Now we’re cooking

New Elder center opens for service

With pancakes and bacon cooking in the kitchen nearby, Rose Guilbeau leaned forward and gazed out the window.

“You can see the mountains, ocean and river,” she said. “This place looks really nice.”

On a recent Friday afternoon, Guilbeau enjoyed one of the first lunches served at the new Tyotkas Elder Center in Old Town Kenai. The 6,500-square-foot facility officially opened in March after about a year of construction.

The one-story structure includes many amenities. Visitors walk under a covered entrance through sliding glass doors. Expansive windows facing south toward Cook Inlet and the mouth of the Kenai River offer sweeping views.

Health fair promotes Colorectal Cancer Awareness

As Wilma Omnik stood beside a row of health displays, she thought of her family.

“I don’t think there’s been a death in my family, on my mom’s side, from anything but cancer,” Omnik said.

Omnik was among those who attended a health fair at the Dena’ina Wellness Center in March, which was Colorectal Cancer Awareness Month in Alaska. Southcentral Foundation and Alaska Native Tribal Health Consortium representatives joined tribal staff during the event, providing information about colorectal cancer and emphasizing the importance of screening and early detection. The fair also included an appearance by “Nolan the Colon,” a large, inflatable replica of a colon, along with informational booths about nicotine use, sugar consumption, heart health and more.

Colorectal cancer is the leading cause of new cancer cases among Alaska Native people, according to the Alaska Colorectal Cancer Partnership, meaning it’s important to get screened. Representatives at the health fair said Alaska Native people, or those with a family history of colorectal cancer, should begin screening at age 40. For others, screening typically begins at age 50.

For Omnik, who is from Point Hope but currently lives in Soldotna, the event reminded her of her family’s struggles with cancer. It also reminded her of the things she can do to boost her own health.

Although she admits to smoking cigarettes, Omnik said she exercises.

Fish talk

Tribal fishery tops April quarterly meeting agenda

With their eyes on the past, and their minds on the future, tribal members gathered Saturday, April 2, at the Dena’ina Wellness Center to discuss the tribal fishery.

Tribal Elder Clare Swan went to the heart of the matter in her opening blessing. “(The fishery) is a deep part of who we are,” Swan said.

The meeting came two days before the tribe’s Hunting, Fishing and Gathering Commission was to meet to discuss final issues to negotiate with the state as details of this year’s educational fishery permit came together.

Members were told at the meeting that the state has responded to a request for additional fish this year, although not the 30,000 salmon the tribe sought.

Robert Begich, writing in an email to the tribe on behalf of the Alaska Department of Fish and
Coming full circle

Tribal program helps put former Nikiski High School student on a good path

It’s about 5:30 p.m. on a Tuesday in March, and Nico Castro finally has a chance to relax.

Life is busy for this 19-year-old living in Anchorage. When he isn’t working at the mechanic shop – like he did this day, from 7 a.m. to 4:30 p.m. – you can find him on campus at the University of Alaska Anchorage, where he is enrolled in automotive technology courses and pursuing a degree.

These days, life is good for Castro. These days, life is different for Castro.

“I’ve totally changed my life and my view on life and my attitude in general,” said Castro, who attended Nikiski High School. “I find myself focused on my job and my future and my goals.”

Castro attributes the turnaround to his experience participating in the tribe’s Ts’iłq’u Circle, which means, “coming together as one.”

The Circle is administered at the Tribal Courthouse in Old Town Kenai and serves different purposes, but most simply is a place where people come to have important or difficult discussions in a good way.

The tribe has operated the program since the mid-2000s.

Many Circle participants are teenagers, like Castro, who are referred from the Alaska Division of Juvenile Justice or the state juvenile court system. In those cases, it’s a diversion program for youth who have pleaded guilty or no contest to a first offense and received a suspended sentence pending completion of the Circle. But the Circle is more than that.

Castro came to the Circle in high school, during the spring of Juvenile Justice.

“My big emphasis on it is I had alcohol to cope and had little enthusiasm for life. But these days, life is different for Castro.

“Before the Circle, he said he used alcohol to cope and had little enthusiasm for life. Before the Circle, he said he used alcohol to cope and had little enthusiasm for life. Before the Circle, he said he used alcohol to cope and had little enthusiasm for life.

But these days, life is different for Castro.

These days, life is good for Castro.

“My big emphasis on it is I had alcohol to cope and had little enthusiasm for life. Before the Circle, he said he used alcohol to cope and had little enthusiasm for life.

Castro also said it meant a lot to him to have a say in the outcome, which was a surprise.

Martina Georges, Circle co-coordinator, said the collaborative approach is one of the most powerful aspects of the Circle, especially for young people accustomed to being told what to do.

“They are thinking they are going to get in trouble and they are going to be sentenced,” Georges said. “But the more the Circle goes on, you can just see their body start to relax. They are starting to think, ‘Oh, wait a second, they are not telling me what I should do. I’m being included to find a solution.’”

For Castro, the experience changed his attitude not just about discipline but life in general.

Before the Circle, he said he used alcohol to cope and had little enthusiasm for life. Before the Circle, he said he used alcohol to cope and had little enthusiasm for life.

But these days, life is different for Castro.

These days, life is good for Castro.

“My big emphasis on it is I had a lot more motivation to do something with my life after that Circle,” he said. “It just helped me out a lot.”

In the Ts’iłq’u Circle, participants may speak when they are holding the designated talking piece. Some choose the eagle feather.

In the Ts’iłq’u Circle, participants may speak when they are holding the designated talking piece. Some choose the eagle feather.

In the Ts’iłq’u Circle, participants may speak when they are holding the designated talking piece. Some choose the eagle feather.

In the Ts’iłq’u Circle, participants may speak when they are holding the designated talking piece. Some choose the eagle feather.

In the Ts’iłq’u Circle, participants may speak when they are holding the designated talking piece. Some choose the eagle feather.

In the Ts’iłq’u Circle, participants may speak when they are holding the designated talking piece. Some choose the eagle feather.

Circle Guidelines

Honor the talking piece

When the talking piece is passed around, only the one holding it should speak.

Speak from the heart

Speak the important things that need to be heard, with honesty, courage and humility.

Speak in a good way

Choose your words with care for others. Do not attack or manipulate. Be brief and leave time for others.

Listen in a good way

Listen to learn, to understand. Give respectful, interested attention. See things through the speaker’s eyes, even if you disagree.

Remain in the Circle

Commit to the Circle until everyone agrees to stop, even if it becomes tense or difficult. Play your part.

What is said in the Circle, stays in the Circle

Be trustworthy. The stories and words of others are not to be shared in gossip or backbiting.

To learn more, please contact Curt Shuey at 907-335-7232.
Rosy-cheeked and catching her breath, 9-year-old Alyssa Anderson dropped to a knee and set down the bucket of plastic eggs. She reached inside and began popping off the lids, one-by-one, revealing a pile of treats. Hershey Kisses. Snickers. Reece’s Pieces. Even a mini yo-yo.

Similar scenes played out across the playground and ballfields at Mountain View Elementary School in March as more than 200 people attended the tribe’s annual Easter celebration, enjoying lunch, giveaways and, of course, a hunt for candy-filled eggs.

Alyssa, who attended with her grandmother Valerie Anderson and 5-year-old sister Layla, had a simple yet crafty egg-finding strategy amid the swarm of children.

“Going to the side a bunch,” the third-grader said. “They left a lot on the sides.”

After the hunt for eggs, the Anderson family stood with Leslie Hemphill and Hemphill’s two children – 7-year-old Jade Renee and 9-year-old James – as the youngsters dug through their findings. When asked what he liked most about the event, James had a simple response.

“Getting the eggs,” he said. “It’s really fun.”

Both the Anderson and Hemphill families have attended the celebration every year in recent memory, making it part of their Easter routine. The Andersons planned on having another egg hunt later in the day as part of a family celebration.

Elder Phyllis Bookey, brought her 6-year-old great granddaughter Savannah. Bookey was babysitting for the afternoon and thought Savannah would enjoy the festivities.

“I think this is wonderful for all our little youth,” Bookey said. “It’s so much fun for them, and they are always so excited.”

For other families, meanwhile, it was a new experience. Amber Herrmann attended for the first time, bringing her fiancé and two young sons.

Herrmann said the family wanted to try something different and had been searching for kid-friendly activities to pass the day.

“We just wanted to get out and do something fun for the kids,” Herrmann said.

Before the hunt for eggs, tribal staff served a hot dog lunch and held a drawing for prizes. The prizes included Easter baskets, chocolate bunnies and new bicycles and scooters donated by Kenaitze Indian Tribe and Salamatof Native Association.

Kaarlo Wik, Chairman of the Board at Salamatof, said it is fun to see the children’s reactions during the prize drawings.

“It’s really exciting to see the kids anticipating winning and actually winning. You can see in their faces how excited they are,” Wik said.

“It’s just been a real good partnership between Salamatof and the Kenaitze Indian Tribe.”

Other sponsors included Peterkin Distributors, IGA/Country Foods, Coca-Cola of the Kenai Peninsula and L&J Enterprises and Excavating. Staff members from the tribe’s Human Services Division helped host the event.
To Greenland and back

Not many teenagers living on the Kenai Peninsula can say they’ve visited the country of Greenland. Julianne Wilson can.

Wilson, a tribal member and junior at Kenai Central High School, recently returned from Nuuk, Greenland, where she competed in the 2016 Arctic Winter Games as a member of Team Alaska.

“It was pretty awesome,” Wilson said. “I got to go to Greenland.”

The Arctic Winter Games is a multisport and cultural event that occurs every other year at alternating host sites – the Kenai Peninsula Borough hosted in 2006 – drawing thousands of youth athletes from across the Arctic region. Athletes are selected based on playing experience, recommendations, referrals and skills. The competition dates back to 1970.

The 2016 event showcased dozens of sports, including skiing, hockey, wrestling, Dené games, volleyball, tennis and more.

Wilson participated in the female open division of the “Arctic Sports” category, competing in six events – the one-foot high kick, two-foot high kick, Alaskan high kick, kneel jump, jump arm pull.

She earned a bronze medal in the kneel jump, recording a distance of 3 feet, 8 and 3/8 inches, and placed fourth in both the one-foot high kick and trip jump. Overall, she placed sixth in her division.

Wilson called it a challenging experience for two reasons: she was nervous and faced strong competition.

“I performed the best I could,” Wilson said. “It was a really big competition for me, but I got stressed out and psyched out.”

The weeklong event featured athletes from Canada, Greenland, Norway and beyond. Team Alaska won the overall competition, finishing with 216 medals – 83 gold, 67 silver, 66 bronze – followed by runner-up Team Yukon and third-place finisher Team Alberta North.

Team Alaska also earned the Hodgson Trophy for best sportsmanship as voted on by coaches, officials and committee members.

The tribe’s Yaghanen Youth Program, in which Wilson participated, places a strong emphasis on sportsmanship. Its Native Youth Olympics team earned the Professional Sportmanship award at the QuickLock Native Youth Olympics Invitational in February.

Yaghanen Manager Michael Bernard said Wilson epitomizes those values.

“Julianne, being one of our older athletes, is an inspiration to her teammates and coaches,” Bernard said. “She does this by demonstrating the idea of strengthening her team by focusing on making herself better at what she does while encouraging others to improve as well.”

Wilson also enjoyed the sights and sounds of Nuuk, Greenland’s capital city, spending one afternoon exploring with a friend and visiting the mall. She sampled local cuisine – muktuk, dried halibut and smoked salmon sandwiches, among others – and enjoyed a fireworks show during closing ceremonies.

The trip had its share of surprises as well. On approximately 3,000-mile trip to the competition, the team was delayed for 36 hours in Kangerlussuaq, Greenland, because of a blizzard in Nuuk. Wilson said there wasn’t much to do while the team waited, so athletes found WiFi and called home.

Reflecting on the trip, Wilson said the competitive aspect was stressful but fun. She wasn’t sure what to expect beforehand, but returned appreciative of the experience for two reasons: she was exposed to new things and saw athletes from across the country.

The celebration of the 2016 Arctic Winter Games is an opportunity for two reasons: she was exposed to new things and saw athletes from across the country.

Tribe purchases Old Town building, lot

The tribe recently purchased a 1,200-square-foot building and adjacent lot on the corner of Overland and Mission Avenues near the Tribal Courthouse and Dena’ina Wellness Center in Old Town Kenai. The two-story structure will house the Environmental Protection Program as well as tribal security personnel.

Staff will move into the new space after minor renovations are completed. The adjacent lot, which is about a quarter-acre, will be paved this summer and used as parking for neighboring tribal facilities.

Register now for summer camps

In partnership with the U.S. Fish and Wildlife Service and U.S. Forest Service, the Yaghanen Youth Program will host two Susten Archaeology Camps this summer.

The camps are open to male and female students in ninth through 12th grades. The first is from June 20–24, while the second is from June 27–July 1. Students learn cultural awareness and gain exposure to a range of career paths through hands-on lessons. For information, please contact the Yaghanen office at 335-7290.

Building bridges, computers

Like many 11-year-olds, Blaine Hayes enjoys playing on the computer.

Unlike many 11-year-olds, Hayes knows how to build a computer.

“It’s cool to learn about technology,” he said.

Hayes, the grandson of tribal Elder Phyllis Booke, recently attended the Alaska Native Science and Engineering Program’s Middle School Academy at the University of Alaska-Anchorage. He has loved hands-on experience in science, technology, engineering and math.

Commonly known as ANSEP, the program prepares students for education and careers in science, engineering and related fields. It hosts academies for students in sixth through 12th grades, accepting participants through an application process based on grades, essay and other criteria.

Hayes, a sixth-grader at Sterling Elementary School, attended for the first time in February. Participants stayed in campus dormitories and completed a range of projects requiring problem-solving, critical thinking and other skills.

In one project, Hayes built a computer out of loose computer parts and got to take home the machine – under a condition, he didn’t maintain a C-average and complete Algebra 1 before high school, he must reimburse the program for the cost of the computer.

Hayes also built a bridge out of balsa wood, testing the bridge’s strength by placing weight in the middle.

“I love technology and finding out how it works and learning about machines,” Hayes said. “I like seeing how things go together and how they work when you’re done.”

Hayes said he would like to participate in another academy – ANSEP hosts multiple sessions each year – and gain experience on many levels.

He met new friends from across Alaska. He learned about things that interest him. And he balanced hard work with exciting activities.

“It was a way to have fun for two weeks, but also be in school,” Hayes said.

“They like to have fun, but they also take things very seriously.”

Your turn

Does the ANSEP sound like a good fit for your child? If you’d like to get involved, there are academies scheduled for spring and summer 2016 at the middle and high school levels. Applications are required. To learn more, visit the program’s website at www.ansep.net.

Tribal Fishery set to open May 1

The celebration of the opening of the 2016 Tribal Fishery will be on Sunday, May 1. Details will soon be announced. Festivities will include food, music, dancing and time around the fire. The celebration will be held at the fishery site, which is located at the public beach access point on Cannonery Road off Kalifornsky Beach Road in Kenai. Food and beverages will be provided. Please bring your favorite treat for a potluck-style dessert.

Information about reserving a tide and other fishery policies will be sent in the mail to tribal members.

Traditional Healer Estelle Thomson talks with Kenai Central High School juniors Breanna McConnell, right, and Keayswn McEneney during the Kenai Chamber of Commerce Job Shadow Day. The annual event provides opportunities for the tribe to demonstrate one of its core values: to pass down cultural knowledge and traditions, while supporting formal education.

“Do what you love. “Be open.” “Keep your grades up.” Those were just a few of the nuggets of advice employees at the Dena’ina Wellness Center recently offered to a group of young, aspiring medical professionals.

In March, the tribe participated in a job-shadow event organized by Kenai Central High School and the Kenai Chamber of Commerce. More than 120 students visited area businesses and organizations to receive useful tips and on-the-job training. Ten of those students, all 11th-graders, visited the Dena’ina Wellness Center.

Participants toured the facility, met employees and had an opportunity to ask questions. The students’ career interests ranged from physician assistant to clinical psychologist to surgical technician to nurse practitioner, and more.

“Not only do we want to educate our un’ina (those who come to us), but also anyone who is interested in our programs, so it’s good to participate in this,” said Dr. John Molina, Director of Health Systems.

The students participated in a range of activities during their visit. Some spent time in the Traditional Healing area. Others toured the Primary Care area. One visited the Behavioral Health Department.

Cassidy Holmes, who has pondered different career paths but ultimately sees herself in the medical field, said the visit helped her to understand the vast number of paths available in the health industry. Before the job-shadow event, agencies 11th-grade student Abby Beck, who is interested in the behavioral sciences, spent part of the day shadowing a clinical psychologist.

Beck said she received valuable advice and useful information about the industry, including local contacts and suggested reading material.

Traditional Healing area. Others

Shadowng the pros

Students walk a day in the shoes of Dena’ina Wellness Center employees

Nurse practitioner Geoff Cantlear and Jen Janis speak to Kenai Central High School juniors during the students’ half-day visit.

Homes was most interested in becoming a physician assistant. Afterward, realizing the different available options, she wasn’t as certain.

“The biggest thing that jumped out was all the different career fields that are in medical,” Holmes said. “I wasn’t aware of all those different fields.”

See SHADOW, p. 10
Learn about Purchased/Referred Care Service

An overview of eligibility requirements and other useful information

Paperwork, procedures and protocols can make going to the doctor a stressful and frustrating experience – especially when it comes to paying for the services you receive. At the Dena’ina Wellness Center, one topic that can lead to confusion is Purchased/Referred Care Services. Whether or not you have utilized these services before, here's what to know about Purchased/Referred Care:

What is it?
Under certain circumstances, Purchased/Referred Care covers expenses incurred when an eligible person receives services outside the Dena’ina Wellness Center that the center does not offer. It is not a guaranteed service.

Who is eligible?
Purchased/Referred Care is available to Alaska Native and American Indian people who use the Dena’ina Wellness Center as their primary care provider and can show proof of their descent as well as Alaska or American Indian residency for at least 180 days. It also is available to non-Alaska Native or American Indian women who are pregnant with an eligible person's child. Children of eligible Alaska Native and American Indian people, including foster children, adopted children, stepchildren, legal wards and orphans are eligible until age 19.

What are the other requirements?
- To be used/Purchased/Referred Care, customers must also:
  - First use alternate resources (Medicaid, Medicare, private health insurance, and state and local health programs) or be screened annually for eligibility for these resources. By law, an Indian Health Service facility – which is what the Dena’ina Wellness Center is – is the payer of last resort. That means customers must apply for and use all alternate resources available to them before the center can authorize a Purchased/Referred Care payment.
  - Obtain prior approval from the Dena’ina Wellness Center for non-emergency care.
  - Notify a representative within 72 hours of a visit to a non-Indian Health Service facility for emergency services.

What is not covered?
Purchased/Referred Care does not cover medical services provided by non-Indian Health Service facilities if the services aren’t referred and authorized by the Dena’ina Wellness Center. The following services also are not covered:
- Inpatient or outpatient mental health services.
- Inpatient or outpatient substance abuse programs.
- Medical care considered investigational or experimental.
- Nursing home or long-term care facilities.
- Outpatient dental services.
- Bills submitted to the Purchased/Referred Care Department more than a year after the date of service.

Purchased/Referred Care is handled on a case-by-case basis and customers have the right to appeal any denials. If you have questions about eligibility, billing or to receive more information, please contact the center at 907-335-7500.

Dena’ina Wellness Center now coordinating obstetrics services for moms and babies

In addition to its many other services, the Dena’ina Wellness Center coordinates care for customers during and after pregnancy. Partnerships between the tribe and local obstetricians – Dr. Marcus Deeke and Dr. Kristen Lee give Dena’ina Wellness Center customers access to pre-natal, delivery and post-natal care.

“They are offering a lot of things for the mom to help them through the pregnancy,” said Dr. John Molina, Director of Health Systems. The way the arrangement works, customers receive a referral to one of the local obstetricians and go to them for all their appointments. The wellness center, in turn, supports the customer during and after the pregnancy, helping schedule appointments, answering questions and providing information.

The goal is to provide a full range of care to our families,” Executive Director Jaylene Peterson-Nynn said. For questions about eligibility, billing or to receive more information, please contact the center at 907-353-7500.

Dena’ina Wellness Center partners with Kenai Vision to offer optometry services

How are your eyes? If you're a Dena’ina Wellness Center customer, the question might come up during your next visit.

That’s because the tribe recently signed an agreement with Kenai Vision giving Dena’ina Wellness Center customers access to an array of optometry services. A referral is required from the Dena’ina Wellness Center to access the services, which include:
- Detecting and diagnosing eye diseases, retinal disorders, cataracts, lid disorders and infections.
- Prescribing medication to treat eye disease.
- Evaluating and treating vision conditions such as nearsightedness, farsightedness, astigmatism and presbyopia.
- Removing foreign objects from the eye.
- Provide pre- and post-operative care.

Dr. John Molina, Director of Health Systems, said the tribe is actively recruiting an optometrist and has space designated at the Dena’ina Wellness Center to house those services. But the agreement with Kenai Vision will serve customers well until the position is filled.

A clear vision

Wilma Omnik looks at educational materials during a stop at the Dena’ina Wellness Center’s health fair featuring Nolan the Colon.

NOLAN, known as the colon screening mascot at the wellness center a few times a week and is working on maintaining a healthy lifestyle.

“I think this is an excellent opportunity to help people,” Omnik said. “I think this is awesome. It’s nice to see everything here.’’

Tanya Kashavev, also of the Southcentral Foundation, attended to educate people about the harmful effects of nicotine. She said nicotine effects not just one but many parts of the body, including the colon.

“I think it’s really helpful,” Omnik said partnering with Kenai Vision supports that effort as it gives customers access to yet another service.

“We are establishing outside partnerships and this is another example,” Molina said. “They are really helpful.”

Hannah Phillips and Jessica Segura learn about health careers at the Dena’ina Wellness Center during Job Shadow Day.

SHADOW, from p. 9
What stood out to Beck most, however, was the reception she received from tribal employees.

“It was really nice that they were so welcoming and friendly,” Beck said. “I was really nervous that it was going to be a stiff, awkward environment and it really wasn’t. They made me feel like I was supposed to be there.”

Meanwhile, Emily Halstead said the event helped her better understand the education and training required in the medical field.

“I thought all those different occupations you can pick in the medical field that I wouldn’t have thought of,” she said.

Do your part

• Participate in 30 minutes of physical activity each day
• Avoid using tobacco
• Eat a balanced, nutritious diet
• Maintain a healthy weight
• Limit your alcohol intake
• Have recommended screening exams

Did you know?
• Colorectal cancer is the leading cause of new cancer cases among Alaska Native people
• Colorectal cancer is the second-leading cause of cancer deaths among Alaska Native people

The wellness center is the payer of last resort. That means customers must apply for and use all alternate resources available to them before the center can authorize a Purchased/Referred Care payment.

Dena’ina Wellness Center to house eye health services

Before, it was basically for people who needed the care,” Molina said. “It wasn’t for eye glasses or basic eye screening.”

The Dena’ina Wellness Center does not provide glasses or contact lenses in-house, Molina said, meaning customers will need a referral and go to Kenai Vision for those services.

As an integrated health care facility, the wellness center takes a holistic approach to care. Molina said partnering with Kenai Vision supports that effort as it gives customers access to yet another service.

“We are establishing outside partnerships and this is another example,” Molina said. “They are really helpful.”

Did you know?
• Colorectal cancer is the leading cause of new cancer cases among Alaska Native people.
• Colorectal cancer is the second-leading cause of cancer deaths among Alaska Native people.

The wellness center, in turn, supports those services.

“Kenai Vision will provide services that will eventually be available here, and those services will include routine eye exams for eye conditions or injuries that the provider would see,” Molina said. “It’s a great service to have.”

In the past, referrals were made to Kenai Vision for customers with health conditions such as diabetes and hypertension that can increase the risk of impacts to eyeshare.

The new agreement expands those referrals to a more general customer base.

Tanya Kashavev, also of the Southcentral Foundation, attended to educate people about the harmful effects of nicotine. She said nicotine affects not just one but many parts of the body, including the colon.

She also mentioned that colorectal cancer is highly treatable if detected early. That’s why it’s crucial to be screened – means receiving a colonoscopy – at an appropriate age.

“Kenai Vision will provide services that will eventually be available here, and those services will include routine eye exams for eye conditions or injuries that the provider would see,” Molina said. “It’s a great service to have.”

In the past, referrals were made to Kenai Vision for customers with health conditions such as diabetes and hypertension that can increase the risk of impacts to eyeshare.

The new agreement expands those referrals to a more general customer base.

Tanya Kashavev, also of the Southcentral Foundation, attended to educate people about the harmful effects of nicotine. She said nicotine affects not just one but many parts of the body, including the colon.

She also mentioned that colorectal cancer is highly treatable if detected early. That’s why it’s crucial to be screened – means receiving a colonoscopy – at an appropriate age.

“Kenai Vision will provide services that will eventually be available here, and those services will include routine eye exams for eye conditions or injuries that the provider would see,” Molina said. “It’s a great service to have.”

In the past, referrals were made to Kenai Vision for customers with health conditions such as diabetes and hypertension that can increase the risk of impacts to eyeshare.

The new agreement expands those referrals to a more general customer base.

Tanya Kashavev, also of the Southcentral Foundation, attended to educate people about the harmful effects of nicotine. She said nicotine affects not just one but many parts of the body, including the colon.

She also mentioned that colorectal cancer is highly treatable if detected early. That’s why it’s crucial to be screened – means receiving a colonoscopy – at an appropriate age.

“Kenai Vision will provide services that will eventually be available here, and those services will include routine eye exams for eye conditions or injuries that the provider would see,” Molina said. “It’s a great service to have.”

In the past, referrals were made to Kenai Vision for customers with health conditions such as diabetes and hypertension that can increase the risk of impacts to eyeshare.

The new agreement expands those referrals to a more general customer base.

Tanya Kashavev, also of the Southcentral Foundation, attended to educate people about the harmful effects of nicotine. She said nicotine affects not just one but many parts of the body, including the colon.

She also mentioned that colorectal cancer is highly treatable if detected early. That’s why it’s crucial to be screened – means receiving a colonoscopy – at an appropriate age.

“Kenai Vision will provide services that will eventually be available here, and those services will include routine eye exams for eye conditions or injuries that the provider would see,” Molina said. “It’s a great service to have.”

In the past, referrals were made to Kenai Vision for customers with health conditions such as diabetes and hypertension that can increase the risk of impacts to eyeshare.

The new agreement expands those referrals to a more general customer base.
The Big Picture

Sharon Isaak (bottom right, gray jacket) leads members of the Kenaitze Indian Tribe’s Elders Committee in a closing prayer after the group toured for the first time the tribe’s new Elders building on Feb. 11. The building is now open. See story, Page 1.

Our Mission
To assure Kahtnuht’ana Dena’ina thrive forever.

Our Values
These are the beliefs and principles that define our people and will assure our future as a tribe:

Family: Honoring and sustaining health and happiness of family as a first responsibility

Stewardship: Respectful use of land, resources and all creations

Spiritual Beliefs: Acknowledging the existence of a higher power and respecting spiritual beliefs

Education: Passing down cultural knowledge and traditions and supporting formal education

Our Vision
By 2025, the Kahtnuht’ana Dena’ina have enhanced and strengthened the prosperity, health and culture of their people and tribe by:

• working toward united effort with Native organizations and other governments that impact our people.
• developing and implementing a tribal education system.
• living our traditional values and practices.
• empowering our sovereignty.
• continuing to demonstrate resiliency.
• striving for excellence in all of our programs.
• elevating the wellness of our people.
• using our talents and resources to ensure we are able to take care of ourselves and share with others.

Addresses and phone numbers

Administration Building
150 N. Willow St., Kenai, AK 99611
907-335-7200
907-335-7239 fax

Early Childhood Center
130 N. Willow St., Kenai, AK 99611
907-335-7260

Tyotkas Elders Center
1000 Mission Ave., Kenai, AK 99611
907-335-7280

Yaghanen Youth Programs
35105 K-B Dr., Soldotna, AK 99669
907-335-7290

Environmental Program
150 N. Willow St., Kenai, AK 99611
907-335-7287

Dena’ina Wellness Center
508 Upland St., Kenai, AK 99611
907-335-7500

Na’ini Social Services
510 Upland St., Kenai, AK 99611
907-335-7600

Tribal Court
508 Upland St., Kenai, AK 99611
907-335-7217

On the Web: kenaitze.org
On Facebook: facebook.com/kenaitze