



the Wave ~

news from the big beach

July / August 2010

Volume 24 Issue 4

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Join us for a Celebration of Healthy Lifestyles on August 29th.

The Annual Sobriety Gathering has been redefined as a Celebration of Healthy Lifestyles. In doing that we'd like to bring the focus back to our local community and tribal members. This year's event will be smaller and even more family oriented. Qutekcak Native Tribe invites you to join us for an old fashioned summer picnic on August 29th at the Branson Picnic Pavilion from 12noon to 4pm. QNT will provide the

main course and dessert. Participants are asked to bring side dishes to share. This is a great time for us to gather, celebrate each other and celebrate living healthy. As in the past, informational vendors will be available to share information on staying healthy. Please check our website (www.sewardaknatives.com) for more information. We'll see you there!

Qutekcak Native Tribe is the tribal organization serving the Native community of Seward, Alaska, created to promote the unity, self-determination, and empowerment of our members and other Native people residing in the Eastern Kenai Peninsula by providing services that will strengthen Native people by increasing opportunities, and enhancing their mental, physical, and spiritual well-being, in harmony with our land and traditional values.



July 21-24, 2010
CARLSON CENTER
Fairbanks, Alaska

Qutekcak Native Tribe: A Resource for You and Your Family

Many times people will ask "What does QNT do?" "What services do you provide?" "Am I eligible for those services?" This issue of the *THE WAVE* is dedicated to telling you more about the many services that Qutekcak Native Tribe offers. Please read on and learn about the opportunities available to you and your family. Qutekcak Native Tribe serves the Alaska Native and American Indian populations of the Eastern Kenai Peninsula. It is our goal to provide opportunities that empower and strengthen Native people. If you have questions or if you would like more information, please call the tribal office at (907) 224-3118.



For more info about QNT and it's programs and services, please visit our website at www.sewardaknatives.com

YOUTH PROGRAM

The Youth Program has a huge variety of services from Classroom visits to Native Youth Olympics.

The local teachers, youth organizations, and Elder Hostel groups have invited the local elders and the Dance Group to visit with their programs. The Youth Coordinator along with Tribal Members brings the Alaska Native Culture to life through **Classroom Visits**. Elders, which come from around the state, bring stories of life in the village while they were growing up, traditional foods, hunting, gathering, clothing and transportation. The students compare their lives to the traditional lives. We also bring special projects to the classrooms depending on the area of study. Some of the classes we have done are drum making, traditional dance, carving and bentwood hats.



The Youth Program also works with the **Drum and Dance Group**. They meet every Tuesday from 3:30 to 4:30 pm. During the school year youth can ride bus 4 to the office and the tribe provides transportation home. In the summer the tribe provides transportation to and from practice. The Dance Group also dances for the community on Tuesdays during the summer and for the Trail Lake Elder Hostel Groups. This performance is called Growing through Traditions. The Dance Group is open to any individual in the Seward Community and they do not have to be Alaska Native to participate.

There is also **Junior and Senior Native Youth Olympics** during the school year. Junior Native Youth Olympics in a partnership with the Boys and Girls Club is for and youth in grades 1st thru 6th. The youth do not have to be Alaska native to be involved. Practice for the Junior team starts in October with a regional competition in January and a state competition in February. The Senior Native Youth Olympic Team are the assistant coaches and work with the kids in all their events. The Senior Team consists of youth in grades 7 thru 12. The practices for the Senior Team start in October as well and they compete in two regional in January and March and the state competition is in April. In the summer the NYO team is training for competition at **World Eskimo Indian Olympics** which is being held in Fairbanks July 21st thru July 25th. WEIO is open to Alaska Native and Native American competitors. Unlike Native Youth Olympics which is open to any youth from 1st grade to 12th grade.

During the summer the Youth Program offers **Summer Youth Employment Program**. The Summer Youth Employment Program is designed to provide meaningful work experience opportunities to economically disadvantaged Alaska Native/Native American, and/or Native Hawaiian youth ages 14 to 21 years for age. In addition to work experience, youth can receive career exploration assistance, build job skills, and develop work ethics. The youth that are currently employed are building raised bed gardens, planting vegetables for Elders and community members and providing lawn service to the local Qutekcak Tribal Elders. If any Elder is in need of assistance mowing their lawn, trimming around the houses or light clean up please call and get your name on the list.

**For more info about QNT's Youth Programs Contact:
Melanee via email at youth@qutekcak.net or via phone (907) 224-3118**

COMMUNITY HEALTH REPRESENTATIVES

The CHR Program was implemented to improve the health knowledge, attitudes and practices of Indian people by promoting, supporting, and assisting the Indian Health Services (I H S) in delivering a total health care program. The efforts of CHR program staff have produced an American Indian and Alaska Native health service delivery system, which provides for follow-up and continued contact with the health care delivery system at the community level, thereby meeting the most basic needs of the American Indian and Alaska Native population.

The goal of the CHR Program is to address health care needs through the provision of community-oriented primary care services, including traditional Native concepts in multiple settings, utilizing community-based, well-trained, medically-guided health care workers. Below is a list of objectives:

- To provide curative, preventive, and rehabilitative services in those areas of health care in which services would not otherwise be available to the American Indian and Alaska Native people.
- To provide home health care services.
- To provide transportation within the local community for grocery shopping, routine errands and non-emergency medical appointments on Wednesday afternoons.
- To act as a liaison/advocate for the communities served by Federal, State, and local agencies. The liaison/advocate motivates and assists the agencies by clarifying the role of Native traditions, value systems, and cultural beliefs, to meet the health care needs of the communities, thereby reducing the potential for conflict and misunderstanding regarding the health conditions of American Indian and Alaska native people.
- To interpret languages, if necessary, when the community-based language and the language used by other health care providers differ.
- To facilitate communications between community members and health care providers, thereby enhancing accessibility and acceptability of health care facilities. The CHRs assist IHS and non-IHS health agencies to design and/or redesign services to ensure greater responsiveness to the needs of American and Alaska Native communities.
- To provide and retain community-based health care providers to meet community health care needs as part of their community's health care system and to ensure that program training and performance meet established national standards. To develop annual program plans which address specific community health care needs.
- To assess community health care resources, both IHS and non-IHS, and to facilitate appropriate utilization of those resources.
- To ensure availability of appropriate IHS medical guidance to CHR Programs.
- To ensure compliance with the requirements of a CHR data collection plan.
- To provide and/or assist in demonstrations, conduct training sessions and community meetings in the areas of safety, nutrition/dietetics, environmental health, and in other areas of health concerns.
- To provide health care education and facilitate understanding by using the Native language when appropriate, thereby fostering greater cross-cultural understanding.
- To provide extensive health promotion/disease prevention information and instruction in self-help services that address chronic health problems.

**For more info about QNT's CHR Program Contact:
Maggie at Elders@qutekcak.net OR Melanee via email at Youth@qutekcak.net**

ELDER PROGRAM

Caring for Elders a Critical Tribal Value

QNT's elders are the cornerstone to tribal success, so our Elder Care programs are critically important. If you're in need of services, we are here to guide you to providers. Until recently, our elders needed to leave home to receive long term care. Leaving one's home is never easy and a particular problem within the Alaska Native culture. Recent grant funding from the Indian Health Service provided the opportunity to survey QNT's Elders for their interests in regard to staying in their homes and receiving needed services.

Elder Care Services Designed to Meet Personal Needs

We want to help make life easier and more comfortable. Let us know how you need help, including these ideas. We can refer you to agencies that will be glad to help.

- Taking walks
- Providing personal care (dressing, bathing, etc)
- Preparing meals
- Running errands
- Providing rides
- Cleaning or maintaining your home



Caregivers Need Support Too

Many of our members are caring for an elder which is incredibly gratifying. But, it also has its challenges and we understand you need a break. Take a break to do something for yourself. We offer referrals to other agencies for help in the home and also to a respite program for caregivers taking care of their elderly relatives.

Fee Agent service is available to all of the Seward Community, free of charge. QNT currently has a Fee Agent who will assist community members to apply for Alaska State Public Assistance including:

Food Stamp benefits are issued via the Alaska Quest card. The amount a household receives each month depends on the household's countable income and size of the household. Eligible households use the Food Stamp benefits to buy food products from authorized stores statewide.

The Alaska Temporary Assistance Program (ATAP) provides cash assistance and work services to low-income families with children to help them with basic needs while they work toward becoming self-sufficient.

Adult Public Assistance Program is mandated to furnish financial assistance to needy aged, blind, and disabled persons and to help them attain self-support or self-care. People who receive APA financial assistance are over 65 years old or have severe and long term disabilities that impose mental and physical limitations on their day-to-day functioning.

Burial Assistance to pay for AK residents who have passed away.

Denali KidCare provides excellent health insurance coverage for children and teens through age 18, and for pregnant women who meet income guidelines.

Heating Assistance Helps households pay a portion of home heating expenses. The program runs from October 1 through April 30. Households with elderly or disabled members may apply from September 1 through April 30. All other households may apply beginning October 1st.

Medicaid, an entitlement program created by the federal government, is the primary public program for financing basic health and long-term care services for low-income Alaskans. It is funded fifty percent by federal funds and fifty percent by State general funds. The program focuses on coverage for low-income children, pregnant women, families, the elderly, blind and the permanently disabled.

The Chronic & Acute Medical Assistance (CAMA) program is a state funded program designed to help needy Alaskans who have specific illnesses get the medical care they need to manage those illnesses. It is a program primarily for people age 21 through 64 who do not qualify for Medicaid benefits, have very little income, and have inadequate or no health insurance.

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**For more info about QNT's Elder Programs Contact:
Maggie via email at Elders@qutekcak.net or via phone (907) 224-3118**

MORE INFORMATION

<— Continued from page 4

Senior Benefits: Alaska lawmakers approved a new monthly cash benefit program for elders 65 and older on limited incomes in June '07. Three benefit amounts from \$125 to \$250 are offered, based on gross annual income (before any deductions are taken for taxes, Medicare premiums, etc.) Assets, such as savings accounts, are not considered. Income limits are tied to the Federal Poverty guideline for Alaska and updated annually.

General Relief Assistance is designed to meet the immediate, basic needs of Alaskans facing extreme financial crisis. Examples of basic needs include shelter and utilities. Under limited circumstances, GRA can provide assistance for clothing, transportation and food for those not eligible to receive food stamps. Limited medical care can be provided and there is limited funding to provide a dignified burial for the indigent.

Alaska Federation of Natives Conference: will be held in Fairbanks October 21-23, 2010.



Chugach Alaska Corporation Annual Shareholders Meeting: will be held in Cordova, AK on October 16th.

Ten Warning Signs: Your Older Family Member May Need Help

For many Americans, the Holiday season is one of the few times during the year that adults and their older loved ones spend quality time together. The Holidays may be a time when families face and discuss the difficult decisions about finding care for their older relative. The Eldercare Locator has produced a guide of “10 warning signs” to help families and older Americans determine if help is needed. Any one of the behaviors listed may or may not indicate that an action should be taken and your family member’s physician should be kept informed of physical or psychological behavior changes.

Has your family member:

- Changed eating habits within the last year resulting in weight loss, having no appetite, or missed meals?
- Neglected personal hygiene resulting in wearing dirty clothes, body odor, bad breath, neglected nails and teeth, sores on the skin?
- Neglected their home so it is not as clean or sanitary as you remember growing up?
- Exhibited inappropriate behavior by being unusually loud or quiet, paranoid, agitated, making phone calls at all hours?
- Changed relationship patterns such that friends and neighbors have expressed concerns?
- Had physical problems such as burns or injury marks resulting from general weakness, forgetfulness, or possible misuse of alcohol or prescribed medications?
- Decreased or stopped participating in activities that were previously important to them such as bridge or a book club, dining with friends, or attending religious services?
- Exhibited forgetfulness resulting in unopened mail, piling newspapers, not filling their prescriptions, or missed appointments?
- Mishandled finances such as not paying bills, losing money, paying bills twice or more, or hiding money?
- Made unusual purchases such as buying more than one magazine subscription of the same magazine, entered an unusual amount of contests, increased usage of purchasing from television advertisements?

Through the Eldercare Locator, individuals and their families can get information on services available through the state and area agencies on aging and local aging service providers.

To access services, contact the Eldercare Locator at 800-677-1116 or through the Web site at www.eldercare.gov

ANNOUNCEMENTS

~ Happy Birthday ~

July

1 Georgia Eckenberg
 3 Debra Blatchford
 3 Doreen Painter
 4 Luke Gunter
 5 Julie Delaney
 5 Heather Stone
 6 Reid Broughton
 9 Carl Christiansen
 9 Valerie Norbert
 10 Stephanie Battishill
 11 Julie Broughton
 11 Donna Norbert
 12 Amber Reese
 14 David Nelson
 14 Eleanor Segock
 15 Amanda Guillemette
 15 Marilyn Siemenski
 15 Fred Toko
 16 Alvin Gottschalk
 16 Stephanie McHone
 17 Audrey Cummins
 17 Alfred Levine
 18 Julia Endresen
 18 Dawnell Wallace
 19 Avalee Dotomain
 21 Holly Chappell
 22 Milton Jack
 23 John Boren
 23 Jesse Cantrell
 25 Eric Larson
 26 Charles Karges
 26 Branden Ramoth
 26 Daniel Wheeler
 27 Tiffanie Rook
 27 Leonardo Wassilie
 28 Loren Spaulding
 30 Marissa Osenga
 30 Kevin Ronne
 31 Micha Wallace

August

1 Madelyn Schmitt
 4 Dominic Stettinger
 4 Tanya Tolson
 5 Milcah Hubbard
 6 Arthur Endresen
 6 Cara Osenga
 6 Cory Osenga
 7 Lauren Hatch
 8 Brittany Rhodes
 8 Gunnar Young
 11 Tabatha Battishill
 11 Annia Lucason
 11 Matthew Nelson
 12 Andrew Buchanan
 14 Sarah Hubbard
 14 Deborah Tackett
 15 Henry Guillemette
 17 Vera Corcoran
 18 Charlotte Hood
 18 Irene Wolfe
 19 Floyd Hamrick
 19 Donald Smith
 19 Emery Zinis
 20 Steven Marine
 21 Tana Jack
 22 Iris Barrier
 22 Daniel Brown
 23 Judith Christiansen
 23 Melody Wallace
 26 Theresia Endresen
 26 William Ponchene
 27 Orville Ennes
 27 Nicoles Koerber
 27 Andrew Nelson
 29 Leroy Ashenfleter
 29 Jaime Doleman
 29 Karen Schoening
 29 Judith Sweeney
 30 Mary Nelsen
 31 Jeanie Greene
 31 Dakota Jack

Elder's Thursday Social



We welcome tribal members to join us at our weekly Craft and Social session.

They are held every Thursday afternoon from 1:00 PM to 3:00 PM.

Translators Needed:

We continue to look for volunteer translators who will be willing to visit Elders at the Providence Care Center.



Transportation is provided to QNT Elders and disabled tribal members on Wednesday of each week for afternoon clinic and dental appointments, shopping, banking and a visit to the post office.

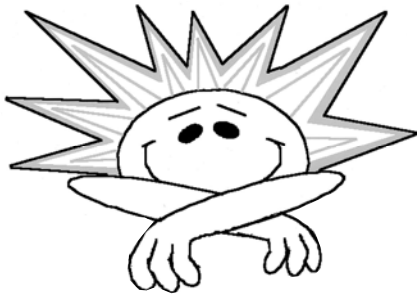
To be included in the weekly transportation, please contact the office by 3pm on each Tuesday.

This is your newsletter!

We invite you to call or stop by with articles, suggestions, announcements, greetings, births, weddings, or community concerns.

The Wave is printed every two months. The deadline for the next issue is: **08/20/2010**

ANNOUNCEMENTS



Join the Sunshine Club

Donate to the QNT Sunshine Club. Earnings go to general operations that grants do not cover. QNT, a non-profit organization, provides services to the community, our elders, and the youth. You do not need to partake in any activities to donate.

Special thanks to those who have contributed during this fiscal year:

Rita Goshorn
Caroline Toloff
Gilbert Ollestad
Judi Christiansen
Daisy Blatchford
Diane McRae

QUYANA! (Thank You)

"Not what we give, but what we share; for the gift without the giver is bare." ~James Russell Lowell

Matt Myers & the Alaska SeaLife Center

Thank you for your assistance with the Elder's Lecture Series

Tony Hansen

Thank you for your donation.

Trudy Valenza and NSHC Tobacco Prevention Program and Lou Dodson from SeaView Community Services

Thank you for your presentation and snacks.

Don Cripps

Thank you for your donation of fish to our tribal members.

Important Dates



July 4th—Independence Day

July 5th—QNT OFFICE CLOSED in honor of July 4th Holiday

Tuesdays, July 6th—August 17th—Growing Through Traditions Culture Share/Exchange
3:30—4:30pm at QNT Culture Center

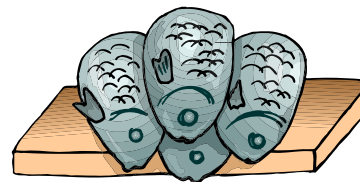
August 29th—Celebration of Healthy Lifestyles A picnic and activities at the Branson Pavilion on the Seward Waterfront, 12noon—4pm. More info will be available on our website at www.sewardaknatives.com

RECIPE:

Fish Potato Cakes

- 1 lb. Skinless Fish Fillets
- 3 eggs (beaten)
- 2 Tbsp Flour
- 2 Tbsp or more Grated Onion
- 1 Tbsp Chopped Parsley
- 1 1/2 Tsp Salt
- Dash of Pepper
- 2 Cups Finely Grated Potatoes

Combine and mix all ingredients. Heat heavy skillet, with oil, to high, but not smoking. Drop by large spoonfuls onto pan. Flatten with spoon if necessary, Fry 3 to 4 minutes per side or until brown (turn carefully). Serve with applesauce or tartar sauce.





QUTEKCAK NATIVE TRIBE

Changing with the tides, in harmony with our people, land and heritage.
221 Third Avenue, P.O. Box 1467, Seward AK 99664
Ph (907) 224-3118 ~ Fax (907) 224-5874



TRIBAL COUNCIL

President - *Diane McRae*
Vice President - *Judi Christiansen*
Secretary/Treasurer - *Dorothy Randall*
Member - *Esther Ronne*
Member - *Daisy Blatchford*
Member - *Arne Hatch*
Member - *Danielle Deer*

OFFICE PERSONNEL

Tribal Administrator — *Scott Allen*
Program Coordinator—Elders— *Maggie Simons*
Program Coordinator—Youth— *Melanee Stevens*
Finance Manager — *Chellie Skoog*
Project Assistant—Elders— *OPEN*
Admin Assistant—*OPEN*
Maintenance—*Ike Dotomain*



The Wave
Qutekcak Native Tribe
P.O. Box 1467
Seward, AK 99664

Return Service Requested

Office Hours:

Monday—Friday
12:30 PM to 4:00 PM
Saturday & Sunday
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