go to the Housing webpage at:

<http://www.ninilchiktribe-nsn.gov/departments-and-services/housing/> Applications are in PDF format at the bottom of the page. The HUD income limits for the Kenai Peninsula are: 1 person \$43,550, 2 people \$49,750, 3 people \$55,950, 4 people \$62,150, 5 people \$67,150, 6 people \$72,100, 7 people \$77,100, and 8 people \$82,050. Income will include counting all family/household PFD's, Dividends and any income from household members age 18 years and older.

While we will not be building any homes this year, we still may need people to fill in with any help that contractors may need, with jobs that may come up. We have a requirement that states if a contractor should need to hire anyone outside of their core construction crew, that the contractor must contact our office and obtain a list of people interested in working on the construction project. This could be anything from laborers, framers, roofers, electricians, sheet-rockers, painters, etc. If you are interested in being placed on this list and notified if there is an opening, please drop by my office a brief one page resume listing what you are interested in doing, any experience you may have, and ways that the contractor will be able to get hold of you. This is for both women and men, age 18 and older.

Here a few ideas for spring maintenance that you may want to consider. Look at your roof and scan for missing shingles, uneven surfaces indicating possible damage, or other evidence that the roof may need repair. Clean your gutters and check your downspouts. Inspect your home's foundation. Look closely to see if there are any cracks that have formed and repair as needed. Large cracks may signal possible foundation failure if left alone.

If you burn wood in a fireplace or wood stove, a spring-cleaning gets the creosote while it's fresh in the stacks. Check porches, decks and other structures for signs of rot or damage. Repair as necessary. Replace ventilation filters at the same time. Yearly maintenance and regular filter changes help extend your HVAC unit's life. Turn on the water to outside faucets. Hook up the water hoses and ensure everything works properly.

Get rid of old dry grass and brush that can create a fire hazard as things start drying out. Try to establish a perimeter of not less than 30 feet around your home in case a fire should start.

With the coming of the summer, now is the time to think about these things. Lastly, get those vegetable starts going and the fishing gear out.

Ok folks, until the next newsletter, take care, get those gardens and fishing poles ready, and have a wonderful and safe Memorial Day!

Bob ☺



It's time to start planning for spring and summer break. Ninilchik Tribal Services recently certified a new childcare provider. Located in Ninilchik, Rosewood Day Care's philosophy is that early childhood should be a time of fun. Providing warmth, security, education, exploration and discovery is important to the well being of all children.

Please contact Anna Grant with Rosewood Day Care at 907-980-9254  
P.O. Box 39001 Ninilchik, AK 99639 or email [Rosewooddaycare@yahoo.com](mailto:Rosewooddaycare@yahoo.com)

### **Ninilchik Tribal Services provides child care assistance.**

Are you:

- Alaska Native or an American Indian family residing in our tribal boundaries Kasilof to Homer ?
- A parent, legal guardian or foster parent of an Alaskan Native or American Indian.
- Currently employed, working at least 20 hours per week?
- Attending a training institute.

If you answered yes to any of the above you may be eligible for childcare assistance.

Contact Bettyann Steciw to make an appointment and discuss your child care needs.

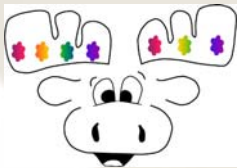
907-567-3313 or [bettyann@ninilchiktribe-nsn.gov](mailto:bettyann@ninilchiktribe-nsn.gov)

### **Social Services-ICWA**

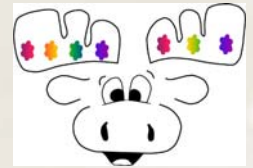
In Alaska, most Native children in foster care are reunified with their biological families. However, when reunification is not possible, adoption is a way for a child to achieve permanency with a forever family.

In order to be considered for adopting a child you must either be a licensed foster parent or have a current approved adoption home study.

We have a real need for Native Foster and Adoptive families. If you want to explore becoming a foster or adoptive family please call Bettyann Steciw at 907-567-3313 or email: [bettyann@ninilchiktribe-nsn.gov](mailto:bettyann@ninilchiktribe-nsn.gov).



### **Early Learning Program**



Our preschool year is winding down and some of our preschoolers will be off to kindergarten in the fall. We thank you for entrusting your child to us this year. We have witnessed how the children have grown in the way they share, take turns, and we are really impressed with the advances in academic concepts of these little ones!

We thank you for your support throughout the year. We feel a close partnership with our parents and send you our best wishes.

**For more information about ICWA and NTC's Tribal Services please contact Bettyann Steciw at 567-3313 or email [bettyann@ninilchiktribe-nsn.gov](mailto:bettyann@ninilchiktribe-nsn.gov)**



***Come help us celebrate a great year of learning!***

*Parents and families of this year's Early Learning Program students are invited to attend a graduation ceremony and celebration.*



**When: Friday, April 21st from 11:00 a.m. - 12:00 p.m.**

**Where: ELP Classroom 15750 Sterling  
Highway Ninilchik, AK 99639**



For more information about NTC's Tribal Services please contact Christina Pinnow at 567-3313 or email [chris@ninilchiktribe-nsn.gov](mailto:chris@ninilchiktribe-nsn.gov)



## Tribal Services ~ Open House

**Friday, June 9th**

**11:00am – 3:00pm**

Please come join us for a BBQ, activities and games for the children!

You will also be able to:

- Learn about the programs Tribal Services offers
- Get a new Tribal Card and update your information
- Hear about various program applications and deadlines

Location: Ninilchik Traditional Council Administrative Offices ~ 15910 Sterling Hwy.



## Tribal Services Water Safety Training and Certification

**Saturday, June 10<sup>th</sup> @ Ninilchik School Pool**

Ages 6 to 11 will be from 9:00 am to 11:00 am

Ages 12 to 18 will be from 12:00 pm to 2:00 pm

Adults will be from 2:00 pm to 4:00 pm

Please note: Tribal Summer Youth camps that include kayaking and any water event will require this certification. See you at the pool!



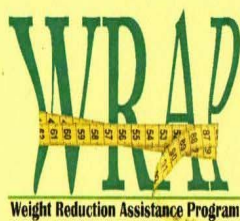


*Get Ready For Summer!*



The Ninilchik Community Clinic  
*Weight Loss Assistance Program*  
(W.R.A.P.)

is now **BILLABLE TO INSURANCE.**



\*See or call the Ninilchik Community Clinic  
for details. (907) 567-3970.



**Tribal Health Director's Report**

- ♦ LOOK WHO IS RETIRING AFTER 36 YEARS WORKING FOR NTC? PAT OSKOLKOFF, who most all of you know, from the Haunted Halloween to camping adventures, and rides in the ambulance-not for fun. Pat has done so much for the community as well as NTC over the years. She has so many stories and I hope now that she will be retiring that she will have time to write them all down so that she may share them with everyone. Who knows, maybe you are part of those stories! THANK YOU PAT FOR YOUR COMMITMENT AND DEDICATION TO NTC AND NINILCHIK FOR THE PAST 36 YEARS!
- ♦ Dr. Downey will be at the clinic April 13, 14, 27 & 28. He will not be coming to the clinic after April as he will be spending more time at his clinic in Homer. We want to thank him for having provided such wonderful care to the patients that he saw here, during his time with us.
- ♦ Dr. Spencer will be changing her schedule to Monday, Tuesday and Friday. In addition to her regular Family Practice she provides manipulation, cold laser therapy, and addiction medicine (Thursdays).
- ♦ Carrie Warren, ANP is in the clinic Monday-Thursday. Carrie is a Family Practitioner but also works with Pediatrics. She provides medical weight loss management through our Weight Reduction Assistance Program (WRAP). We also have Lisa Zatz working on staff who is a Family Nurse Practitioner and she provides wonderful medical services as well.
- ♦ Please feel free to fill out a Customer Satisfaction Survey after each visit. Let us know how we are doing. They are available via the NTC website, computer set up in the clinic hallway, or in paper form at the front desk. You may choose to add your name, but these are usually left anonymous. There is a question in this survey whether you would like to receive appointment reminders via text. If yes, do not forget to let the front desk know. They will document this in your chart, but you may write this on the paper survey as well.
- ♦ Ultrasounds are done once a month with a sonographer from South Peninsula Hospital.
- ♦ We have converted over to a new Electronic Health Record/Practice Management (billing) and are continuing to learn this new system and its capabilities. Some of you may have received bills that stated you were seriously past due, this was a glitch in the new practice management system and we apologize for this error. Please be patient with us during this process and we will make every effort possible to meet your needs. If you are interested in joining the Follow My Health patient portal to view your labs, send messages to a provider, or update your information, please give your email address to the front desk agent and they will enter it into the system. You will receive an invite to the portal, then access will be granted to your health record.
- ♦ We have increased our Outreach to include adults and have held some game nights. We are currently looking to provide more opportunities for sober free events. Please let us know if there are any activities that you would like to see in our community.
- ♦ As always, my door is open if you want to stop by and talk to me about anything.

**Thank you,  
Janet Mullen, NTC THD**

For more information about NTC's Community Clinic please contact Janet Mullen at 567-3970  
or email [jmullen@ninilchiktribe-nsn.gov](mailto:jmullen@ninilchiktribe-nsn.gov)



### One of Our Own is Retiring

**Pat Oskolkoff** will be retiring after 36 years and we are very sad to see her go. She started back in July of 1981, with no job description. Her supervisor was in Anchorage and told her that she just needed to do what the community needs. There were only two people who worked for the clinic at that time, a health aide and herself.

While she helped the community with whatever was needed, she also did many other things. She was transportation to doctor's appointments, took EMT training and became an EMT instructor. In the summer she held day camps for the children and started *free* Halloween Carnivals along with the Halloween presentations where community members were very involved and acted. She also was involved with the health fairs that started in the 1980's. She began the first Santa's Tree as well as being on the Parent/Advisory committee for the school where she was involved in getting signatures for the petition to get a pool in the school.

She also worked with NTC and was involved with the Sacred Circle. This is where they taught art classes, such as weaving, basket making, drum making and fishing was done as well. While she has done so much for the community she will not take all the credit. She said, *"There was a lot of other people that I worked with, that were employees and volunteers, that helped with whatever the community needed and helped and supported one another, not just me."* She also said that the neatest thing that she has done was helping the community.

Pat said that when she retires, she would love to get her house in order. She never got to do anything because she was always working. She would also like to work on her greenhouse, and put together her family history from all sides. Most of all, she wants to spend time with her family and play with her grandkids.

*"NTC has been fantastic to me, it really has, and I hope that I was good to them."*

*"NTC has been really good to the community, I think it really has been good to me, and the community."*

### Steps to Create a Portal Account

- Go to your e-mail inbox and find the **FollowMyHealth** e-mail. Open the **"Click here"** link in the e-mail. A new page will pop up instructing you to set up your online patient portal account.
- Click **Create an Account** and select the account login method (**FMH**).
- **Create a username**, such as your first and last name, or something easy to remember.
- **Create a password** you will remember which must be at least 8 characters, including a number and a special character (**!@#\$\$&\***), i.e., Sandy123#.
- **Confirm** your password and e-mail address.
- After successfully creating an account, **log into the patient portal** prompted at the next page.
- **Follow instructions** to complete the set up. When prompted for your invite code, enter your four-digit **year of birth**.

### Helpful Info

- After you have created your account, you can access the portal anytime by going to [ninilchiktribe-nsn.followmyhealth.com](http://ninilchiktribe-nsn.followmyhealth.com) and clicking login.

Once your account is created, be sure to store your username and password in a secure place; passwords **can** be reset if lost or forgotten, usernames are not stored and **cannot** be retrieved or reset.

*Need help or assistance? Call us at (907)567-3970*

### **WRAP Testimonies**

"In June 2016, shortly after my 60<sup>th</sup> birthday, I decided I'd had enough of feeling tired and bloated and losing and gaining ten pounds over and over. The Ninilchik Traditional Council had recently incorporated a new fitness and health program called WRAP (Weight Reduction Assistance Program) and I decided it might just be the jumpstart I needed. The program has several components and four awesome and wonderful health professionals to guide and encourage - Program creator Carrie Warren (Family Nurse Practitioner), Lisa Zatz (Health Coach), Tammy Zweischer (Certified Personal Trainer), and Shanna (Moeder) McGrath (Registered Dietician). I was already working out with Tammy Zweischer a couple times a week and participated in boot camps, but was not disciplined or motivated enough to work out beyond that and my eating and lifestyle habits needed serious changes. WRAP is the only medically supervised weight loss program of its kind on the Kenai Peninsula.

A thorough physical which included bloodwork was my first step followed by a metabolic test which gave me a nice printout of my metabolic rate compared to others my age as well as the necessary caloric intake for weight loss. Pictures and measurements were taken and I was given a binder in which to store information, keep a food journal, keep track of exercise, and keep records of all my medical info (which is copied and placed in the binder after each visit with each professional).

I met with Lisa who helped me write specific and measureable goals and objectives that were realistic and achievable so I could experience small successes and stay motivated to continue. The time frame for the program is six months (but an extension can be granted as needed).

I met with Lisa often during the first couple of months until she told me that I was adhering to my goals well enough that I could choose to come in when I needed to. We discussed successes, challenges and new approaches for continued success. Shanna taught me about meal planning and introduced me to Myplate.gov. We discussed recipes, healthy food exchanges, and ways to break the cycle of unhealthy habits. One surprising thing I learned is that turkey bacon (one of my staples) has a lot of additives that aren't healthy and she advised to just eat the real thing when I craved it, but limit myself to one or two pieces. I uploaded the Fooducate app to learn the ingredients of foods I ate which led to me looking for other apps that were helpful in keeping me on track. Shanna also encouraged me to add vegetables to my morning meal... something I'd never really thought of.

I began walking four days a week in addition to the two days of Personal Training with Tammy Zweischer, and I used the Pacer app to record time, miles and calories burned. We ended up with a small walking group which helped keep us all motivated and it was fun. Not everyone could come all the time and we ended up changing our meeting places and times throughout the summer and fall to try to accommodate each other as much as possible. Our walks ranged from 3 miles to 6. If nobody could make it, I walked alone. When winter arrived, it was harder to motivate myself to get to the gym as I simply would rather walk outside than walk on a treadmill. I faced challenges such as vacations and either Tammy or myself being away for other obligations, but by that time, I knew what to do to keep the weight off. Even if I couldn't do formal exercise given the circumstances, I stuck to my healthy meal plan.

I didn't overwhelm myself by making changes all at once, as I knew from experience that could sabotage my success. Some of the healthy changes I've made include switching to coconut milk in my coffee, adding coconut oil and avocado oils for cooking and baking to my oil repertoire, switching to Bragg's organic products like Nutritional Yeast and Liquid Aminos as flavor enhancers (instead of salty soy sauce and parmesan cheese for example). I ordered some Coconut Palm sugar on Amazon and use it for coffee and baking. Healthy recipes I have tried and like include bean burgers, bean brownies, bean, corn and rice pasta instead of white flour noodles, alfredo sauce made from cauliflower and cottage cheese to make cheesecake. I've experimented with baking gluten free breads from scratch. I am not gluten free...I am just trying to

**For more information about NTC's Community Clinic please contact Janet Mullen at 567-3970 or email [jmullen@ninilchiktribe-nsn.gov](mailto:jmullen@ninilchiktribe-nsn.gov)**



## NTC Community Clinic

avoid white flour. I discovered that Three Bears and Walmart carry a huge variety of delicious gluten free products, including chips and crackers and plenty of baking mixes. Fred Meyers carries black bean chips in their organic section which are amazingly delicious and filling so I eat less. Hummus is a favorite of mine and I make it from scratch to save money but I recently discovered a much easier method. At Three Bears they have packages of hummus mix that you just blend up with chickpeas or beans. I still allow myself to indulge in sweets occasionally but if it's a big piece of cake, I just take a few bites. At mealtime, when I feel full, I have learned to push my plate away. To keep my water intake high, I drink from a water container that appeals to me which is a large mason jar. I love nuts so I switched to salt free mixed nuts.

Like many of you, I've tried different diets over the years and always gained the pounds back. The WRAP program isn't a diet; it's a lifestyle change. I have five grandkids and one on the way and I want to be healthy for them so I can hopefully be around a good long time. This program has turned my life around and given me the tools I need to finally lose the belly and feel good about how I look. I also take a daily 1MD probiotic. I encourage anyone who wants to lose weight and change bad habits to give the WRAP program a try. Just take that first step and make an appointment for a consultation. In six short months you'll be happy you did. It's free for tribal members but if you're not a tribal member and think the cost is too high, there's a payment plan option. The membership fee for the Health Club is far below what most health clubs charge. It's worth the money because in the long run - the healthy changes you make will last a lifetime and perhaps even save your life. What is your health worth to you? If you think it's too much of a time commitment meeting with the four professionals, please know that they are there to help, teach, encourage. The journey is yours alone and the effort you put into it is up to you. Go at your own pace. The six months is just a starting point to help you learn how to be healthy for the rest of your life. "

**Jamie Leman, NTC Director**

For more information about NTC's Community Clinic please contact Janet Mullen at 567-3970 or email [jmullen@ninilchiktribe-nsn.gov](mailto:jmullen@ninilchiktribe-nsn.gov)



**Behavioral Health Services****Behavioral Health Services & Youth Substance Use Prevention****Behavioral Health Services**

We provide both integrated mental health and substance abuse treatment services. Our mission is to provide the highest quality of care while meeting the client's self-determined goals for treatment. We provide these services in a supportive, compassionate, culturally competent, and strengths-focused treatment setting. Our services are open to everyone. We are a State of Alaska certified Alcohol Safety Action Program (ASAP) provider and offer ASAP assessments, outpatient treatment, and the State of Alaska Alcohol Drug Information School (ADIS). Please contact us for further information. 567-3370.

**Youth Alcohol Prevention Mission**

Ninilchik Traditional Council's Youth Outreach is anchored in education and prevention. Studies consistently show that the negative cognitive, behavioral and social impacts of growing up in adversity can be reversed by youth participating in prevention programs and having a relationship with a mentor. Our goal is to provide safe, alternative activities to youth where they can develop their interpersonal and character skills in order to have a brighter future. As indicated in extensive research, investing in our youth is the best possible investment we could make in the future development and success of our community.

During the school year we host weekly events for Ninilchik youth with the goal of providing substance free, pro-social activities that encourage self-esteem, leadership, respect, ownership, and community connectedness. One of the things hindering the amount of outreach we can provide is a lack of volunteer chaperones. If you are at all interested in supporting our outreach by chaperoning please contact Nick Finley or Maureen Todd at 567-3370.

For a detailed calendar of our outreach, please call Maureen Todd at 567-3370, opt. 9, and she will add you to our outreach mailing list to receive our monthly newsletter and calendar.

**Native Youth Olympics**

Our NYO team recently took a road trip to Seward and had a wonderful showing. We had 15 kids make the trip to Seward, and had a number of top finishers. Our list of Seniors consisted of: Judah Eason, Luke Riley, Steven Riley, Gage Moto, Levi Rickard, Jade Robuck, Jancee Corey, Autumn Calabrese, and Jacob Mumey. Juniors consisted of: Taylor and Kylie Rickard, Onyx and Ceiony Allen, and Robyn and Dustin Hamilton.



Our kids did a great job of displaying sportsmanship, respect and teamwork throughout the entire competition. A few highlights of the trip were: Robyn Hamilton, with a 3<sup>rd</sup> place finish in Eskimo Stick Pull. Jacob Mumey, with a first place finish in Eskimo Stick Pull. Gage Moto, with a

**For more information about NTC's Behavioral Health Services please contact Christine Prokop, Nick Finley, or Maureen Todd at 567-3370**



**Behavioral Health Services & Youth Substance Use Prevention**

4<sup>th</sup> place finish in the Head Pull, during the opening games Saturday night. Judah Eason, with a first place finish in the Scissor Broad Jump.

Junior NYO is officially finished for the year. Our next NYO event is Senior State in Anchorage, April 27-29. Senior NYO practice is now Tuesday, Wednesday, and Thursday 3:30-5:00 pm. For more information on NYO please contact Coach Nick Finley at 567-3370 opt. 7.

**Teen Center**

We host Teen Center every Friday from 3:30-8:30 pm. Junior High students are invited to stay until 6:00 pm and high school students are able to stay until 8:30 pm. Students from ages 12-18 are welcome to come and interact with their peers in a healthy, safe environment. Admission is free and there are concession food items available for purchase.

We are in the process of revamping our teen center to focus more on education and helping students achieve their post-secondary goals. In line with our SAMHSA grant, we have started building a study area for tutoring and for individual academic work.

**Get Fit**

Get fit has started back up and kids have certainly taken advantage of it. We have had 5-15 kids per day in the weight room or in the gym. We have had kids lifting weights, working on NYO, practicing track events, and working on basketball. We also have a handful of kids that get up in the morning just to stay in shape and have something to do. Get Fit is Monday-Friday 7-8:30 am at the school.

**Teens Against Tobacco Use**

Teens Against Tobacco are partnering with our YELP program this summer to provide educational workshops and community service in our community. We will continue with anti-tobacco activities and educational pieces throughout the remainder of the school year.

**Youth Education & Leadership Program**

Our summer outreach consists of the Youth Education and Leadership Program, YELP. This program is available to youth ages 12-18. The kick off BBQ is Wednesday, May 24<sup>th</sup> at the Ninilchik School Field from 3:30-7:00 pm. Beginning on the 30<sup>th</sup> we will be having YELP work days every Tuesday and education days every Wednesday from 1-5 pm. Students will meet at the Teen Center on these days unless otherwise specified. Our work days will include service projects and creating community connectedness among our youth. These projects include gardening, trash clean up, fishing, church restoration, yard work, smoking fish, and mending nets. Educational activities include information on DUI and MIC laws, outdoor survival, water safety, native drumming, and suicide prevention. If you have a student interested in participating in this program please contact Nick Finley or Maureen Todd at 567-3370.

**Youth Outreach Committee**

This Committee has been established as part of the requirements of a grant we received from the Substance Abuse and Mental Health Services Administration (SAMHSA). The purpose of our grant is to further develop our substance use prevention and suicide prevention outreach within the community.

So far our group has worked in collaboration with the school, clinic, emergency services, PCHS, and Project Grad to start establishing policies and procedures that will help guide substance use and suicide prevention initiatives. We are also working to develop a data sharing initiative to provide wrap around services for at risk youth.

For more information about NTC's Behavioral Health Services please contact  
Christine Prokop, Nick Finley, or Maureen Todd at 567-3370

## Elders Outreach Program

## Elders Outreach Program Coordinator

The Elders Outreach Program runs a luncheon at noon out of the Subsistence Building every Monday. This includes ALL HOLIDAYS NTC may be closed for, however, **the luncheon is still provided.**

The luncheons coming up for the following months are as follows;

Monday April 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup>

Monday May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, and 29<sup>th</sup>

**\*\*\* No Luncheon on May 22<sup>nd</sup>\*\*\***

As a friendly reminder, the luncheon exists to serve as a social space for Enrolled Tribal Elders to gather, share and visit. Elders are encouraged if they would like to bring a guest, family or be accompanied by a caregiver to do so, there is a suggested donation box at the back for this purpose. While it is a provided luncheon for Elders to attend, it also serves many homebound Elders who cannot drive or have other needs that prevent them from attending. This luncheon is for the Enrolled Tribal Elders and asked we are mindful of others not present.

Approaching spring, if you have any input or ideas for the Ninilchik Community Staple Garden, please feel free to call or stop in regarding volunteer time, input and questions are welcome! Shawn and Luna Jackinsky have worked hard in partnership to achieve the foundation to the garden, we are looking at establishing long term results with community involvement.

We had a roadkill moose earlier in March. I ground most of the meat and have given out many packages. If you are still interested in receiving ground meat or bones please call my office.

We are grateful for the work Marla Kvasnikoff has taken to construct a beautiful 'Thank you' tree and will be working to add all the names to the leaves here this spring. Thank you for your time and beautiful work Marla!

The Elders Outreach department purchased a large industrial VacPac Machine and a grinder this last summer. If it is a tool you would like to utilize, please call my office and I can help facilitate this service.

There is a 150 Year Kenai Peninsula History Conference in Kenai/Soldotna on April 21<sup>st</sup> & 22<sup>nd</sup> and if you are interested in attending this conference I would be pleased to take a group up. There are speakers ranging from Wayne Leman, Mira Berelson, and Brent Johnson, as well as movies, session speeches and a lot of exciting information! Please let me know at your earliest convenience if you are interested.

Warm regards,

Tiffany

Elders Outreach Program Coordinator





For more information about our Health & Wellness Club please call 567-3455  
or email [hwc@ninilchiktribe-nsn.gov](mailto:hwc@ninilchiktribe-nsn.gov)



### **Library Updates/Events**

NTC would like to remind you that we provide services, such as a public computer, internet access, black and white (or color) copies, and faxing services here at the Ninilchik Traditional Council Administrative Office. There is no charge for Ninilchik Tribal Members and family.

The Niqnalchint Library is open to lending to all of our community members. We offer Children's Books, Alaska Non-Fiction, Fiction, Crafts & Hobbies, Movies & much more. All you need to do is fill out a short application here at our Administrative Office.

Is there anything you would like the Tribal Library to have on the shelves?

Anything you would like the Tribal Library to provide?

Please let us know. We will gladly add it to our collection!

### **Tahyiga Book Club**

The Tahyiga Book Club meets monthly to discuss contemporary Alaskan and world literature, focusing on indigenous and cultural identity themes. If you are interested in new, engrossing novels with multicultural views please come and participate! The club will meet one Friday a month at 3:30 PM at the NTC Administration Conference Room. Joining the Book Club is free and open to the public. Signing up is easy. Just call or email. The contact info is at bottom of the page.

**Next Book Club Meeting: Friday, May 12th @ 3:30 p.m.**

### **April Book Club Selection**

#### ***"Made of Salmon" Alaska Stories from The Salmon Project***

*The history of salmon worldwide is not a happy one; overfishing and habitat loss have destroyed the once-great Atlantic runs and severely damaged those of North American's west coast. Only in Alaska have management regimes and habitat protections safeguarded the fish that so many depend upon—so far. Alaskans know that to face the challenges ahead we need to recognize our shared dependence and responsibility. We need to know one another's stories and to understand what it will take to maintain salmon runs, ecological health, and the place of salmon in our lives.*

*Made of Salmon brings together over fifty diverse Alaskan voices to celebrate the fish that holds a central place in the lives, cultures, and values of those who depend on salmon for food, livelihood, recreation, and a sense of community. The longer works by some of Alaska's finest writers thoughtfully and artfully explore the significance of salmon in the lives of Alaskans. Shorter, more anecdotal works add their writers' own "salmon love" to the mix. Photographer Clark James Mishler visually captures Alaskans fishing for, catching, preserving, and eating salmon from Southeast to Bristol Bay and points between and beyond.*





# The Cheeky Moose

*Laundromat, Showers, Tanning, Deli & Espresso*

Weekdays 8:00—8:00 (closed on Thursday)

Saturday & Sunday 9:00—7:00

Deli Open until 4:00

**Fresh** \*

**Homemade**

**Soups**

Monday—Zuppa Toscano

Tuesday—Chili

Wednesday—Turkey with Wild Rice

Friday—Clam Chowder

Saturday & Sunday—Tomato Bisque

***Breakfast Sandwiches***

*Egg and cheese with*

*Sausage, Bacon or Ham*

*on a Croissant or English Muffin*

*Variety of Grilled or Deli  
Style Sandwiches served with  
Homemade Salsa and Chips*



# APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3 Elders Luncheon 12 pm  Vinyasa Yoga @ 5:15 –6:15 pm	4 Restorative Yoga 10:15-11:30 Hatha Yoga 5:15-6:15 pm	5	6	7  Teen Center Jr. High 3:30-6:00 pm High School 3:30-8:30 pm	8
9	10 Elders Luncheon 12 pm  Vinyasa Yoga @ 5:15 –6:15 pm	11 Restorative Yoga 10:15-11:30 Hatha Yoga 5:15-6:15 pm	12	13	14  Teen Center Jr. High 3:30-6:00 pm High School 3:30-8:30 pm	15
16	17 Elders Luncheon 12 pm  Vinyasa Yoga @ 5:15 –6:15 pm	18 Restorative Yoga 10:15-11:30 Hatha Yoga 5:15-6:15 pm	19	20  Vinyasa Yoga 10:15-11:15	21  Teen Center Jr. High 3:30-6:00 pm High School 3:30-8:30 pm	22
23          30	24 Elders Luncheon 12 pm  Vinyasa Yoga @ 5:15 –6:15 pm	25 Restorative Yoga 10:15-11:30 Hatha Yoga 5:15-6:15 pm	26	27  Regular Council Meeting @ 10:00 am	28  Teen Center Jr. High 3:30-6:00 pm High School 3:30-8:30 pm	29



# May

SUN	MON	TUE	WED	THU	FRI	SAT
	<p>1</p> <p>Elders Luncheon 12 pm</p> <p>Vinyasa Yoga @ 5:15 –6:15 pm</p>	<p>2</p> <p>Restorative Yoga 10:15-11:30</p> <p>Hatha Yoga 5:15-6:15 pm</p>	<p>3</p>	<p>4</p> <p>Vinyasa Yoga 10:15-11:15</p>	<p>5</p> <p>Teen Center Jr. High 3:30-6:00 pm High School 3:30-8:30 pm</p>	<p>6</p>
<p>7</p>	<p>8</p> <p>Elders Luncheon 12 pm</p> <p>Vinyasa Yoga @ 5:15 –6:15 pm</p>	<p>9</p> <p>Restorative Yoga 10:15-11:30</p> <p>Hatha Yoga 5:15-6:15 pm</p>	<p>10</p>	<p>11</p> <p>Vinyasa Yoga 10:15-11:15</p>	<p>12</p> <p>Teen Center Jr. High 3:30-6:00 pm High School 3:30-8:30 pm</p> <p>Book club @ 3:30</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>Elders Luncheon 12 pm</p> <p>Vinyasa Yoga @ 5:15 –6:15 pm</p>	<p>16</p> <p>Restorative Yoga 10:15-11:30</p> <p>Hatha Yoga 5:15-6:15 pm</p>	<p>17</p>	<p>18</p> <p>Vinyasa Yoga 10:15-11:15</p>	<p>19</p> <p>Teen Center Jr. High 3:30-6:00 pm High School 3:30-8:30 pm</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>Elders Luncheon 12 pm</p> <p>Vinyasa Yoga @ 5:15 –6:15 pm</p>	<p>23</p> <p>Restorative Yoga 10:15-11:30</p> <p>Hatha Yoga 5:15-6:15 pm</p>	<p>24</p> <p>YELP Kickoff BBQ 3:30-7:30 @ Ninilchik School</p>	<p>25</p> <p>Vinyasa Yoga 10:15-11:15</p>	<p>26</p> <p>Teen Center Jr. High 3:30-6:00 pm High School 3:30-8:30 pm</p>	<p>27</p>
<p>28</p>	<p>29</p> <p>Elders Luncheon 12 pm</p> <p>Vinyasa Yoga @ 5:15 –6:15 pm</p>	<p>30</p> <p>YELP Work Day: 1-5pm</p> <p>Restorative Yoga 10:15-11:30</p> <p>Hatha Yoga 5:15-6:15 pm</p>	<p>31</p> <p>YELP Education Day 1-5pm</p>			



Ninilchik Traditional Council

P.O. Box 39070

Ninilchik, AK 99639

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Phone: (907)567-3313

Fax: (907)567-3308

Main email: [ntc@ninilchiktribe-nsn.gov](mailto:ntc@ninilchiktribe-nsn.gov)

**Are you planning to move or change your contact information:**

**Let Us Know!**

Tribal Members are encouraged to contact NTC Enrollment Officer Christina Pinnow at the NTC Administrative Office to keep their information up to date. Those on the general public mailing list may contact the NTC Administrative Office front desk. Please call (907)567-3313 to make sure we can stay in touch.

Thank you!