

Kelt'aeni Newsletter

February/March 2011

Volume 11, Issue 1

Healthy Lifestyle Habits

by Elaine Sinyon, Elder Service Coordinator

Diabetes is on the rise, especially among our Alaska Native people – here are tips for eating a healthy diabetes diet:

Whole grains – oats, wheat, corn & rice

Peanut Oil – great flavor and it's a good fat

Beans - mmmm good stuff, black beans, kidney beans, garbanzo beans, all good for you, they reduce bad cholesterol and help avoid high blood sugar after eating.

Salmon – that we have right here close to home. We all need to eat more salmon, at least a couple times a week. It is also good for your cholesterol.

Avoid too much red meat which is high in saturated fat.

Go Green! Eat a lot of dark green vegetables like broccoli and Brussel Sprouts

Small Plates: Use smaller plates so the food is not being piled on the plate

Always eat in moderation and consistency, eat about the same time and same amount of food each day, no excess in areas and you are good to go. Have your healthy snacks throughout the day.

Change the way you cook your meals and try something different at least once a week, look for recipes for diabetes.

When eating out, don't forget to ask about the fat and calorie count, just make healthy choices.

If you have diabetes, always a good idea to talk with a registered dietician

EXERCISE, EXERCISE, EXERCISE – every day, even a small walk for 10 min will do you good!!

Keep these tips in mind!!



MSTC Board of Directors

The MSTC Board recently met for two days to review our organizations charter, bylaws and policies. Goals and budgets were also reviewed and approved for FY2011 during the meeting.

The MSTC Board of Directors and Staff are focused on providing health related services for our villages.

Please share your ideas on how we can better meet your needs with our office and staff members. If you have questions or would like additional information, please call the MSTC office 822-5399.

Tsin'aen



A Note From....

Evelyn Beeter, MSTC President/CEO



EARNED INCOME TAX CREDIT CAN PUT MONEY IN YOUR POCKET

You could be eligible to get more money back from the IRS - as much as \$5,666.

If you earned less than \$48,362 from wages, self-employment or farming last year, you may qualify for a refundable tax credit called the Earned Income Tax Credit, or EITC. But you must file a federal income tax return claiming the credit to get it.

EITC can be a big financial boost for working people hit by hard economic times. Many individuals who saw their incomes drop in 2010 may qualify for the first time.

The credit has been making the lives of workers a little easier for more than 35 years. Yet it remains little known, possibly because people move into and out of eligibility as their financial, marital and parental statuses change. IRS estimates four of five eligible people claim and get their EITC.

Unlike other tax credits, both EITC eligibility and the amount of the credit is based on several factors such as the source and amount of your income, or combined incomes if married, whether you have qualifying children and how many. Workers without children also may qualify.

The amount of the credit peaks then phases out at certain income limitations depending on filing status and other factors. You may qualify for EITC even if you had no federal tax withheld or are not otherwise required to file.

The credit is complex, but worth exploring. It's even more valuable if your state has a corresponding tax credit.

The online EITC Assistant at www.irs.gov/eitc can help determine your eligibility and estimate the amount of your credit. Free help preparing your return and claiming EITC is available at volunteer income tax assistance sites and IRS Taxpayer Assistance Centers. To locate a volunteer site, call your community's 211 or 311 number for local services or call the IRS at 1-800-906-9887. Find an IRS Taxpayer Assistance Center in the blue pages of your telephone directory.

Remember: if you are eligible, you must file a federal income tax return, even if you are not otherwise required to file, and you must specifically claim the credit to get it. Find more information about EITC at www.irs.gov <<http://www.irs.gov>> or in your tax software package.

EPA News

KEEP YOUR EYES OPEN....MSTC's EPA Program has lots of exciting happenings for the upcoming Spring and Summer months. Be sure to look for flyers at MSTC's office, Cheesh'Na Tribal Council office, Posty's, and the Chistochina School.



Soon it will be time to begin with preparations to get the Community Greenhouse going again. We will be looking to tribal members for help with cleaning out the greenhouse, getting seedlings started, making decisions on what to plant this season, and getting people to commit to being a part of the greenhouse process. This season we really need to get participation from more members if we want this to be a success. Last season we had many requests for produce, but few volunteers. If you want to reap the harvest, you must help us sow the seeds!

MSTC has a Special Project Grant with the EPA for another abandoned car removal project, and that program is getting underway here in Chistochina, (with the assistance of EPA Coordinator Liana Charley-John) and in the Native Village of Gakona, our partners in this project. We will remove abandoned vehicles, old tires, and other metal appliances as our budget allows.



MSTC will begin Plastic recycling this spring, and will be adding an addition onto the Recycle facility in Chistochina to contain those materials. We will be advising tribal members on what types of materials we will accept, and look forward to helping eliminate our share of plastic from the landfill.

Also upcoming are events such as the 4th. Annual Youth Environmental Summit (YES!), Culture Camp, Community Cleanup, and Electronics Recycling. Watch for flyers!



Benefits of Healthy Marriages

For Children and Youth

Researchers have found many benefits for children and youth who are raised by parents in healthy marriages, compared to unhealthy marriages, including the following:

1. More likely to attend college
2. More likely to succeed academically
3. Physically healthier
4. Emotionally healthier
5. Less likely to attempt or commit suicide
6. Demonstrate less behavioral problems in school
7. Less likely to be a victim of physical or sexual abuse
8. Less likely to abuse drugs or alcohol
9. Less likely to commit delinquent behaviors
10. Have a better relationship with their mothers and fathers
11. Decreases their chances of divorcing when they get married
12. Less likely to become pregnant as a teenager, or impregnate someone.
13. Less likely to be sexually active as teenagers
14. Less likely to contract STD's
15. Less likely to be raised in poverty



For Communities

Researchers have found many benefits for communities when they have a higher percentage of couples in healthy marriages, compared to unhealthy marriages, including the following:

1. Higher rates of physically healthy citizens
2. Higher rates of emotionally healthy citizens
3. Higher rates of educated citizens
4. Lower domestic violence rates
5. Lower crime statistics
6. Lower teen age pregnancy rates
7. Lower rates of juvenile delinquency
8. Higher rates of home ownership
9. Lower rates of migration

For Women

Researchers have found many benefits for women who are in healthy marriages, compared to unhealthy marriages, including the following:

1. More satisfying relationship
2. Emotionally healthier
3. Wealthier
4. Less likely to be victims of domestic violence, sexual assault, or other violent crimes
5. Less likely to attempt or commit suicide
6. Decrease risk of drug and alcohol abuse
7. Less likely to contract STD's
8. Less likely to remain or end up in poverty
9. Have better relationships with their children
10. Physically healthier



For Men

Researchers have found many benefits for men who are in healthy marriages, compared to unhealthy marriages, including the following:

1. Live longer
2. Physically healthier
3. Wealthier
4. Increase in the stability of employment
5. Higher wages
6. Emotionally healthier
7. Decrease risk of drug and alcohol abuse
8. Have better relationships with their children
9. More satisfying sexual relationship
10. Less likely to commit violent crimes
11. Less likely to contract STD's
12. Less likely to attempt or commit suicide

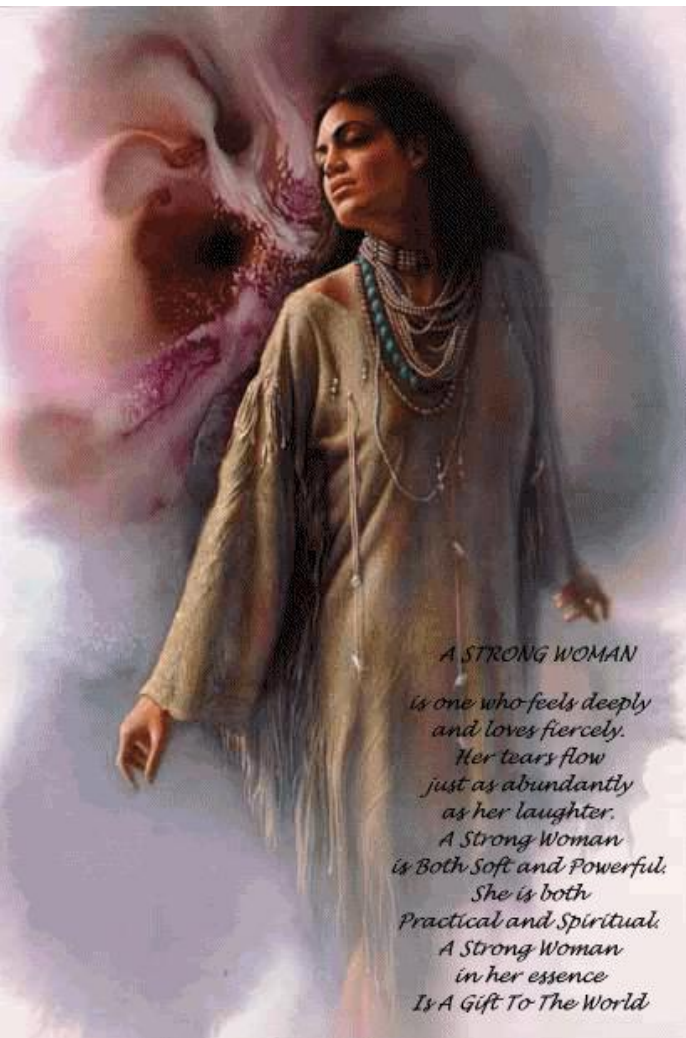




Hugs not only feel
good they are good
For You!

A simple hug lowers your blood pressure and reduces your stress levels. University based studies have proven that hugs increase the “bonding” hormone oxytocin and decrease the stress hormone cortisol. Both hormones have a significant impact on the health of your heart. Perhaps this is why we so often associate a hug with the shape of a heart.

Studies have found that a hug in the morning can help you ward off stress throughout the entire day. Start everyday with a hug!



2011 CIAIP Grantee Conference

by Stephanie S. Moe



The 2011 Grantee Conference was held in Washington DC January 24-26th, 2011. George Drinkwater and I attended. The conference was full of AoA Grantees from a variety of cities across the US, many different programs but each one with the same goal “Community Innovation for Aging in Place”. The conference workshops included: Communications, Evaluation, Partnerships, & Sustainability, each with time for roundtable discussions which I thought was very helpful.

The morning of the conference we set up our poster along with other grantees. We had a nice set up, with a poster that had a background picture of Mount Sanford and outlining information about our program “Alaska Native Aging in Place Project”. Our poster was set with a birch basket full of our information and a digital slideshow showing our culture camps, our subsistence lifestyle, learning activities, luncheons, beadwork, elders, and staff. I also conducted a one-minute elevator speech to go along with our presentation and you’ll be very proud to know that there were many interesting questions and comments about our program!

Help for the Winter Blues....

1. Get as much sunlight as you can throughout the day.
2. Get Full Spectrum Light Bulbs for the room where you spend the most time.
3. EXERCISE
4. Take your vitamins, with extra D and B
5. Avoid too many Sugars and Carbohydrates
6. Get outside and enjoy winter!
7. Bring some bright cheery colors into your home. A few bright touches like quilts, pillows and paint help



AOA Elder Services Program

Elder Services Provided through the AOA Program:

- Transportation
- Referrals
- Light housework
- Elder Meals
- Elder Social Activities
- Elder Visits

We are always open for comments or concerns that you may have to improve the quality of services provided! Feel free to give us a call!

Stephanie Moe, Elder Service Director

Office: 822-5399 Ext. 57 Cell: 259-4253

Lavonne Sanford, Administrative Assistant

Office: 822-5399 Ext. 25 Cell: 259-4501

Elaine Sam-Sanford, Elder Service Coordinator (Mentasta)

Cell: 259-4500

Elaine Sinyon, Elder Service Coordinator

(Chistochina) Office: 822-5399 Ext. 29 Cell: 259-4502



Does your heat source need repair or preventative maintenance? Try calling...

Snowshoe Heating

Jim Odden - 822-3727



SNOW MACHINE EMERGENCY/SURVIVAL KIT

An emergency snow machine kit should contain items that will help you survive if you are stranded. You should carry a pack or kit every time you are out for a ride!

A small duffel or backpack works great for this purpose. Items to include in your kit would be:

- Cell Phone, GPS and/or Radio (*Keep warm in your jacket close to your body so the battery stays charged*)
- Small Folding Saw
- Hand Warmers
- Small Signal Mirror
- Water Proof Matches
- Fire Starter Sticks
- Several Med Zip Lock Baggies
- Small Can/Pot for Boiling Water
- Small Portable Gas Burner
- Small Fuel Bottle of White Gas
- Emergency Food Supply
- Cocoa, Tea and or Instant Coffee
- Emergency Snap Lights
- Space Blankets
- Flash Light – Shake to Work Kind
- Small First Aid Kit
- Small Shovel
- Small Tarp for Shelter
- Extra Socks, Gloves and Hat
- Swiss Army Knife

Always be sure someone knows where you are going and when you plan to return!!





Cheesh'Na Tribal Council News

CIDA Program



Lotha "Lottie" Wolf

We would like to celebrate Lotha "Lottie" Wolf during her birthday month! Please join us for a Welcome Home/Birthday Celebration on Monday February 14th at 5pm.

Lotha has served as a member of the Mentasta Traditional Council for more than 25 years. She has worked to improve health care services, elder programs, and subsistence issues; she has also worked with the Indian Child Welfare Program in the Mentasta Tribal Council, served on the board of the Mentasta Lake Katie John School, and served on the Alaska Native Elder Health Advisory Committee representing the Mt. Sanford Tribal Consortium. Her never waverling commitment to family, her community and her tribe have long earned her the respect of all who know her. Her warm giving spirit will continue to bless and inspire generations long into the future.

Tsin'aen

The CIDA Program is off and running and everyone is saving and getting closer to their asset purchase goal. The basic financial literacy classes have been taught and we are now offering monthly "Money Management" classes. These classes will be taught as a "workshop" and will only take the Participants time for one Saturday a month.

The CIDA Program would like to announce that we still have 3 openings for anyone who would like to get in on the great savings match. If you would like to participate please contact Kelley O'Halloran at either her home office of 907-822-3165 or at the Tribal Office on Tues. and Thurs. 907-822-3503 or you may email at kohalloran@cheeshna.com.



Upcoming classes are as follows:

Credit Repair

Feb. 19th, 2011 1:00pm until 5:00 pm

Building our Native Circle

March 19th, 2011 10:00 am till 5:00 pm
(makeup class)

Certain things catch your eye,
But pursue only those that capture
your heart.
~ old Native American saying

February 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 HMI Mentasta	2 Mentasta Lunch Church Mentasta HMI Chistochina	3 HMI Mentasta	4 Mentasta Lunch Time Sheets Due	5
6	7 HMI Chistochina Mentasta Lunch	8 HMI Mentasta	9 Mentasta Lunch Church Mentasta HMI Chistochina	10 HMI Mentasta	11 Mentasta Lunch Pay Date	12
13	14 HMI Chistochina Mentasta Lunch Lotha Wolf Celebration HAPPY VALENTINES	15 HMI Mentasta	16 Mentasta Lunch Church Mentasta HMI Chistochina	17 HMI Mentasta	18 Mentasta Lunch Time Sheets Due	19
20 Credit Repair Class	21 Presidents Day Holiday	22 HMI Mentasta	23 Mentasta Lunch Church Mentasta HMI Chistochina	24 HMI Mentasta	25 Mentasta Lunch Pay Date	26
27	28 HMI Chistochina Mentasta Lunch					

March 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 HMI Mentasta	2 Mentasta Lunch Church Mentasta HMI Chistochina	3 HMI Mentasta	4 18 Mentasta Lunch Time Sheets Due	5
6	7 HMI Chistochina Mentasta Lunch	8 HMI Mentasta	9 Mentasta Lunch Church Mentasta HMI Chistochina	10 HMI Mentasta	11 Mentasta Lunch Pay Day	12
13	14 HMI Chistochina Mentasta Lunch	15 HMI Mentasta	16 Mentasta Lunch Church Mentasta HMI Chistochina	17 HMI Mentasta	18 Mentasta Lunch Time Sheets Due	19
20	21 HMI Chistochina Mentasta Lunch	22 HMI Mentasta	23 Mentasta Lunch Church Mentasta HMI Chistochina Building Native Circle	24 HMI Mentasta	25 Mentasta Lunch Pay Day Arkansas Church Mentasta	26 Arkansas Church Mentasta
27 Arkansas Church Mentasta	28 Seward's Day Holiday Arkansas Church Mentasta	29 HMI Mentasta Arkansas Church Mentasta	30 Mentasta Lunch HMI Chistochina Church Mentasta	31 HMI Mentasta		



February 2011

2/2 - Benny Funk
2/4 - Romeo Sanford
2/6 - Lee Nicolai
2/7 - Doreen Northway
2/7 - Sierra Northway
2/10 - Robert Johnson
2/11 - Abraham Albert
2/12 - Smitty Sanford
2/14 - Allison Booshu
2/14 - Lotha Wolf
2/16 - John Sanford
2/17 - Crystal Ewan
2/17 - Michael Boston
2/20 - Lena Charley
2/24 - Nicholas Patrick
2/25 - Cierra David

March 2011

3/1 - Jericho Green
3/1 - Wilbur Sanford
3/7 - TreAnn Ewan
3/9 - Cecil Sanford
3/9 - Houston Sanford Jr.
3/14 - Teryn Pence
3/15 - Ruby Hyatt
3/22 - Calvin Justin
3/24 - Donna Pennington
3/24 - Duane Kaase
3/24 - Ronald Pitka
3/24 - Ryan Charley



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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.”