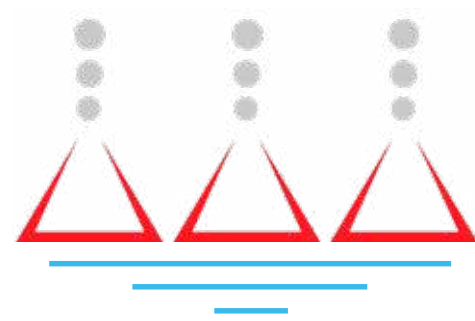




The Counting Cord

Nitnuqeyishi



January-February 2020

KENAITZE INDIAN TRIBE NEWSLETTER

An ounce of prevention

Tribe develops pre-disaster mitigation plan

When it comes to health, as the saying goes, an ounce of prevention is worth a pound of cure.

The same is true for natural disasters – the more prepared a community is before an emergency, the less assistance it will need responding to the situation.

Using a Federal Emergency Management Agency grant, the Tribe is developing its own pre-disaster mitigation plan. The goal is to identify actions that can be taken before the next disaster that would reduce the need for emergency disaster response.

“This is extremely beneficial” for the Tribe, said Chelsea Hendriks, the Tribe’s Health, Safety and Environment Advisor. “Every tribal entity should have a plan highlighting vulnerabilities and showing where you can improve and be more prepared.”

See **DISASTER**, p. 4

Tribal court looking for judges

Kenaitze Tribal Court is seeking additional Tribal Members interested in serving as Tribal Court Judges. Being a Tribal Court Judge requires a heart to serve, compassion, integrity, the ability to maintain confidentiality, and the ability to look at each case objectively while remaining fair and impartial.

Thorough training is provided to all judges and begins with the Kenaitze Indian Tribe’s Court Code. Judges must be willing to travel out of Alaska for continuing education and conferences. Judges receive a stipend.

At a minimum prospective judges must be Kenaitze Tribal Members; reside in the central Kenai Peninsula area; be at least 31 years old; and pass applicable background requirements.

Interested Tribal Members should contact Chief Judge Evelyn Huf at 335-7219.



This architectural rendering shows the proposed two-wing design. The larger wing will have classrooms and offices. The other will have multi-purpose areas for play, sports and meetings.

Taking shape

Tribe preps for campus construction

Tribal Members got their first glimpse of the new education campus during the January quarterly membership meeting.

The campus will include a large building with two wings connected by an annex. At 65,000 square feet, the facility is 13,000 square feet larger than the Dena’ina Wellness Center.

“All of the practical lessons we’ve learned in (the Dena’ina Wellness Center), we are trying to incorporate into this next building project,” said Royal Brown, the Tribe’s Housing and Facilities Director.

The three-story education wing will house classrooms, meeting rooms and administrative offices. It will be set toward the rear of the five-acre parcel at the corner of North Forest Drive and the Kenai Spur Highway. Classrooms will be located on the ground floor, with offices on the second floor. The basement will be available for future growth.

The other wing will house a large multi-purpose room, similar in function to a school gym. In addition to space for indoor recreational opportunities, the facility

will have room to host a gathering of up to 300 people. Storage areas for equipment, chairs and tables are included in the design. The second floor will include a walking and running track.

A key part of the facility design is the annex that will connect the two wings. It will include a lobby and reception area, a commercial kitchen and a cafeteria.

It will also serve an important security function, providing a way to regulate access to classrooms. Facility staffing will include a full-time receptionist and security

agent.

“It’s very important that no one other than staff and students have access to the preschool areas at any time, so the building design allows other people to come in for other purposes throughout the day, but they won’t have access to the preschool area,” Brown said.

The facility will feature some design touches that will give it a similar feel to the Dena’ina Wellness Center. There will be lots of windows in the multi-purpose room, and a large, curving staircase that leads to a second-floor

See **EDUCATION**, p. 3

Building boom

Growth in services inspires remodel projects

As the Tribe’s services expand, the physical space needs to change to accommodate them.

The goals of moving Na’ini Family and Social Services into the Toyon Villa building were to free up space for Behavioral Health, and to alleviate crowding in the Dena’ina Wellness Center integrat-

ed work space.

With the Na’ini move complete, the Tribal Council, Kahtnuht’ana Dena’ina Health Board, and Tribal administration have been discussing the best ways to use the freed-up spaces. Tribal Members received an update on projects in

See **BUILDING BOOM**, p. 3

TRIBAL COUNCIL



Wayne D. Wilson Jr.
Chair
wwilsonjr3@gmail.com



Bernadine Atchison
Vice Chair
batchison@kenaitze.org



Clinton Lageson
Treasurer
crlageson@gmail.com



Diana L. Zirul
Secretary
alaskadi@pentc.com



Liisia Blizzard
Council Member
lblizzard@kenaitze.org



Mary Ann Mills
Council Member
mmills42346@gmail.com



Sharon Isaak
Council Member
sisaak@kenaitze.org

NOTE FROM THE COUNCIL CHAIR

Happy New Year,
Well, this year has started off extremely cold. It's one of the coldest winters we've had in a very long time, which means we're all staying home and focusing on being warm, instead of enjoying the winter activities.

2019 ended with an excellent employee Christmas party at the Soldotna Regional Sports Complex. Because of their hard work and dedication, the Tribal Council decided to give an additional day off to the Kenaitze Indian Tribe's employees for Christmas, which I believe was greatly received.

The Council also had its first holiday celebration for Council, board, commission, and committee members at The Flats Bistro. For the past couple of years, the Council has focused on board, commission and committee success. Tribal Members have been working well together in helping the Tribe become more successful by becoming more involved with all



Wayne D. Wilson Jr.

the programs and services the Tribe has to offer.

The Tribe has had three key positions filled so far this year. The new Dental Director Dr. Matt Richards started work on Jan. 20. Paul Mueller is the new Compliance, Quality, and Privacy Officer. He begins work on Feb. 3. David Strong started Jan. 20 as the Recruiting Manager, which is a newly created position for the Tribe.

The Tribe hosted the Cook Inlet Tribe Fisheries meeting Jan. 13-14. This group consists of all nine tribes in the Cook Inlet Region Basin. This group's main focus is on sovereignty, subsistence and the future of the salmon.

The Council had its annual strategic planning session Jan. 29-31. This is where the Council works on present and future projects, along with a couple trainings such as team building and the tribal circle.

Sincerely,
Wayne D. Wilson Jr.
Tribal Council Chair

Health Board tackles new floors and more

Happy New Year! Most likely your personal resolutions have been made and perhaps already revised like mine. It is our hope that our Tribal Members will lead a healthy lifestyle and would encourage you to check out the Tribe's gym and its new hours of operation. Please remember that your spouse is welcome to join you at the gym.

While the gym hours have been expanded on Tuesday and Thursday, we have not had the expected number of people utilizing the gym at night and welcome your feedback as to the hours of operation that would be most beneficial to you and your family. DWC's personal trainers continue to offer classes in Zumba and Yoga and have daily as well as monthly challenges to encourage that workout!

Please note that limited gym services will be temporarily relocated to the second floor of DWC in early February while the wood floor is being replaced. The wood on the staircases will also be replaced during this same time. Both projects are expected to be completed by early March. As always, we appreciate your feedback on other ideas regarding the fitness programs and gym offerings.

Please join us in welcoming Dr. Matt Richards who began his role as the Dental Director and staff dentist on

January 20, 2020. Dr. Richards and his wife have moved from Seattle, Washington where he had a private practice and are looking forward to all the opportunities that the Peninsula provides.

The Dental Clinic under Dr. Cole Stapp's direction has done a great job in maintaining services during this transition which has been truly appreciated.

There are now two primary care providers, Dr. Robert Mitchell and Marion Ruth, FNP, who are certified to provide Medication-Assisted Treatment (MAT) for substance use disorders which is a new service being offered at DWC. Dr. Mitchell and Erica Long, the Interim Director in Behavioral Health, along with their staff have finalized the protocols for treatment of substance abuse in this manner. Medication-assisted treatment combines behavioral therapy and the use of medications to treat substance use disorders. This, in turn, means that un'ina who are seen in primary care may begin treatment immediately under the provider's direction



Diana L. Zirul

while working alongside a behavioral health clinician which has assisted in keeping the waitlist for other behavioral health services to a minimum. The Health Board continues to look at opportunities for expansion of services in the department.

Physical Therapy started offering services from 8:00 a.m. to 7:00 p.m. to meet the needs of the un'ina. The Physical Therapy Department will be permanently relocating into the Primary Care Department in order to increase integration of services with primary care.

The Tribe has received notice that the application deadline is February 28, 2020, 7:00 p.m. EST for the Indian Health Service (IHS) Scholarship Program for scholarship support for the 2020-2021 academic year. Eligible degree programs for this scholarship include pre-nursing, pre-medicine, pre-dentistry, Nursing-Bachelor of Science, Nurse Anesthetist-Master's in Science, Nurse Midwife-Master's in Science, Physician Assistant-Master's in Science, Clinical Social Work-Master's in Science, Nurse Practitioner-Master's in Science, DNP, Clinical Psychology-Doctorate, Counseling Psychology-Doctorate, Dentistry-Doctorate, Optometry-Doctorate, Pharmacy-Doctorate, Physician-Allopathy/Osteopathy,

See **HEALTH** p. 4

EDUCATION, FROM P. 1

skybridge between the classroom wing and the track.

The plan includes ample parking, but “anything that isn’t a building and isn’t parking will be heavily green-spaced. And we’re going to

try to leave as many of the existing trees as we can,” Brown said. The playground areas will be located away from the Spur Highway and parking areas. There will even be a trail leading to the sidewalk for walking trips to the nearby municipal park or the beach, keeping

students away from the parking lots. Brown said the design process has reached the 35 percent threshold, allowing the Tribe to begin permitting with the city of Kenai, and to hire a contractor. The goal is to get the contractor on board early in the process so they can assist

with finalizing the design and materials. “That’s important because this building project is going to start very quickly in the spring, and we need to make a lot of progress in this calendar year,” Brown said.

BUILDING BOOM, FROM P. 1

the works, as well as ideas for future projects, during the January quarterly meeting.

“We’re continuously growing, but in a positive way. I talk about money more than I should, but it does take money to do all of these things,” Tribal Council Chair Wayne D. Wilson Jr. said, noting that the Tribe now has \$86 million in assets, and no debt.

“To put that in perspective, 20 years ago we were in a trailer and had a small budget and no money. We couldn’t even dream about having \$10 million. We have the ability to continue to grow. I know it’s not about the money, but that money provides better services and better equipment, and provides the dreams that we’re talking about.”

Projects on the drawing board include:

- Further renovation of Toyon Villa to create office space for medical billing, maintenance and housekeeping, and security;
- Replacement of the Dena’ina Wellness Center gym floor and stair treads;
- Remodeling of the former Na’ini space for Behavioral Health;
- Bathroom remodels and office reconfiguration in the Administration building;
- Remodeling of space in the Dena’ina Wellness Center for expanded services.

The second phase of renovations at Toyon Villa is expected to start in February. Additional ground floor apartments will be converted to office space for medical billing, maintenance and housekeeping, and the new security team.

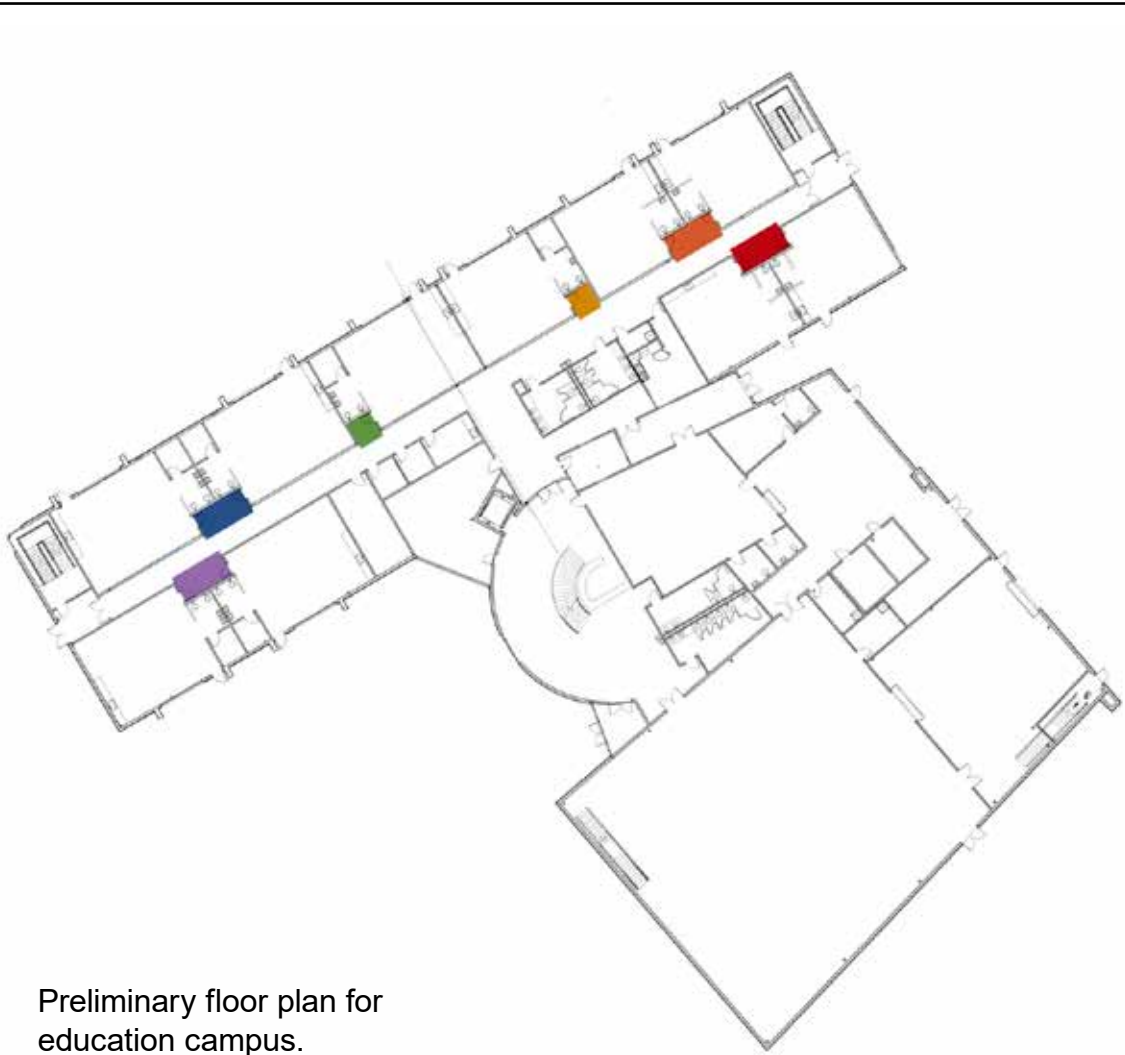
One of the most visible projects is the replacement of the gym floor and treads on three staircases at the Dena’ina Wellness Center. The original gym floor and stair treads were made from wood reclaimed from an old cannery at the mouth of the Kenai River at which many Tribal Members worked over the years. While the wood looked good, it is not as durable as it needs to be.

The gym will be closed in February, with limited gym services available upstairs at the Dena’ina Wellness Center. The Skilak Lake Kitchen also will be closed as the larger gym equipment will be stored there while the flooring is replaced.

The stairwells will be closed one at a time. It is expected to take about a week to replace the treads on each staircase.

Physical Therapy will move over to rooms in the Primary Care treatment area and continue providing services.

Also in February, remodeling will begin on the first and second



Preliminary floor plan for education campus.

floors of the former Na’ini building to accommodate Behavioral Health services. Early Head Start staff will remain in their workspace in the basement until the new education campus is ready for them to move in.

Royal Brown, Housing and Facilities Director, said the goal is to have Behavioral Health moved in to the new building in May, so that the Tribe can then focus all of its energy on the education campus project.

Once Early Head Start is able to move out, the bottom floor also will be used for Behavioral Health. The elevator, which is currently not useable, will be replaced to make the building accessible to all un’ina, those who come to us.

At the Administration building, the list of projects includes bathroom remodels, and some reconfiguration of offices to provide more space.

“We have some long overdue improvements at that building,” Brown said.

Once Behavioral Health has moved out of the Dena’ina Wellness Center, attention will turn to reconfiguring parts of that building to accommodate additional growth.

Diana Zirul, Tribal Council Secretary and Health Board Chair, said that while the Dena’ina Wellness

Center offers plenty of flexibility, a lot of thought and planning needs to happen before any changes are made.

“No plans have been finalized, but the Health Board is thinking about things we aren’t offering, but could offer,” Zirul said.

Lessons learned from current use of the Dena’ina Wellness Center will be applied in the planning process. For example, the fact that the Skilak Lake Kitchen was designed as a demonstration kitchen, and not a commercial kitchen, limiting how it can be used.

“Those of us who were on the Council when we were putting this building together – it seemed so massive, and we would never have enough to put in it. And five years later, we’ve completely outgrown it and are expanding outside of it,” Wilson said. “... You hire architects and designers and design something you can use and make the space practical. ... We thought we had something that was going to fit every need. But clearly, we got caught up in the look of it, and not what it was actually doing.

“It’s not that we failed. I think we’re actually succeeding. We’re continuing to grow and we have the ability to keep on growing. I just think this is all learning.”

Moving soon?
Please keep
in touch

Please keep your contact information current so you don’t miss important mailings from the Tribe.
Send updates to:
Kenaitze Indian Tribe
Attn:
Jessica Crump
P.O. Box 988
Kenai, AK 99611
jcrump@kenaitze.org
907-335-7204

From the
editor’s desk

The Counting Cord is a publication for members of the Kenaitze Indian Tribe and the people served by the Tribe.
Find more information at www.kenaitze.org and like us on Facebook at facebook.com/kenaitze.
For story suggestions or questions about content, contact editor M. Scott Moon at 907-335-7237 or by email at smoon@kenaitze.org.



DISASTER, FROM P. 1

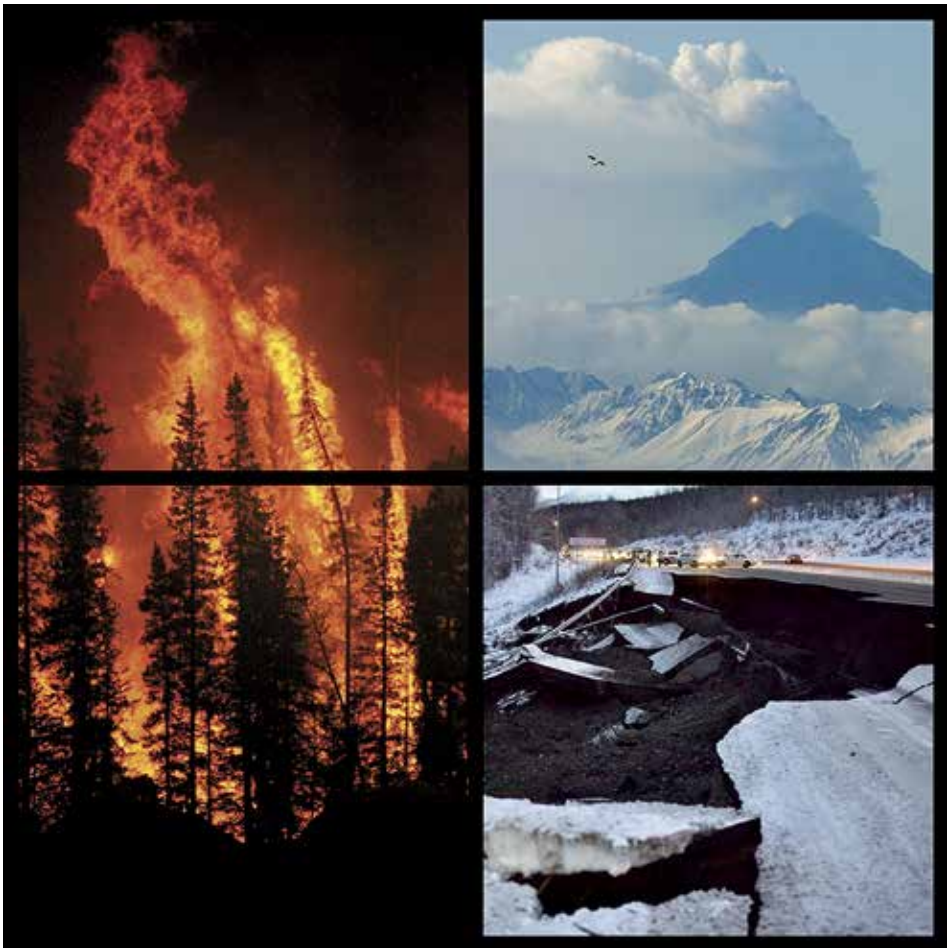
A survey is under way to gauge the community’s level of preparedness. “We want to have our community and our Tribal Members involved, because they have a lot of experience and knowledge,” Hendriks said. “We want to especially have our Elders’ input on anything they’ve seen in the community that they think would be beneficial.”

Potential natural disasters include earthquakes and tsunamis, wildfires, flooding and coastal erosion, volcanic eruptions and extreme weather. The Tribe’s plan will also consider land subsidence, and the effects of climate change. Subsidence is a gradual sinking or caving in of an area of land, often due to changes in groundwater levels.

Mitigation efforts might involve creating defensible space around structures in the event of a wildfire, or ensuring that critical facilities have a back-up generator in the event of a long-term power outage.

Another aspect of a mitigation plan involves outreach to the community to encourage individuals to, for example, put together emergency kits. Other options could include hosting awareness events or putting together a Tribal community emergency response team.

“It’s about getting the word out on the importance of being prepared, so there’s less of an impact



The central Kenai Peninsula has a range of natural disasters residents should prepare for.

after a natural disaster,” Hendriks said. “Please participate, and let us know your thoughts. The more people involved, the bigger the impact.”

The 10-question community survey asks about preparedness, such as whether a family has an emergency plan. It also asks about priorities in the event of a disaster, such as improved alerts or better protection for critical infrastructure. Survey respondents who include their contact information will re-

ceive plan updates.

There will also be three public engagement meetings to discuss the plan.

“We want people with all different perspectives to be involved in the plan,” Hendriks said.

The Tribe has assembled a planning team for the project, with representatives from across the Tribe’s programs. Team members with expertise in different areas, such as health care, housing and facilities,

security and communications, are able to provide a wide range of input on the plan, Hendriks said.

After community survey information is compiled, a full draft of the pre-disaster mitigation plan will be submitted to FEMA. With an approved pre-disaster plan on file, the Tribe can then pursue other opportunities to improve community disaster preparedness.

“Once we have the assessments done, and we’ve assessed our vulnerabilities, everybody will be invited to help develop our mitigation strategies,” Hendriks said.

The Tribe pursued the pre-disaster mitigation grant after the Kenai Peninsula Borough Office of Emergency Management developed a similar plan for the borough several years ago. At that time, it was determined that it would be beneficial for the Tribe to develop its own plan.

“The big picture, if there’s a disaster and Tribal Members need someplace to go, it’s probably going to be the Dena’ina Wellness Center. We want to be able to provide what we can for the community,” Hendriks said.

You can find the community survey online at <https://www.surveymonkey.com/r/QF3CYPG>. Questions about the pre-disaster mitigation plan may be directed to Hendriks at chendriks@kenaitze.org, or 907-335-7281.

HEALTH, FROM P. 2

Physical Therapy-Doctorate and Podiatry-Doctorate. Applications and eligibility requirements may be viewed at: <https://www.ihs.gov/scholarship>.

The Tribal Council and Health Board held a joint meeting in late November to discuss expansion and/or relocation of some services at DWC pending the Behavioral Health move across the street. The Tribal Council also approved the relocation of non-patient related services such as billing, security, housekeeping and transportation into the west end of the Toyon building next to Na’ini Family and Social Services which in turn provided additional space at DWC. We are currently working with the architect and engineers in evaluating the feasibility of the proposed expansion/relocation plans for optometry, physical therapy, the gym, complementary medicine and an employee breakroom. We welcome your thoughts on areas of need that the Tribal Membership feels would prove beneficial to all beneficiaries while plans are being developed.

The Health Board has recommended that Administration work on a plan for assisting Tribal

Members and other beneficiaries in completing the 2020 Census. We wish to stress the importance of the census data in our service area being as complete and accurate as possible in order to ensure that the Tribe continues to receive the appropriate funding from Indian Health Service and its grants. The Tribe’s service area includes those beneficiaries (Tribal Members, Alaskan Natives and American Indians) who live on the north side of the Kasilof River to Cooper Landing. The demographics produced from the 2020 Census is what will support the Tribe’s requests for funding through IHS and the various grant programs on both a State and National level.

Remember to visit the Native Arts and Crafts sale which takes place on the first Friday of each month. During the month of December, artists participated in three separate craft shows which were well-attended.

Please do not hesitate to contact either myself or another Health Board Member with your questions or suggestions.

Respectfully,
Diana L. Zirul
Chair, KDHB

Dena’ina Wellness Center

Optometry Program

Healthy eyes are an important part of overall wellness.

Routine check-ups

Comprehensive exams

Contact lens fitting

Disease management

Now taking appointments!

Contact us at 335-7500

1-on-1: ISPs make a difference

One of the best parts of Amanda Burg-Rice's job as an Individual Skill Provider comes at the end of the school year.

"Schools have assemblies and talent shows. My favorite thing is seeing kids who would never have been able to manage participating, being able to allow themselves to be vulnerable enough to take part in those things," Burg-Rice said.

Burg-Rice was recently promoted to Case Manager, but has been an ISP for 14 years, including 11 with the Tribe's Behavioral Health Youth Services school-based program.

The Tribe's school-based program was launched in the early 2000s, and recently expanded from nine to 11 central Kenai Peninsula schools. Youth Services staff – 37 ISPs and seven Case Managers – work with students ages 5 to 18. ISPs are available to students who meet certain criteria. Referrals might come from the school or a health care professional.

"The bottom line is to help kids in our schools be successful," Joe Cannava, Behavioral Health Youth Services Supervisor, said.

However, ISPs aren't tutors. Instead, they focus on a student's mood and behavior, so that the student in turn can be focused on learning.

"We're there to support them at a behavioral level," Burg-Rice said. "We're there to get them in the right head space so they can gain those academic skills from the classroom teacher. We're helping them learn ways to cope, so they can succeed."

An ISP provides one-on-one support for a student, meeting them when they get to school and spending time with them throughout the day. ISPs help a student develop skill-based tools, such as saying "thank you" or learning to take a deep breath before speaking. With younger students, they work on social skill development, while older students work on their transition to adulthood. The Tribe's traditional values provide guidelines for much of what ISPs do.

"I'm so grateful for our ISPs because they are helping me raise my kids," said Zoanne Anderson. "The ISPs, in my view, are helping me raise conscientious and responsible citizens."

Seven years ago, Anderson added three girls adopted from foster care to her already large family. Anderson's first experience with the school-based program came when the oldest of the three girls was in first grade and hav-

ing trouble staying focused in the classroom. Anderson said she was initially upset when the teacher recommended an ISP.

Since then, she's developed a deep appreciation for the support her family has received.

Cannava, who started as an ISP himself, said a good ISP needs to be able to stay calm, cool and collected, even when a student is having a bad day. An ISP focuses on the quality of the individual, and not all the things the individual might be dealing with. Students need to be assured that, no matter what, the ISP is going to be there for them the next day.

"We don't require a degree. We need someone who has their heart in the right place – making a difference for the kids that we work with," Cannava said.

Burg-Rice said that's what attracted her to the job in the first place.

"I really just wanted to be able to help people, and I enjoy working with kids," Burg-Rice said. "I worked at a day care in high school, and I had a passion for supporting mental health."

Karina Lorenzo, who was an ISP for two years before moving into a Case Manager position last month, said her passion is working with kids, especially those dealing with challenges.

"I try to be a safe adult in people's lives, because it can change the whole trajectory of their lives," Lorenzo said.

The key to success, said Burg-Rice, is building the one-on-one relationship. Each student needs something different to succeed.

"I just try to be real, but try to have fun with the kids, and connect with them that way," Burg-Rice said. "I try to engage them on their level. One of the most important things I've found is to treat them as people, and not talk down to them."

Lorenzo emphasized the need for patience when working with students. It takes time to build a good relationship with students.

"Things don't just change (with a student) overnight. You have to be in it for the long haul," Lorenzo said.

Anderson said one activity in particular, group lunch, has become a highlight of the week for her daughter. During a group lunch, students in the program participate in activities and discussions that involve each student. Anderson said she schedules other appointments around group lunch so her daughter can attend.

"Group lunches have turned



Karina Lorenzo recently became a Case Manager with the Tribe's Youth Services school-based program after working one-on-one with students as an Individual Skill Provider for two years. Lorenzo said that being a safe adult in a young person's life "can change the whole trajectory" of their life.

out to be a huge blessing. They've helped my kids to expand their consciousness to those around them," Anderson said.

Anderson said she's seen the impacts of that at home. She said the three girls are close in age and very competitive. While playing a board game recently, she noticed one helping another with strategy to get ahead.

"That was huge. Instead of fighting for herself to win, she was helping someone else to gain an advantage," Anderson said, crediting the group activities with contributing to the change in behavior.

In fact, Anderson said her daughter is now doing well without an ISP.

"The ISPs, in this case, have worked themselves out of a job – which is the ultimate goal," Anderson said.

Cannava said another important component to the program are services provided over the summer, when school is not in session.

"It's a good opportunity to really build rapport with students," said Colleen Robertia, a Case Manager and former ISP. "It's essential to have a good rapport with our clients to help them throughout the year."

The summer program keeps kids active and moving, and incorporates activities such as hiking. Students have an opportunity to learn how to control their behavior outside of a classroom setting, and clinicians are on hand to introduce new concepts.

"It gets kids out in the community, hiking and exploring nature," Burg-Rice said. "It's an opportunity to develop social skills in a different setting, and to get to know the kids at a different level."

New ISPs receive training and educational materials from the Tribe. Burg-Rice said new ISPs also spend time shadowing more experienced ISPs to learn the job.

"The most important part is spending time in classrooms with people who have been doing it for a long time," Burg-Rice said.

Burg-Rice said that for her, the most challenging part of the job is making sure she takes care of herself.

"It can be frustrating when you feel like interventions aren't effective, or the child you're working with isn't having a good day," Burg-Rice said. "It's important that you don't take it personally, and that you don't take it home with you."

Despite the potential for tough days, Lorenzo said building relationships with students is the most rewarding part of the job.

"When you get to that point, where you feel like you've established a good rapport, and they've found trust in you and are willing to work with you to grow," Lorenzo said of making that connection.

Cannava cited retention of ISPs as an important part of the program's success. Cannava said the motivation comes from ISPs knowing that they are making a difference.

"I think it's because they find what they're doing in schools to be so valued," Cannava said.

"It's an amazing program – I love it," Lorenzo said. "It's so important to have caring, safe adults in kids' lives, especially those who have not always been dealt the best hand."

To learn more about becoming an ISP, visit <https://www.kenaitze.org/careers/>.

Foam rolling gets the ‘wrinkles’ out

“It’s like rolling out wrinkles in a shirt.”
That’s how Michael Dotomain, a Personal Trainer at the Dena’ina Wellness Center, describes foam rolling.

“It rolls out the knots and adhesions in your body,” Dotomain said. “It’s pretty much a self-massage.”

Foam rolling isn’t just for athletes, though. Whether your day calls for sitting at a desk or being on your feet, chances are you can benefit from a foam rolling session too.

Fitness staff at the Dena’ina Wellness Center gym offer several foam rolling classes. “Roll, Restore and Recharge,” is offered Tuesday mornings from 7:15-7:45 and Thursday evenings from 6-6:45. “Free Your Fascia Foam Rolling” is offered Tuesday evenings from 6-6:45.

Dotomain said foam rolling techniques also can be worked into personal training sessions and other group fitness classes.

Foam rolling focuses on your fascia – connective tissue throughout the body that surrounds your muscles and internal organs. During the course of your daily activity, your fascia can develop knots

and adhesions.
Dotomain cited three main reasons for knots and adhesions: dehydration, lack of movement, or repetitive movement.
“Your muscle fibers get close and stick together, creating knots,” Dotomain said. “To unstick them, you need to hydrate, move and roll.”

Foam rolling compresses your muscles and fascia, which helps to break up those adhesions and smooth out the wrinkles, so to speak.

Fitness staff are able to offer suggestions on different foam rolling techniques, depending on the part of the body that feels tight or has a knot. In addition, the gym has a wide range of rollers to try, with various sizes, densities and textures available.

Foam rolling can be an effective technique for almost everybody, though there are people with a few specific conditions that should not do it. Un’ina should check with their primary care provider before starting any new exercise program.

In addition to loosening knots, foam rolling can help with joints moving smoothly and with flexibility.

When it comes to rolling, Do-



Michael Dotomain, a Personal Trainer at the Dena’ina Wellness Center, coaches Abe Anasogak on proper foam rolling technique.

main said he doesn’t have a set routine.
“It depends on the person, as long as it flows,” he said.
For example, he might work from lower body to upper body, from front to back, or one side of the body, then the other. He also might focus on one specific area, for example, a tight shoulder.
For those new to foam rolling, there can be some discomfort, similar to a deep tissue massage. Dotomain said that some of his clients with smart watches will see their blood pressure go up during a foam rolling session because they’re holding their breath while they work out a knot – but they always feel better afterward.
Personal trainers can help with techniques to make foam rolling easier or harder. They can also suggest ways to use items you might have around the house, such as a piece of PVC pipe, a rolling pin, even a softball or tennis ball.
To learn more about foam rolling, stop by the Dena’ina Wellness Center Activity Area desk or call 907-335-7588. Find the schedule of group fitness classes at <https://www.kenaitze.org/denaina-wellness-center/wellness/>.

*Start your
Kenaitze
career*

Join a family-friendly, innovative work environment offering a range of career paths. Professional opportunities include medical, administrative, education and more. Visit our careers page at www.kenaitze.org for current openings and detailed job descriptions.

Medical, Dental, Life Insurance
Paid Time Off • Holidays
Extended Sick Leave • 401(K)

For more information, contact our recruiting office at **907-335-7227**



Cooking with Kenaitze: Spice up your frozen fish fillets

For thousands of years, Dena’ina people have hunted and gathered food across Yaghanen, the good land. From moose to salmon to wild berries, food harvested from the land is important to Dena’ina life. Cooking with Kenaitze highlights ingredients and recipes relevant to Dena’ina culture.

When it’s cold outside, you can spice your fish dishes with these recipes. All three recipes work well with those fillets you’ve had in the freezer all winter. Find techniques for cooking with frozen fish at <https://www.wildalaskaseafood.com/cook-it-frozen-cooking-techniques/>.



Always a wintertime favorite; beat the chill with a hearty halibut chili.

ALASKA HALIBUT CHILI

Ingredients

- 2 Tablespoons olive oil
- 1/2 cup coarsely chopped onion
- 1/2 cup sweet bell pepper, diced
- 1 teaspoon minced garlic
- 1 can (14 oz.) diced tomatoes
- 1 can (14 to 15 oz.) white kidney (or pinto) beans, drained and rinsed
- 1 can (14 oz.) chicken broth
- 1 cup fresh or frozen corn
- 1 canned chipotle chili in adobo sauce, diced
- 1 teaspoon each ground coriander and chili powder
- 1/2 teaspoon dried oregano
- 1 teaspoon salt, or to taste
- 1 lb. Alaska Halibut (or Cod), fresh, thawed or frozen, cut into 1-inch pieces
- 4 cups cooked rice or small sea shell pasta, if desired

Directions

In deep heavy-bottomed skillet or saucepan, heat oil. Sauté onions, bell pepper and garlic just until tender, about 5 minutes. Add all remaining ingredients except Alaska Halibut, stirring gently. Cover and simmer for 15 to 20 minutes, just until slightly thickened.

Add fish, submerging into chili; cover tightly and simmer 5 minutes for frozen fish or 3 minutes for fresh/thawed fish. Turn off heat and let seafood rest in liquid 5 minutes. Serve each portion of chili over 1 cup rice or pasta, if desired.

Variation: *Great with other Alaska whitefish varieties, such as Alaska Cod, Pollock or Sole!*

Recipe courtesy Alaska Seafood Marketing Institute

ALASKA SALMON TACOS WITH MANGO SALSA AND AVOCADO CREAM

Ingredients

- 1 ripe mango, peeled, seeded and diced
- 1 red bell pepper, cored, seeded and diced
- 1 green bell pepper, cored, seeded and diced
- 1/2 cup finely diced red onion
- 1 small jalapeño pepper, finely diced (optional)
- 1/2 cup chopped cilantro leaves
- Salt and pepper, if desired, to taste
- 2 ripe avocados
- Juice of a lime
- 1/2 cup regular or low-fat sour cream
- 1/2 teaspoon garlic powder
- 8 (taco-size) flour or corn tortillas
- 4 Alaska Salmon fillets (4 to 6 oz. each), fresh, thawed or frozen
- 1 Tablespoon olive oil
- 1 teaspoon chili powder
- 1/2 lime, cut into 4 wedges
- 2 cups shredded cabbage

Directions

In a bowl, stir together the mango, peppers, red onion, jalapeño and cilantro leaves. Season with salt and pepper, to taste. Cover and refrigerate until serving. In a separate non-reactive or glass bowl, mash the avocados. Mix in lime juice, then sour cream and garlic powder. Season with salt and pepper, to taste. Cover and refrigerate until serving.

Preheat a grill to medium heat (400 degrees). Grill tortillas, about 10 to 15 seconds per side. Cover and keep warm. Brush salmon fillets with olive oil-chili powder blend. Place on grill and cook about 4 minutes per side, just until fish is opaque throughout. Remove to a warm plate. Squeeze a lime wedge onto each fillet. To serve, add one-half of salmon fillet to each tortilla. Spoon on about 1/4 cup each mango salsa and cabbage, then top with 2 to 3 tablespoons avocado cream.

Variation: *Salmon can also be roasted in an oven preheated to 400 degrees or pan-seared and finished in the oven. Cook just until fish is opaque throughout.*

Recipe by Ryan and Sara Hall, courtesy Alaska Seafood Marketing Institute

ALASKA SNOW CRAB TORTILLA SOUP

Ingredients

- 2 Tablespoons canola or olive oil
- 1 small onion, chopped
- 1 small jalapeño pepper, seeded, if desired, and chopped
- 1 red bell pepper, seeded and finely chopped
- 1 garlic clove, minced
- 1 medium tomato, chopped
- 6 oz. fresh or frozen corn kernels, cooked
- 1 quart water or low-sodium chicken broth
- 1 can (4 oz.) diced green chiles
- 1/2 to 1 Tablespoon chili powder, to taste
- 1 Tablespoon dried oregano, divided
- 1 to 1-1/2 teaspoons salt, to taste
- 8 Alaska Snow Crab clusters, frozen (about 3 pounds.)
- 2 corn tortillas, cut in 1/4-inch strips
- Canola or olive oil spray, as needed
- Juice of a lime
- 1/2 avocado, pitted, peeled and sliced

Directions

Heat oil in a large saucepot. Stir in onions, jalapeño, bell pepper, garlic and tomato. Sauté until vegetables are softened, about 5 minutes. Add corn, water, green chiles, chili powder, 1 teaspoon oregano, and salt. Simmer 20 to 25 minutes, until onions are translucent.

While soup is simmering, rinse Alaska Snow Crab clusters under cold running water to remove any ice glaze. Crack legs and claws, remove crabmeat from shells; reserve crab.

Heat oven to 350 degrees. Place tortilla strips on a small baking sheet. Lightly spray strips with cooking spray; sprinkle on remaining oregano. Bake for 10 to 12 minutes, until crisp.

Stir fresh lime juice and crabmeat into soup; simmer an additional 1 to 2 minutes, until crabmeat is heated through. Divide soup among 4 large bowls. Garnish each bowl with avocado and tortilla strips.

Recipe courtesy Alaska Seafood Marketing Institute

SUBMIT YOUR FAVORITE RECIPE
Chiqinik to those who submitted these recipes. Have a recipe to share? Email it to M. Scott Moon at smoon@kenaitze.org

The Big Picture



Kenaitze's Judah Eason kicks to 8'4" in the one-foot high kick event during the Tribe's Native Youth Olympics Invitational in January. He won the event with a kick to 8'6". About a dozen teams participated, coming from as far as Juneau.

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
855-335-8865 fax

Early Childhood Center

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

Tyotkas Elder Center

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

**Yaghanen Youth Program,
Education and Career Development**
35105 K-B Dr., Soldotna, AK 99669
907-335-7290

Dena'ina Wellness Center

508 Upland St., Kenai, AK 99611
907-335-7500

Na'ini Family and Social Services Kenaitze/Salamatof Housing

1001 Mission Ave., Kenai, AK 99611
907-335-7600

Tribal Court

508 Upland St., Kenai, AK 99611
907-335-7219

On the Web: kenaitze.org

On Facebook: facebook.com/kenaitze

Kenaitze Indian Tribe
P.O. Box 988
Kenai, AK 99611

