

# ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

## Alaska Native Elder Health Advisory Committee



### MEETING SUMMARY

**MEETING DATE:** April 17, 2009  
**TIME:** 9:00 am – 5:00 pm  
**LOCATION:** ANTHC, COB Conference Room 2  
**STAFF:** Kay Branch  
**RECORDER:** Michelle Gonzalez

**MEMBERS:** Present = P Absent = A Excused = E

Andrew Jimmie, ANTHC	P	Rose Heyano, BBAHC	E	Susan LaBelle, Chugachmiut	P
Iver Malutin, KANA	P	Lotha Wolf, MSTC	P		
Ethel Lund, SEARHC	E	Allan Upicksoun, ASNA	P	<b>Staff</b>	
Mary Schaeffer, Maniilaq	P	James Sipary, YKHC	P	Kay Branch, ANTHC	P
Rose Ambrose, TCC	P	<b>Guests</b>		George Charles, UAA NRC	P
Mike Zacharof, APIA	P	Ella Craig, UAA	P	Jim LaBelle, UAA NRC	P
Janet Guthrie, Metlakatla	P	Amanda Lofgren, State DSDS	P	Rita Blumenstein, ANTHC	P
Berda Willson, NSHC	P	Patrick Anderson, Chugachmiut	P		

TIME	AGENDA ITEM (PRESENTER):
	<p>Andrew Jimmie, ANTHC – Chair</p> <p>Mary Schaffer, Maniilaq Association – gave invocation, sang a song in Inupiat (traditionally sung before a meeting) written by Austin Swan from Kivalina</p> <p>Meeting called to order at 9:16 am</p> <p>Mike Zacharof, APIA – would like to waive orders for today – would like to leave by this afternoon / take care of action items earlier – Good Friday</p> <p>Andrew Jimmie, ANTHC – we will take care of any action items earlier today</p>
	<p><b><u>Heroes Awards – Don Kashevaroff</u></b></p> <p>George Charles – discussion of the heroes award and the National Resource Center on Native American Aging            Idea of honoring elders – there is so much knowledge that they have to share – we want to honor them while they are here. Allen Allery, with National Resource Center at the University of North Dakota started this Hero's Project. Hero's project started. This will be an ongoing honoring. Will have a short biography of the hero. These awards will represent as many groups as we can. Thought the elders in ANHEAC should be honored. The NRC allowed George to have the 29 nominees. In Rockville, MD they will identify American Indians / Native Hawaiians. The next go-around has Berda Willson representing Nome, and Susie Akootchook. A lot of our people have been working quietly working or years and they need to be recognized.</p>

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	<p>Don Kashevaroff gave out the awards. George - After that this group will choose "your" heroes and who will be in the next round. Everyone does a lot of networking and knows their community.</p> <p>ANEHAC Recipients of the Hero's Awards</p> <p>Rose Ambrose – Huslia Janet Guthrie – Metlakatla Rose Heyano – Dillingham Andrew Jimmie – Minto Ethel Lund – Juneau Iver Malutin – Kodiak Mary Schaeffer – Kotzebue Lotha Wolf - Mentasta James Sipary – Tooksook Lotha Wolfe – Mentasta Mike Zacharof – Anchorage Kay Branch – Anchorage</p> <p>Other recipients of the Hero's Award are:</p> <p>Issac Akchooktak – Kaktovik Sophia Chase – Anchorage, posthumously Dr. Cheryl Easley – UAA Nancy Furlow - UAA Gladys Jung – Bethel, posthumously Daniel Karmun – Nome Susan LaBelle - Chugachmiut Anecia Lomack – Manokota Jane Martin – Chikaloon Kenny Toovak – Barrow Emma G. Widmark</p> <p>Patrick Anderson, the Executive Director at Chugachmuit presented Susan LaBelle with a Hero's award.</p> <p>Berda Willson, NSHC – would like to thank Dan Karmun – they do things in a quiet way, he doesn't try to do things to pat himself on the back. The Karmun's lives are always open to others. Discussion of having the award presented to Dan at the NSHC Board meeting in May.</p> <p>Patrick Anderson, Chugachmuit – Would like to suggest that it's not too late for the ANEHAC to make nominations for AFN for various awards.</p>
	<p><b>UAA – National Resource Center Report</b> (George Charles) George Charles, UAA – We are finishing off 6<sup>th</sup> year and are applying for funding for three more years. Told administration that one of the things were continuing to do is working on language Collaborating with Alaska Community services – were going to help them disseminate that information Continue with Dr. Loren Lipson – hope he will be able to make the next Council on Aging meeting. Also involved with the association – caucus – concern for AK native elders</p>

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	<p>Attended and presented at the 3<sup>rd</sup> annual conference on Eliminating Racism  One of the things that were looking at it what the elder councils are doing already  Fatherhood program with Chugachmuit – looking at what Calista’s elders council is doing  Also still working with summer institute – Geriatric Education Center</p> <p>Qutekcak – tribal organization for Seward – we’re going to replicate what they are doing  We sent you all copies of the American Indian exercise DVD, There has been good response from some organizations who are using this around the country. Elders are getting more active.</p> <p>National Resource Center website:  <a href="http://elders.uaa.alaska.edu/">http://elders.uaa.alaska.edu/</a></p> <p>Presentations site – people can get online and see presentations that have been made  We need to find a way to show the other regions on the Alaska map.  Besides the power points we have health status of Alaska native people documents (year 1 reports), report on medications – abuse  Have biographies of people on the site – new wave of Alaska Natives with higher degrees  New degree program at UAF called Indigenous Studies,  Trying to build capacity for Title 6 folks  Partnerships page – on site  Hawaii group – newest resource center.</p> <p>Iver Malutin, KANA– we talked a lot about elder abuse – anyone who has an incident with elder abuse talk to Iver and Bob Dreyer (Long Term Care Ombudsman).</p> <p>Janet Guthrie, Metlakatla – used North Dakota resource center for assessment / survey, can I use this NRC for that next time?</p>
	<p><b><u>Action Items</u></b>  <b><u>Executive Committee Selection</u></b></p> <p>Andrew Jimmie, ANTHC - Mike Zacharof, Janet Guthrie, Iver Malutin, Mary Schaeffer and Berda Willson – names volunteered for executive committee  If we have no objections we will <b><u>appoint these five to the committee.</u></b></p> <p><b><u>Date of next ANEHAC Meeting</u></b>  <b>Andrew Jimmie stated that the proposed dates (October 15 – 16) will not work for him</b>  <i>Committee asked to think about alternative dates and Kay will call members. Proposed dates – earlier that same week.</i></p>
	<p><b><u>ANTHC Reports:</u></b></p> <p><b><u>Alaska Native Health Research Conference Overview – Kathy Koller</u></b>  Kay Branch – Kathy Koller and Sally Smith have been to the last 2 meetings to talk about the Research Conference. Ethel was one of the keynote speakers for the conference. Insightful experience, focus was on Alaska Native people doing research and conducting the research.</p> <p>Kathy Koller reviewed statistics from the meeting – total of 221 participants, considerably more than last year. Good feed back from participants, conference was well received. Would like more elders to attend next time.  Mike Zacharof, ANTHC – for ANTHC with our annual meeting in December – the consortium donates \$500 per person to send a person from each region to attend this meeting - maybe we can approach the consortium to do this with the research conference.</p>

TIME	AGENDA ITEM (PRESENTER):
	<p>Mary Schaeffer, Maniilaq Association – It was a really good conference – no matter how much you know there is always something to learn. Everywhere I went, people I run into, people felt like it was a good conference. Rita Schaeffer attended and presented to Board. They felt like it was worthwhile for people to attend.</p> <p>Mike Zacharof, ANTHC– As member of the HRRC would like to thank Kathy Koller and Michelle Gonzalez on a good job for this</p> <p><b><u>ANTHC Elder care –Kay Branch</u></b></p> <p>I have been working with Amanda Lofgren with the State Division of Senior and Disabilities Services. We got an opportunity to go to Minto together last week. I invited her to our meeting so she can hear our discussions and you can meet her.</p> <p>The majority of my work has been focused on the Medicaid Reform Initiative - if Tribal health organizations were to provide services for Alaska Natives elders, the Medicaid money would come entirely from the federal government, so the state would not have to match. This has been a two year process, and today I'll focus on the long term care plan. This report was mailed to you with your packets. ATHS Long Term Care Committee worked on the plan. The 1<sup>st</sup> thing we did was develop these guiding principles – a lot of these things were similar to what this committee talked about at the last meeting.</p> <p><b><u>ATHS LTC Plan 3 Pronged Approach</u></b>  <b><u>Pilot Project</u></b> - We developed the pilot project with three organizations, Maniilaq, TCC and YKHC. We continue to iron out details and create a budget and will have additional meetings with the state over the next few months. We were looking at this as a shorter term solution to get some services out to the elders in our areas</p> <p>The next phase is to <u>develop a Comprehensive HCB Delivery System</u>. By the end of June we will have developed all the business planning materials needed and will continue to work with the state on these alternative delivery systems, things like obtaining a Public Entity Waiver, or other alternative funding and service methods. We will be working to create an elder care helper position that would be more of a universal worker, and identifying appropriate training. The University has developed an apprenticeship program that we hope folks in the region will be able to participate in.</p> <p><b><u>Facility Development</u></b>  A request for capital funding went to the legislature for YKHC, Maniilaq and Anchorage. In Anchorage we have done a study for a 100 unit long term care facility and it looks financially sustainable. Looking at the Green House Model of nursing home – watched DVD at lunch.  Mike Zacharof indicated he really likes this model</p> <p>Berda Willson, NSHC – what is the total cost for Bethel and Kotzebue? Approximately \$16 million each</p> <p>Kay Branch, ANTHC– Providence is one of the early adopters of the Greenhouse model. They will open 4 houses (40 units) this fall in Seward. The CNAs have extra training – the elders and workers self-manage the house</p> <p>Berda Willson, NSHC –wanted to thank Kay for presenting to our region. Thinks the Board would be interested in looking at this green house model</p> <p>Janet Guthrie, Metlakatla – Kay, do you have any information on the state grants?  Amanda Lofgren (guest) will discuss with Janet privately.</p> <p>Iver Malutin, KANA– visited pioneer home and others , most residents were happy to be there  A lot of other places are somewhat following the Greenhouse Model</p> <p>Berda Wilson, NSHC – going home, we need to get input from families and what the families want for their loved ones</p>

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	<p>Mary Schaeffer, Maniilaq Association – it would be good to distribute this video to the regions - if the board and top administration see something like this they may start lessening the restrictions. Passion and love needs to be conveyed to the board members.</p> <p>Iver Malutin, KANA – If anyone has any problems with anyone from the state just give me a call. Went on an outreach to one of the villages of Kodiak – worst problem is communication. One of the things that we need to do is get a compatible person to be an advocate.</p> <p><i>Request for copies of the Greenhouse Model DVD to be sent to ANEHAC Committee members – Iver Malutin, Berda Willson, Mary Schaeffer, and Andrew Jimmie</i></p>
	<p><b><u>Health Literacy for Alaska Native Elders -George Charles – UAA National Resource Center</u></b></p> <p>A poster was created detailing body parts in Yupik - good for medical interpretation Health Literacy – in medical terms, idea of making this in simple terms as possible, larger font easier to read</p> <p>Jim Labelle, UAA – presenting a power point - Voices of Our Elders – How to Talk to Health Care Providers Presentation done 3 years ago – would appreciate thoughts about how we can make this better</p> <p>Rita Blumenstein, ANTHC – we don't pray out loud...we talk to the body, that is our prayer</p> <p>Mary Schaeffer, Maniilaq Association - husband and I requested 3 months supply of medication because of break up. We were told no and were just given a 1 month supply. PA had to go talk to Pharmacy people and convince them to give them a 60 day supply. I wish there was some way that we could make the care providers understand.</p> <p>Jim LaBelle – Native people like to get to know someone first before sharing health information – too often western European folks want to get into it and not take time to get to know the person.</p> <p>Discussion of historical trauma</p> <p>Mary Schaeffer, Maniilaq Association– They traveled the villages to hold meetings on forgiveness, it was very successful. Elders and councils of the villages made all the arrangements for the community meetings, in which we go around individually and everyone does forgiveness before the meeting.</p> <p>Jim LaBelle, UAA – attempting to write a document on historical trauma – trauma assessment – caregivers can know just by the age of that person if they have historical trauma.</p> <p>Kay discussed Kelby Murphy, a Masters student in public health at UAA is going through the process of the Alaska Area IRB on a project to interview are the members of the ANEHAC, as you represent people around the state. George suggested this group to her, and the study is under review. Kelby was unable to attend in person due to health reasons, but she is interested to know if you would be willing to participate in this. We will send you more information once she has completed the IRB process.</p>
	<p><b><u>Wrap-Up discussion</u></b> - Andrew Jimmie and Kay Branch</p> <p>Kay Branch, ANTHC – another action item is the letter of support for National Resource Center, who is applying for another 3 year grant.</p> <p>Andrew Jimmie, ANTHC– if they get the grant does the committee benefit in any way?</p> <p>Kay Branch, ANTHC– No, there used to be funding assistance from them to ANTHC, but not anymore.</p>

TIME	AGENDA ITEM (PRESENTER):
	<p data-bbox="186 155 1808 188"><i>Andrew Jimmie, ANTHC – if there are no objections we will draft the letter of support from the committee. Kay will draft and Andy will sign.</i></p> <p data-bbox="186 217 667 250"><b><u>Topics for next meeting – Kay Branch</u></b></p> <ul data-bbox="235 282 974 375" style="list-style-type: none"> <li data-bbox="235 282 506 310">• Traditional Healing</li> <li data-bbox="235 315 974 342">• Comprehensive Elder Exam and IHS chronic care initiative</li> <li data-bbox="235 347 915 375">• Continuing half-day discussions on suicide prevention</li> </ul> <p data-bbox="186 407 1982 467">Would like to hear from committee if there are things in region that are going on in their regions that we could discuss at future meetings. Kay will also be contacting the tribal health directors for topics of interest.</p> <p data-bbox="186 500 1955 560">Andrew Jimmie, ANTHC– if anyone feels that this body can nominate someone for some kind of award, don't be afraid to let Kay know. Another one if you can make it is the Elder's conference in Tanana (Fairbanks). Have 44 villages, have 1 delegate from each tribe.</p> <p data-bbox="186 592 743 620">Thank you to Berda Willson for bringing snacks</p> <p data-bbox="186 652 1682 680">Motion to adjourn made by Berda Willson; seconded by Mary Schaeffer. Meeting adjourned at 2:24 pm on Friday April 17, 2009</p>