



# Kelt'aeni Newsletter

August/September 2011

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## Summer Culture Camp 2011



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“With Honor, Dignity, and Respect, empowering our people by enhancing our traditional values to ensure a healthier and more positive future for our children.”



A Note from MSTC's President/CEO

Evelyn Beeter

### Chistochina Culture Camp

This year the Chistochina Culture Camp, July 27-29, 2011, was set up at the old village where our elders historically lived at fish camp and put up fish for the winter. This was occurring even when I was growing up with Grandma Katie, and Grandpa Adam Sanford, Maggie and Bill Joe also lived there as well as Grandpa Frank Charley. This is a very special place because of our connection to the river, the fish and our elders before us that lived there. Our connection to our history is why we chose this location for camp.

The first day of camp started out in the morning with cutting fish. Down by the river, our instructor, Agnes Denny showed the youth the different ways of cutting a fish, one for strips, and another for batch. Then Dave Springer, MSTC's Chistochina CHR did a demonstration on cutting fish Yukon River style. The youth were involved in the process, making sure that the guts were thrown in the river and picking up any parts of the salmon that may have landed on the ground. Lena Charley also demonstrated how to burn a porcupine and cut it up to cook. We also collected the quills for sewing purpose. In the afternoon, we had gun safety lessons given by Jim Sharpe, Dave Springer, Gary Northway and Gabriel Charley. The youth were involved with learning how to clean guns, and then, the most fun of all was target practice.

There were ongoing beading and birch bark making lessons, taught by Jessica Denny. We also had plant expedition's lead by Lena Charley, Evelyn Beeter, and Kelly Evans. We looked for salmon berries, blueberries, cranberries, raspberries and medicine plants. We found some blueberries and also gathered up willow for birch bark making though we didn't see any plants for use in the steam bath.



### Ahtna Literacy Lessons



The girl is picking big berries on the hill.

Ts'akae ggaay tesk'et gigi ce'e unebe'  
Woman little on the hill berries big she is picking



The Caribou went across the river.

Udzih ts'itu' tes cenil'aats.  
Caribou river across they went



I see (many) sheep walking around on the mountain.

Debae dzel k'et natel'as nghal'aen.  
Sheep mountain on they are walking around I see



What are you doing?

Nts'e dit'aen?  
What you are doing





## Chistochina Culture Camp 'Continued

In addition, thanks to Ahtna Inc. Land Department, we had a boat to go see the old village site across the river about 2 miles upriver from the current camp site. Our elders lead the way. Jerry and Lena Charley and several youth were given a ride to see the site. It was great for the youth to be on the river and see our old village. A perfect end to the first day was a wonderful dinner served featuring moose soup, salmon cooked over the fire, berries, fry bread and porcupine for the elders.

The second day started with rain, but by noon it stopped, and our activities continued. The young ladies finished up their sewing and birch bark baskets, these baskets were used to cook and store things in. Teaching sewing and beading is important to carry on our culture and they may find these skills very useful someday. Gary Northway also held a class on moose calling with the young boys. The second day also brought some visitors from Tanacross. Each night we had singing and dancing that was shared with the folks at camp. We also enjoyed visiting and shared stories from our past. Fred Ewan, an elder from Gulkana also joined us at camp. We all enjoyed moose, rice, dried white fish and berries for dinner the second night.

The last day we finished up activities such as beading and cooking fish on a stick over the fire. We then went on a hike with all of the youth led by elders Lena Charley and Ruby Sinyon. The hike was to the old fish camp where Lena Charley was born to Daisy Nicolai. Daisy Nicolai was Ruby Sinyon, Laura Hancock, Johnny Nicolai and Lena Charley's mother. We hiked about 3 miles and went on the old trail by the river. The old trail has been there for hundreds of years, it has hardly been used since I was about 12 when we used to go to the lake by the old village. Grandpa Frank used to get his drinking water from a spring on the trail, half way to the old fish camp. He used to carry five gallon can on a pack board on his back. It was good long hike for the kids and elders, but we all made it. We looked for the old cabin that used to be there, but it was no longer visible. We did see an old stove, and some old buckets, but nature has taken over with tall grass and trees. Sharing our history with our youth, so they know about the old camp and know that their people fished here long before, is an important part of the culture camp.

We headed back to camp and had dinner on the third day of moose head soup, and fresh bread made by Mildred of Tanacross. We also had fresh salads and berry mix. After dinner, we had a recognition ceremony for the youth. The best overall in camp was Romeo Northway; he is the son of Gary and Shannon Northway. He always wants to learn and asks questions. He was the gut thrower for the fish, he made sure that he got all the parts and threw them into the river. He was right in there cutting fish, and participated in all activities. He was involved in necklace making, gun safety, moose calling, and he hiked that 3 miles and was helping the elders on the trail. Other recognition was given for Moose Calling; the two best were Bjorn Beeter, and Jaden Northway. Target shooting recognition was given to those who were consistent and in black, Sierra Northway and Colene Charley lead the way.

Following the recognition ceremony, we held a potlatch with all of the youth involved. We had the opposite clans on each side, Raven one side and Seagull on another side, the kids had to ask what clan they belong to, that was their homework for the camp session. Each youth had to give a gift to the opposite side and all of the youth had to clap each time this happened. This will help youth to remember who they are and what clan they belong to.

We also gave out gifts to everyone that came. We want to thank Lena Charley for her vision in making this camp happen, and keeping after us to make it happen. Lena Charley donated Jarred Moose Meat and berries, the dried white fish by Evelyn Beeter and Diane Titus. Gabriel Charley contributed the porcupine, and Jerry Charley and Gillian Joe brought Salmon.

*Thanks to the all the elders that came and shared: Irene Johnson, Ruby Sinyon, Frieda Sanford, Mary Sanford Gilliam Joe of Chistochina, Kenny Thomas, of Tanacross, Fred Ewan of Gulkana.*

*Thank you also to all the folks that pitched in; Jessica Denny, Agnes Denny, Evelyn Beeter, Elaine Sinyon, Colene Charley, Jena Sinyon, Dave Springer, Jim Sharpe, Gary Northway, Gabriel Charley, Diane Titus, Kelly Evans, Ahtna Land Department Staff, Sara Denny.*

Thank You to Ernie Charley for use of fish camp.



## Helping Children Heal



The Healthy Alaska Natives Foundation is raising money for the benefit of Inpatient Pediatrics. Help our facilities reflect the industry-leading care we provide. Make a difference in the life of a child. Join with the Healthy Alaska Natives Foundation

<http://inspiringgoodhealth.org/>

ANTHC News is updated regularly at:  
<http://www.anthctoday.org/>



## Labrador Tea

Labrador Tea leaves have dense white fuzz on the undersides, which become brown with age. The flowers are white, in dense clusters and the seed pods are brown. (Note: there is a similar plant that is toxic to animals, their leaves are shiny and flowers are pink) The plant grows in peat bogs, muskegs and damp forest areas.

Traditionally leaves are picked from April to August. Some tribes used the flowers as well. Simmer a handful of the fresh or dried leaves in 1 liter of water for 15 minutes or more for tea.

The tea was known to be used as a heart medicine or for indigestion and diarrhea. It was also used to ease pain and relax a mother after childbirth. Some even gave the tea as a

### Recipe for Relaxation

1 golden day in autumn  
 1+ good friend  
 2 + buckets

1 Thermos of favorite drink  
 1 large berry patch

Take the good friend to the berry patch on this lovely autumn day. As you gather berries be sure to keep up a continuous loud chatter to discourage bears. Fill your buckets/containers, although it doesn't really matter whether they are full or not. Pick until pleasantly tired then wind your way homeward with the fruit.

## Gathering Berries

Many kinds of berries, rich in vitamins, are gathered in the fall. You can enjoy eating fresh berries and also preserve them for use during the long winter. Traditionally we make jams, jellies, and pies or pack the berries in layers with sugar and store them in a cool place. In earlier times it was common to mix the berries with animal fat and store this mixture in birch bark baskets.

## Blueberries



Blueberries are found in wooded areas, along waterways and on the tundra. They have a tart, fresh flavor and are delicious eaten raw and preserved in a variety of ways. Studies have shown that Alaska wild blueberries are even more nutrient rich than wild blueberries in the Lower 48 states.



- **HEART FRIENDLY**
- *An excellent source of Vitamin C and are a great source of fiber.*
- *Low Fat*
- *Very Low in Sodium*

## NUTRITIONAL INFORMATION

Per Serving - 1 Cup Raw			
Calories	88	Dietary Fiber	4 g
Protein	2 g	Cholesterol	not tested
Carbohydrate	18 g	Sodium	9 mg
Fat	1 g	Vitamin A	167 IU
Calories from Fat	11%	Vitamin C	26.5 mg
Saturated Fat	not tested	Iron	1 mg

## Freezing Blueberries



Wash in very cold water and scald in steam for one minute, Put in cold water to chill quickly.

Dry Packed Berries Will keep in the Freezer for up to 18 months

Happiness is healing. Elders Need to taste the food they've grown up on so they can feel good about themselves ~ it is a healing thing.

~Frank Wright, Hoonah





## Contract Health Care

The service area of Mount Sanford Tribal Consortium is the traditional Tribal Territories of the people of Mentasta, White River, Chisana, Nabesna, Twin Lakes, Slana, and Chistochina. Defined “direct care” health service is provided by any Indian Health Service facility. (example ANMC)

Contract Health Care (CHC) services are provided by private physicians and hospitals when IHS is unable to provide services. CHC provides assistance in the event of the following:

- No tribal or IHS direct care facility exists
- The tribal or IHS health care facility cannot provide the required emergency and/or specialty care
- A patient’s alternate resources do not sufficiently cover the total cost of required care
- Services fall within medical priorities

## 72 Hour Notification

When a patient receives emergency treatment at a non-Indian Health Service facility or is admitted to that facility, MSTC must be notified within 72 hours. At the time of notification, a Community Health Aide (CHA) or Community Health Practitioner (CHP) will complete a referral form so that payment for services can be authorized and sent to the Contract Health Care Manager.

## Registration

As a patient, it is your responsibility to register with the MSTC Contract Health Care program. By registering, your eligibility is determined for direct health care services and the potential for financial assistance through the MSTC Contract Health Care program. Also, potential or established alternate financial health care resources can be identified. You will be required to provide proof of your Indian descent as well as proof of residency through the registration process.

## Documentation required for determination of Eligibility:

**All of the following documents must be completed and submitted to the MSTC CHC Manager prior to receiving services:**

- Copy of Birth Certificate
- Completed Enrollment Form
- Certificate of Indian Blood (CIB)
- Proof of residency with any of the following documents:
  - Driver’s License
  - Household bill or document proving residence
  - Voter’s Registration

## Applicants must meet the following requirements in order to receive MSTC Contract Health Care Services:

- United States citizen of American Indian or Alaska Native descendant
- Proof of Enrollment in a federally recognized tribe
- Resident of the MSTC service area for a duration of at least one year
- Proof of Enrollment in the MSTC Contract Health Care Program

## Alternative eligibility requirement options for Contract Health Services:

- Persons who are non-Indian, but pregnant with an eligible Indian child, and reside within the MSTC Service Area (IHS Regulations, Chapter 3; Section 2-3.7E)
- Enrolled full-time student, foster child or seasonal employee
- Non-native adopted children are eligible until their nineteenth (19th) birthday if a parent’s eligibility has been established

## What if you move out of the service area?

Eligible participants will be extended thirty (30) days of coverage for Contract Health Care benefits. This grace period will begin the first day that you leave the service area. If you move back to the service area during the 30 day grace period, your eligibility will be reinstated with no waiting period required.

**If you move back to the service area after the 30 day grace period, you will be required to follow the application requirements stated in the first paragraph on this page.**

## *Please be aware that a referral does not guarantee payment.*

You must already be enrolled as an MSTC member and have all required paperwork completed and turned in to the Contract Health Care Manager in order to receive prior approval. If you have any questions regarding your records, please contact the CHC Manager at (907) 337-9192.

## Obtain Prior Approval by:

- Visiting a CHA at the clinic for a referral or prior approval for a medical procedure
- Completing all necessary paperwork for CHC enrollment
- CHA will update file upon each visit to clinic or payment purpose or update information for each patient

Note:

*Please update your records once per year.*



## AOA Program Update

Greetings from the AOA Program! There have been many activities going on this summer in both communities of Chistochina and Mentasta that our Elders have participated in.

Activities included but not limited to:

- Batzulnetas Camp July 11-15<sup>th</sup>
- Ablaze Conference July 18-22<sup>nd</sup>
- Chistochina Traditional Use Camp July 27-29<sup>th</sup>

We thank the variety of programs that contribute to the participation of the Elders in the community ☺ It does mean a great deal to our Elders that they are able to spread their knowledge and lifestyle to the community and visitors.

Spring Geriatric courses at PWSCC finished up in June for AOA staff and will pick back up in September. These classes are distance delivered in Elluminate Live (ELive) Sessions on our computers. Staff participated in HUMS v 107 Intro to Dementia; HUMS v109 Intro to Long Term Care and Community Based Supports; HUMS v202 Prevention of Neglect and Abuse in Vulnerable Adults. In these Geriatric courses staff is allowed to discuss program with a variety of direct support workers from across the state involved in the same training, which gives our staff a greater perspective. Although these courses are great for staff we plan on having more on-site geriatric training that would be interactive for staff, elders, caretakers, and community. These training sessions should in fact benefit staff, caretakers, and most of all, the elder ☺

We do want to support the village councils in establishing Elder Committees in both communities in hopes of having a better evaluation strategy. Last but not least we hope to have more regular interaction with AOA program's strategic partners such as ANTHC, Southcentral Foundation, Connecting Ties, Alzheimer's Resources of Alaska, State Senior and Disability Services, etc. With cooperation and participation, we hope to have a more interactive program to share statewide. Have a great summer ☺

Stephanie Moe, Elder Service Director ☺



## Helpful Information

from "the Complete Eldercare Planner" by Joy Loverde



## Take Care of You

When you are caring for your elders it is just as important to make sure that you are also taking care of yourself. When you shoulder too much responsibility your own health and the level of care you are able to provide your elders can suffer.

Some signs of caregiver burnout are:

- Do you feel some resentment toward the person you are caring for or other family members?
- Do you feel burdened or stuck in your life?
- Do you feel guilty, angry, and/or helpless?
- Are you overeating or eating the wrong thing?
- Are you not getting enough exercise?
- Are you sleep deprived and suffering from chronic health issues?

Creating a network of care for yourself and your elders can help with caregiver burnout and help you with taking better care of yourself.

## Share the Care

As a caregiver for our elders it is important to create formal and information networks of support made up of our families, our friends and local resources. Below are steps you can take in creating your own care plan.

- Create a list of things your elder needs assistance with.
- Separate out the tasks you are able to perform and those you can't or don't have time to perform.
- Create a list of local resources that are available to help you meet your elder's needs.
  - MSTC's AOA Program
  - MSTC Health Department Staff
  - ANTHC / Southcentral Foundation
  - Connecting Ties
  - Alzheimer's Resources of Alaska
  - State of Alaska Senior & Disability Services
- Use the lists created to build a network of care for yourself and your elder.



## MSTC Staff Members

### ADMINISTRATION

	Phone	Email
Evelyn Beeter, President/CEO	822-5399 ext.26	ebeeter@mstc.org
Agnes Denny, Human Resources	822-5399 ext. 33	aad@mstc.org
Dianne Hagerty, Office Manager	822-5399 ext.23	dhagerty@mstc.org
Maria Peacock, Custodian	822-4349	

### PREVENTION PROGRAM

Jenny Sanford, Prevention Technician Mentasta	291-2320	jsanford@mstc.org
Margaret Drinkwater, Prevention Technician Chistochina	822-5399	mdrinkwater@mstc.org

### ACCOUNTING

Jeanie Farley, Chief Financial Officer	337-9192	jfarley@alaskaaccounting.com
Patti Bendz, Contract Health Care Manager	337-9192	patti@alaskaaccounting.com

### HEALTH DEPARTMENT

George Drinkwater, Health Director	822-5399 ext. 24	gtd@mstc.org
Nora David, CHA – Mentasta	291-2320	ndavid@mstc.org
Mariah Craig, CHA – Mentasta	291-2320	mcraig@mstc.org
Danielle Boston, Dental Health Therapist Diabetes Coordinator – OPEN	822-5399	dboston@mstc.org
Kelly Evans – Community Health Representative	291-2320	kevans@mstc.org
David Springer, Community Health Representative	822-5399 ext. 30	dspringer@mstc.org

### AOA PROGRAM

Stephanie Moe, Elders Director	822-5399 ext. 57	smoe@mstc.org
LaVonne Sanford, Admin Assistant	822-5399 ext. 25	lsandord@mstc.org
Elaine Sinyon, Activities Coordinator - Chistochina	822-5399 ext. 28	esinyon@mstc.org
Mark Dummler, Services Aide Chistochina	822-5399	mdummler@mstc.org
Elaine Sam, Activities Coordinator - Mentasta	259-4500	esandord@mstc.org

### EPA PROGRAM

Jim Sharpe, EPA Coordinator	822-5399 ext. 35	jsharpe@mstc.org
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### MSTC Board of Directors

- Ted Sanford, Chairperson (Mentasta)
- Donna Pennington, Vice-Chairperson (Mentasta)
- Gilliam Joe, Secretary/Treasurer (Chistochina)
- Larry Sinyon, Board Member (At Large)
- Shannon Sanford, Board Member (Chistochina)
- OPEN, Alternate Board Member (Mentasta)
- Jessica Denny, Alternate Board Member (Chistochina)



Jeremiah Kroto  
April 8, 2011  
12:16 pm  
9 lbs, 15 oz  
21 1/2"

Congratulations to Mariah Craig,  
CHA - Mentasta on your new family  
member!

## August 2011

- 8/2 - Wilson Justin
- 8/2 - X-Zena Sanford
- 8/4 - Damien Shank
- 8/7 - Joslyn Demit III
- 8/8 - Josiah Standifer
- 8/11 - Gerry Northway
- 8/12 - Jerry Charley Jr.
- 8/14 - Gary Pitka II
- 8/16 - David Nicholas
- 8/18 - Mathew Sanford
- 8/20 - Priscilla Nesbit
- 8/22 - Agnes Denny
- 8/28 - Autumn Nicholas
- 8/30 - Daniel Jordan
- 8/30 - Jeffery Adams Jr

## September 2011

- 9/1 - Jaiden Sanford
- 9/2 - Raymond Frank
- 9/4 - Cynthia Nesbit
- 9/4 - George Drinkwater
- 9/6 - Lisa Wolf
- 9/10 - Carol Evans
- 9/11 - Annie John
- 9/11 - Michael Jordan
- 9/11 - Rachele Sanford
- 9/14 - David Ewan Jr
- 9/14 - Elaine Sinyon
- 9/14 - Lillian Boston
- 9/14 - Shawn Sanford Jr
- 9/15 - Johnny Nicolai
- 9/18 - Donna Boston
- 9/19 - Robert John Jr.
- 9/20 - Angie David
- 9/27 - Andrea David
- 9/29 - Ben Nicolai



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907-822-5399 ● [www.mstc.org](http://www.mstc.org)



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