



Kelt'aeni Newsletter

Winter 2011 - 2012

Volume 11, Issue 6



Please remember to stop in the clinic and update your families personal & medical record information for the new year.

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Up Coming Events:

December 20th – MSTC Staff Luncheon – Cheesh’na Hall

December 22nd – Christmas Dinner – Cheesh’na Hall

December 26th & 27th – MSTC Offices Closed

January 2nd & 3rd – MSTC Office Closed

*It is health that is real wealth,
Not pieces of gold and silver – Mohandas Gandhi*

“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 President/CEO

Evelyn Beeter



I hope you are all healthy and in the spirit for the holiday season.

I enjoyed a visit to Mentasta in November, delivering Turkeys to those I was able to find at home. I had a nice visit with Katie John, Ben John, Learnd John, and Smithy Sanford. John Sanford and Charlie David were not home while I was in Mentasta. I ended up stuck at Benny Funk's in the snow. Donna Pennington stopped at the clinic while I was with Nora David and Mariah Craig. On my way home I stopped in and visited with Angus Dewitt in Slana. I plan to be in Mentasta for another onsite visit in December.

I hope many of you were able to enjoy the Ahtna Christmas Party, sponsored by Ahtna, CRNA and MSTC on December 16th. I look forward to seeing many of you at the upcoming events in the area.

The MSTC Board and Staff have completed our planning process for the next three to five years. Our staff will be focused on moving forward with the steps laid out in this process beginning in January.

If you have any concerns regarding your health care, comments or concerns regarding services provided, please feel free to call or visit the MSTC offices. 907-822-5399.



To me, good health is more than just exercise and diet. It's really a point of view and a mental attitude you have about yourself. - Angela Lansbury

Ahtna Literacy Lessons



What is he cooking?

Ndi'i da yilt'aesi?
What (Kind) question marker his is cooking it



His grandmother is sewing,

Utsucde nancnekaan'.
His grandma she is sewing.



The boy is dancing the Indian way.

Ciil denae k'eh c'eldzes.
Boy Indian way he is dancing





EPA Program Notes

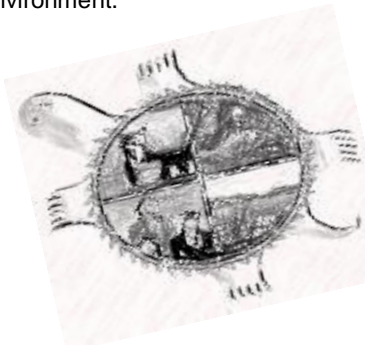


MSTC's EPA Program completed an Abandoned Vehicle/Scrap Metal disposal program this summer and fall. The project was a great success here in Chistochina, and in Gakona, our EPA/IGAP program partner.

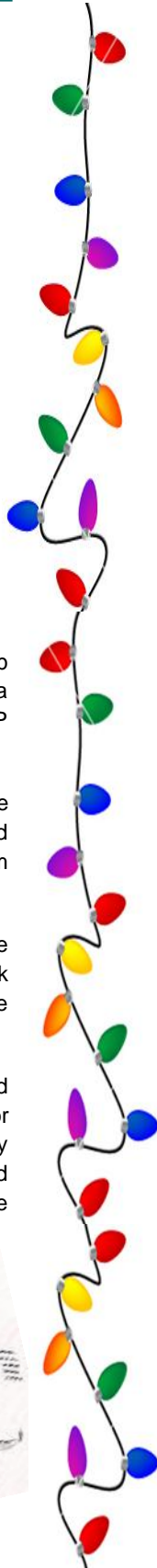
The project disposed of over 200 cars and trucks, 6 large containers of scrap metals, approximately 75 appliances, and hundreds of tires. Vehicles, scrap, and tires came from Chistochina, Gakona, Gulkana, and as far away as Chitina.

MSTC was also very happy to partner with Ahtna, Inc. to remove these types of materials from Native Land in Gakona. A big thank you goes out to all the Ahtna, Inc. employees who helped make the work in Gakona a success.

The vehicles were staged and then fluids, tires, batteries, and radiators were removed. The vehicles were then flattened for transport to be shipped for recycling. This type of project is very helpful in reducing toxins that may seep into our waterways and then into the foods we eat. Please remember to dispose of waste properly, and help preserve our environment.



Safety Tips for Holiday Lights



- ❖ Consider purchasing LED lights for your home. They use less energy and operate at a lower temperature.
- ❖ Indoors or outside, always use lights that have been tested for safety by a recognized testing laboratory that indicates conformance with safety standards.
- ❖ Check each set of lights, new or old, for broken or cracked sockets, frayed or bare wires, or loose connections, and throw out damaged sets.
- ❖ Use no more than three standard-size sets of lights per single extension cord.
- ❖ Never use electric lights on a metallic tree. The tree can become charged with electricity from faulty lights, and a person touching a branch could be electrocuted.
- ❖ Before using lights outdoors, check labels to be sure they have been certified for outdoor use.
- ❖ Fasten outdoor lights securely to trees, house walls, or other firm supports to protect the lights from wind damage. Use insulated staples to hold strings in place, not nails or tacks. Or run strings of lights through hooks (available at hardware stores).
- ❖ Plug all outdoor electric decorations into circuits with ground fault circuit interrupters to avoid potential shocks.
- ❖ Turn off all lights when you go to bed or leave the house.





Tips for Healthier Baked Goods During the Holiday Season

From Eatingwell

Tip 1: Swap out some of the butter, margarine or shortening for heart-healthy oils, such as canola oil or olive oil or pureed fruit or even vegetables.

For every tablespoon of butter you replace with heart-healthy oil, you eliminate at least 5 grams of saturated fat from your batch of cookies.

Consider replacing some of the butter with nontraditional cookie ingredients, such as nonfat plain yogurt, nonfat buttermilk or even fruit juice.

To replace fats with pureed fruit or vegetables: Try using pureed fruit or even vegetables in place of some of the butter, margarine or shortening. Options include applesauce, pear butter, prune puree or even pureed pumpkin. Pureed fruit products, such as like Lighter Bake, are commercially made pureed fruit fat-replacers. Look for them in the baking aisle.

Using a fruit fat-replacer will give you a chewier or softer texture, so it works well in cookies that are naturally softer, such as oatmeal cookies or ginger molasses cookies. Replacing some of the butter with oil, it's best to start with a small amount and experiment. Depending on the recipe, you may be successful replacing as much as half the.

Tip 2: Add fiber to your cookies.

Try replacing some (or all) of the all-purpose flour with whole-wheat flour, whole-wheat pastry flour and/or oats. If you are used to the taste and texture of whole-wheat, some cookies are just as satisfying when made with 100% whole-wheat flour. Using whole-wheat flour in place of all-purpose flour gives your cookies about four times the amount of fiber in every batch.

For more delicate-textured cookies or if you are still getting used to the taste and texture of whole-wheat, try using more finely milled whole-wheat pastry flour or mild-flavored white whole-wheat flour in place of about half of the all-purpose flour—you'll still get the added benefit of extra fiber without much wheat flavor.

Or try replacing 1/4 to 1/2 cup of the all-purpose flour with whole rolled oats or oats that have been ground into a "flour." Ground flaxseeds or flax meal can help add fiber to baked goods.

Ground flaxseeds also contain alpha-linoleic acid (ALA), an omega-3 fatty acid linked to cardiovascular health. Try adding 2 to 4 tablespoons of ground flaxseeds (or flax meal) to a batch of cookies. The flavor of flax complements oat-based cookies or cookies that are highly spiced, such as ginger molasses cookies or snicker doodles.

Low Bush Cranberry (Mountain Cranberry, Rock Cranberry, Lingon Berry)



Low-bush Cranberry grows up to 30cm tall. The branches are tufted and leaves small, leathery, shiny, and long with rounded tips. The pinkish flowers grow in short clusters. The berries are bright red, small, soft when ripe and acidic.

NUTRITIONAL INFORMATION

Per Serving - 1 Cup Raw			
Calories	51	Dietary Fiber	5 g
Protein	0 g	Cholesterol	0
Carbohydrate	13 g	Sodium	2 mg
Fat	0 g	Vitamin A	1%
Calories from Fat	1	Vitamin C	24%
Saturated Fat	0	Iron	2%

Cranberry Nut Bread

2 Cups Flour	1 Cup Sugar
1½ tsp Baking Powder	½ tsp Baking Soda
½ tsp Salt	¼ Cup Butter
¾ Cup Orange Juice	1 Tbs Grated Orange Rind
1 Egg, Well Beaten	½ Cup Chopped Walnuts
1½ Cup Low Brush Cranberries	



Mix together first five ingredients, cut in butter until mixture resembles coarse corn meal. Combine orange juice and rind with egg and pour into dry mixture. Mix just until damp, fold in nuts and berries. Spoon into sprayed bread pan. Bake one hour at 350 degrees or until the bread springs back when lightly touched. Let the bread set for five to ten minutes. Remove from pan to cool.

Cranberry Roll

1 Cup Whipping Cream	¾ tsp Baking Powder
Dash of Salt	1 Egg White
4 Eggs	¼ lb Very Small Marshmallows
¾ Cup Sugar	¾ Cup Sifted Flour
2 Cups Berries	1 tsp Vanilla
Powdered Sugar	



Prepare berry filling with enough time to let it chill before spreading over the cooled cake. To prepare the filling, whip cream until stiff. Combine salt and egg white and beat until peaks form. Fold marshmallows and whip cream into the egg white mixture, chill in Refrigerator.

Heat oven to 375 degrees and grease jelly roll pan and line it with waxed paper.

Mix baking powder, salt and eggs, beat hard for 1 minute. Add sugar gradually, beating until smooth. Stir in sifted flour and vanilla. Pour batter into pan and bake for 15 minutes or until cake is done. Turn onto a towel covered with powdered sugar and peel off waxed paper. Roll up tightly in towel and let sit for 10 minutes. Gently unroll cake. When cake is cool remove filling from refrigerator and fold in the whole berries. Spread the filling over the cake and roll up again. Refrigerate until ready to serve. Cut into small rounds and serve with a few berries or other garnish.



Ten Diet Tips for Good Health



1. Eat Fresh Foods.

Fresh food is best, frozen foods are better than prepackaged foods (food sold in boxes, bottles, jars or bags).

2. Eat Healthy Protein.

Lean meats like fish, chicken, game meat, etc.

3. Eat More High Fiber, Non Starchy Vegetables & Fruit.

Salads, broccoli, cauliflower, spinach, berries, kiwi, bananas.

4. Use Healthy Oils in Cooking.

Olive Oil, Macadamia Oil, Avocado Oil, or Canola Oil.

5. Drink Healthy.

Water, Mineral Water, Herbal Tea, etc. Limit soft drinks, energy drinks, or alcoholic beverages.

6. Reduce Portion Sizes.

Eat on a smaller plate to help with this.

7. Limit Your Intake of Carbohydrates.

8. Avoid Simple Carbohydrates.

Food made with refined sugar, sugary soft drinks, desserts, white bread, pasta, pizza, etc.

9. Avoid Corn, Soybean, and Safflower Oils and Partially Hydrogenated Vegetables Oils.

10. Eat Snacks That Have Protein.

Best Packaged Drinks



Ocean Spray Sparkling Pomegranate Blueberry

- o 90 Calories/22 Sugar
- o Antioxidants



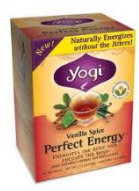
Sweet Leaf All Natural Lemon Unsweetened Tea

- o 0 Calories/0 Sugar
- o Antioxidants
- o Heart Healthy/Aid w/ Kidney Stones



V8 Spice Hot Low Sodium Vegetable Juice

- o 8oz. 50 Calories/8 Sugar/2 Fiber
- o 2 Servings of Vegetables.



Yogi Vanilla Spice Perfect Energy Tea

- o 0 Calories/ 0 Sugars
- o Equal Caffeine as Coffee w/ the benefits of green and black tea.



Sambazon Acai w/ Orange Juice

- o 156 Calories/20 g Sugar
- o 150% Daily Vitamin C
- o 1 Fiber/1 Protein



Q Ginger Drink

- o 60 Calories/15 g Sugar
- o Natural Digestive Aide
- o Anti-Inflammatory Properties



Coco Exposed Peach Kiwi Energy Drink

- o 60 Calories/14 g Sugar
- o Natural Digestive Aide- Aloe

Health is the greatest gift, contentment the greatest wealth and faithfulness the best relationship. **Buddha**



Diabetes Information

Stay Healthy with Diabetes



Follow the healthy eating plan that you and your doctor or dietitian have worked out.



Be active a total of 30 minutes most days. Ask your doctor what activities are best for you.



Take your medicines as directed.



Check your blood glucose every day. Each time you check your blood glucose, write the number in your record book.



Check your feet every day for cuts, blisters, sores, swelling, redness, or sore toenails.



Brush and floss your teeth every day.



Control your blood pressure and cholesterol.



Don't smoke

How do I know if I have retina damage from diabetes?

You may not have any signs of diabetes retina damage, or you may have one or more signs:

- blurry or double vision
- rings, flashing lights, or blank spots
- dark or floating spots
- pain or pressure in one or both of your eyes
- trouble seeing things out of the corners of your eyes



Normal Vision



Blurry Vision

If you have retina damage from diabetes, you may have blurry or double vision.

Doctor Appointment Checklist

www.elderindustry.com

Questions to Ask in Order to Obtain Quality Care

- ✓ Ask what unfamiliar words mean.
- ✓ Keep asking questions until you understand what is being said.
- ✓ Repeat what the doctor says in your own words to uncover any misunderstandings.
- ✓ Ask for copies of medical records, charts and test results.
- ✓ Ask if there is a choice in hospitals if surgery is recommended.
- ✓ Ask about the cost if this is a concern.

Questions to Ask About the Illness

- ✓ Does the illness have a name?
- ✓ What caused the illness?
- ✓ Ask the Doctor: do you personally have experience treating this illness or will you be recommending a specialist?
- ✓ What are the treatment options and related risks?
- ✓ Is this illness or pain likely to go away, get worse or reoccur?
- ✓ Ask the Doctor: what is your track record and or success rate in treating similar cases?
- ✓ What long term lifestyle changes can I expect?

Questions if a Test Has Been Recommended

- ✓ What specifically will be accomplished with this test?
- ✓ What are the risks involved with taking the test?
- ✓ Specifically what happens during the procedure?
- ✓ How accurate is the test?
- ✓ What would happen if the tests were not taken?
- ✓ How do I prepare for the test?
- ✓ Will I need special assistance after the test?
- ✓ How long does it take to get the test results?
- ✓ How will you notify me of the test results?



MSTC Staff Members

ADMINISTRATION

	Phone	Email
Evelyn Beeter, President/CEO	822-5399 ext.26	ebeeter@mstc.org
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Maria Peacock, Custodian	822-4349	

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Prevention Technician Chistochina – OPEN	822-5399	

ACCOUNTING

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Diabetes Coordinator – OPEN		
Community Health Representative, Mentasta	291-2320	ndavid@mstc.org
David Springer, Community Health Representative	822-5399 ext. 30	dspringer@mstc.org
DeeDee Duntze, Mid-Level Provider	291-2320/822-3280	

AOA PROGRAM

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AOA Administrative Assistant - OPEN	822-5399 ext. 25	
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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, Board Member (Mentasta)
- Gilliam Joe, Secretary/Treasurer (Chistochina)
- Larry Sinyon, Board Member (At Large)
- OPEN, Board Member (Chistochina)
- OPEN, Alternate Board Member (Mentasta)
- Jessica Denny, Alternate Board Member (Chistochina)



December 2011

- 12/10 - Marilyn Drinkwater
- 12/11 - Barbara Charley
- 12/11 - Coleen Charley
- 12/11 - Sherry Sinyon
- 12/12 - Eva John
- 12/12 - Lesette Standifer
- 12/13 - Jordan Boston
- 12/13 - Trinity Boston
- 12/14 - Malachi Lynott
- 12/14 - Reese David
- 12/15 - Stacie Charley
- 12/15 - Jerry Charley Sr.
- 12/18 - Antwan Sanford
- 12/19 - Honalee Sanford
- 12/19 - Ruby Sinyon
- 12/20 - Mariah Craig
- 12/21 - Shannon Sanford
- 12/24 - Charles David Jr.
- 12/29 - Kael Adams

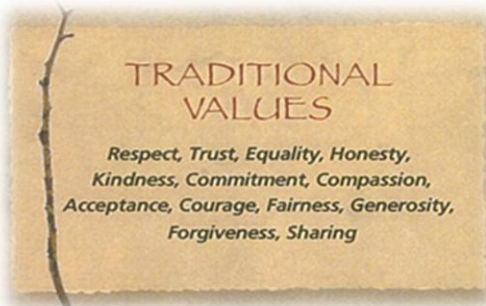
January 2012

- 1/3 - Wilbur Sanford
- 1/5 - Ben John
- 1/8 - Chyennedon Northway
- 1/15 - Samuel John
- 1/18 - Erickson Sanford
- 1/18 - Nathaniel Kroto
- 1/19 - Virginia John
- 1/20 - Janelle Johnson
- 1/22 - Lishaw Ewan
- 1/23 - Katherine Sanford
- 1/29 - Micah David
- 1/31 - Ramona Nicolai



PO Box 357 ● Gakona, AK 99586

907-822-5399 ● www.mstc.org



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