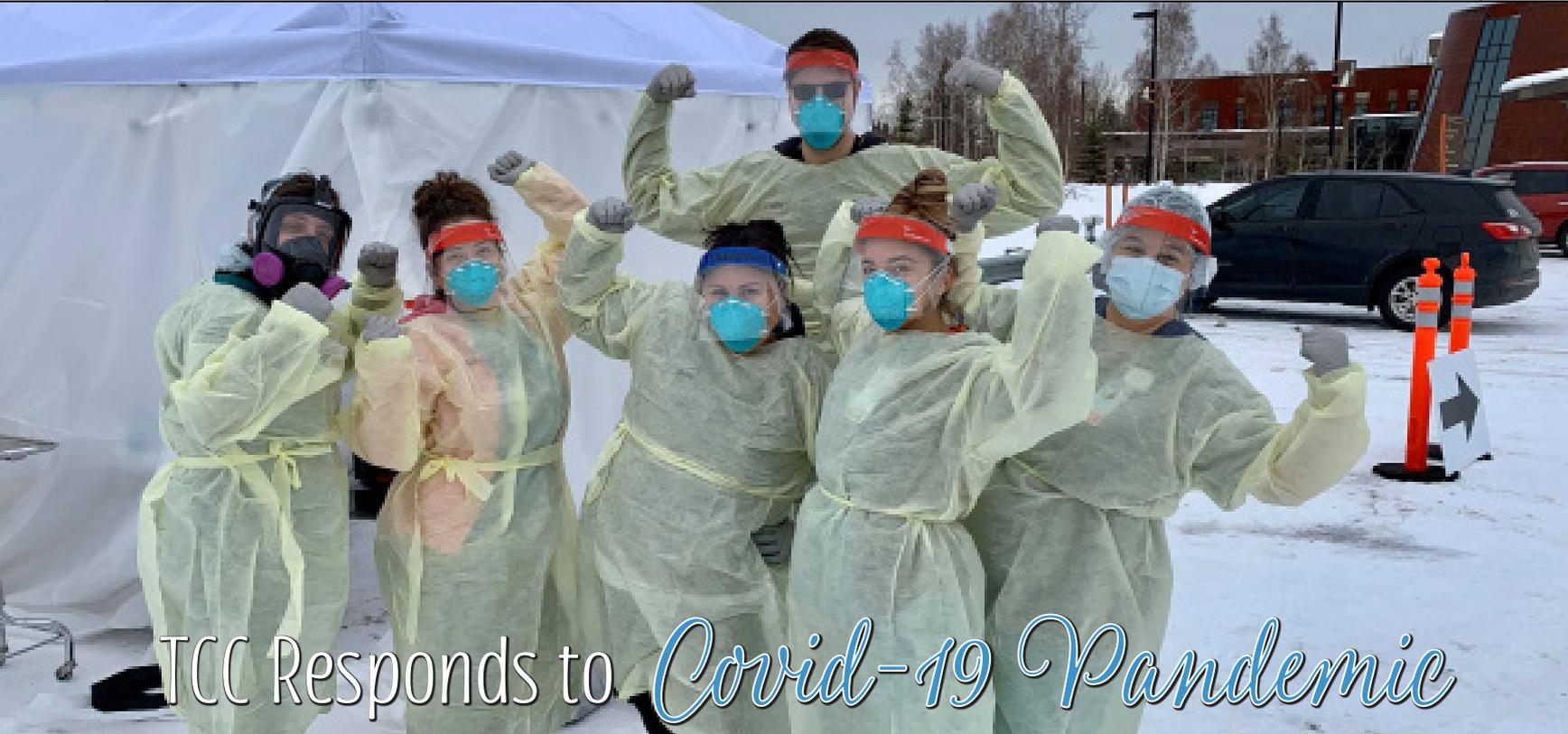


the Council

Vol. 45, No. 5

A REPORT TO THE MEMBER TRIBES OF TANANA CHIEFS CONFERENCE

May 2020



TCC Responds to *Covid-19* Pandemic

In response to the threat of COVID-19, tribes across the Interior have been issuing strict mandates to ensure community safety. This is not the first time the indigenous people of Alaska been faced with a pandemic. History has shown a virus can have devastating impacts to our rural communities. This is why tribes in the Interior are not taking chances when it comes to COVID-19 and Tanana Chiefs Conference (TCC) supports

them.

Before the first cases of COVID-19 came to Alaska, Interior Tribal leaders were anticipating the spread of the virus and did not hesitate to take immediate action. In early March, after encouragement from our medical professionals and numerous tribal leaders, our Executive Board of Directors made the decision to postpone our 2020 Annual Convention, making TCC one of the

first organizations in Alaska to cancel a major public event. As a precaution, TCC started the process of screening visitors, limiting access to our facilities, and allowing employees to work from home in early March. I would like to recognize our tribal leadership for their incredible foresight to prioritize the safety of our tribal members and employees.

CONTINUED ON PAGE 2

What to do if you are experiencing *Symptoms*

If you are experiencing any of the following symptoms;

- Temperature over 100 degrees
- Coughing
- Sneezing
- Shortness of breath
- Sore Throat
- Diarrhea
- Loss of/Change in taste and/or smell



DO NOT report to work and call your local clinic so they can evaluate your symptoms. TCC has a COVID-19 hotline for those who have any questions. Call 907-451-6682, Dial 9 OR Dial 1 to schedule an appointment for testing.

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MISSION STATEMENT

Tanana Chiefs Conference provides a unified voice in advancing sovereign tribal governments through the promotion of physical and mental wellness, education, socioeconomic development, and culture of the Interior Alaska Native people.

VISION

Healthy, Strong, Unified Tribes



Tanana
Chiefs
Conference

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TCC Responds to Covid-19

CONTINUED FROM FRONT PAGE



TCC hosts daily teleconferences with tribal leaders to provide information and support during this pandemic. While our nation in general faces difficulty with health care capacity, those issues will be tenfold if COVID-19 reaches one of our villages. Remote villages often do not have the necessary infrastructure to respond to the pandemic. To mitigate impacts, we are working with tribes to develop emergency response plans, identify quarantine locations, and provide advice on how to keep their communities safe.

With Ravn Air discontinuing operation, concerns arose about the transportation of freight into rural communities. I am incredibly grateful to our local airlines including Wrights Air, Everts, Ryan Air and 40-Mile Air, who in the midst of this pandemic, have demonstrated their commitment to Alaska by stepping forward so our tribes will continue to receive the necessary freight, supplies need to care for their people, and have agreed to transport samples from our villages to our clinic here in Fairbanks. They have also agreed to I am thankful these airlines have partnered with TCC and continue to offer the essential flights necessary to respond to the threat of the virus.

TCC has also prepared our rural Community Health Aides and Practitioners (CHA/Ps) with guidelines on COVID-19 testing, positive test follow-up protocols, and instructions for handling the unfortunate incident of a COVID-19 related patient death.

Although there have been no confirmed COVID-19 cases in any rural Interior community, the possibility that the virus will reach or has already reached our communities must be considered. The only way that we can flatten the curve, thereby reducing death and severe illness, is to practice social distancing. It is going to take all of our communities working together and looking out for one another in order for us to get to the other side of this.

One word that I use to describe Alaska Native people is "resilient." Our ancestors instilled resilience in us for thousands of years. In the face of pandemics, colonialism, boarding schools, and wars – our people, our culture, and our traditions have survived. And we will survive this too.

Ana Bassee
Victor Joseph
Chief/Chairman

STAY HOME.

For our Elders

For our Tribes

For our Culture

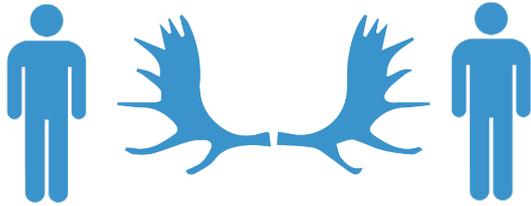
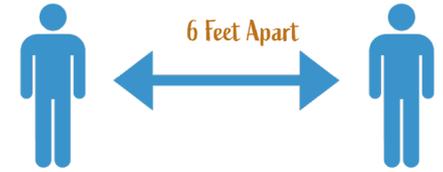
For our Future

in solidarity we stand
(6ft Apart)

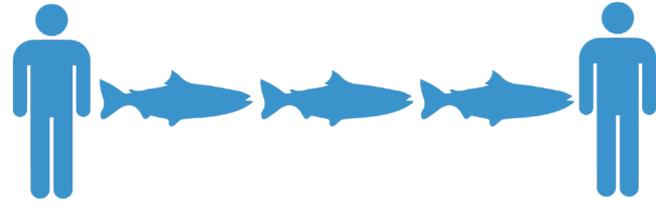
What is SOCIAL DISTANCING?

Social Distancing means making changes to minimize close contact with others.

- Avoiding crowded places and non-essential gatherings
- Avoiding common greetings like handshakes
- Limiting contact with people at higher risk (elders, those in poor health)
- Keeping a distance of at least 6ft from others



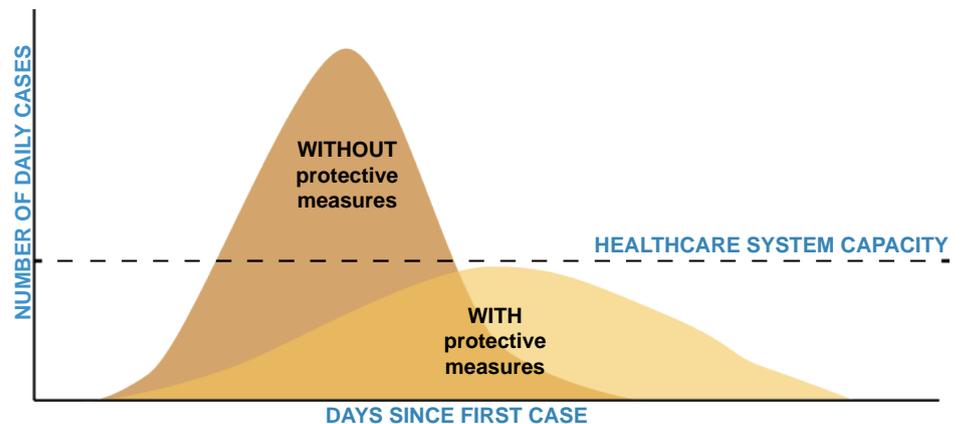
Maintain a distance of 6 feet from others, or imagine the length of moose antlers between you and another person.



OR imagine 3 full sized salmon between you and the other person to maintain safe social distancing.

Why is SOCIAL DISTANCING important?

Humans are the ones carrying the virus (often without realizing it), which means the virus will stop moving when WE stop moving. The goal of social distancing is to slow the virus down so that our healthcare system is not overwhelmed with too many patients. Too many patients with COVID-19 at one time could lead to unnecessary deaths that could have been prevented. This is why 'flattening the curve' is so important and social distancing is the only effective way to make this happen.



What does SAFE SOCIAL DISTANCING look like?

👍 SAFE

- Taking a walk or hike
- Going for a drive
- Yard work or playing in the yard
- Spring cleaning
- Reading, Watching TV or Listening to music
- Video chatting or talking on the phone
- Game nights (w/those who live in your home)

👎 NOT SAFE

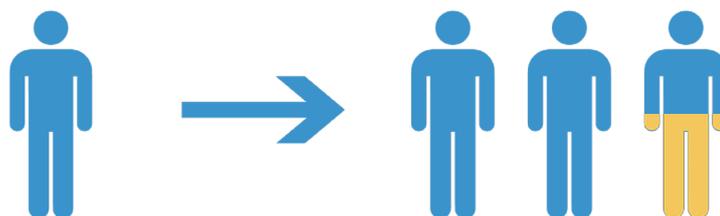
- Visiting friends & family in other homes
- Visitors in your home
- Play dates for your kids
- Hugging and shaking hands
- Being closer than 6ft from others
- Being in crowded areas
- Traveling (even to other village or cities within the state)

I'M HEALTHY do I need to social distance?

YES. The symptoms of COVID-19 can appear 2-14 days AFTER exposure to the virus. Reported illness has also ranged from mild symptoms to severe illness. This means that just because you might feel fine, doesn't mean you aren't a carrier of the virus and that you can't transmit it to a high-risk individual. Those infected with COVID-19 infect up to 2.5 individuals.

Infected Person

Average People They Infect



What You Need to Know About COVID-19



HOW IT SPREADS

The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within ~6ft.)
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

SYMPTOMS TO WATCH FOR

Reported illnesses have ranged from mild symptoms to severe illness and death for COVID-19 cases.

These symptoms may appear **2-14 days after exposure**:



Temperature over 100 Degrees



New Shortness of Breath



Cough or Sore Throat



New Diarrhea



Runny Nose



Changes in or loss of taste and/or smell

If you develop emergency warning signs, **get medical attention immediately**.

Emergency warning signs include:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

Who is Considered High Risk?

Based on available information to date, those at high-risk for severe illness from COVID-19 include:

- People aged 65 years and older
- People who live in a nursing home or long-term care facility
- Other high-risk conditions could include:
 - People with chronic lung disease or moderate to severe asthma
 - People who have heart disease with complications
 - People who are immunocompromised including cancer treatment
 - People of any age with severe obesity (body mass index [(BMI)] ≥ 40) or certain underlying medical conditions, particularly if not well controlled, such as those with diabetes, renal failure, or liver disease might also be at risk
 - People who are pregnant should be monitored since they are known to be at risk with severe viral illness, however, to date data on COVID-19 has not shown increased risk

When to Wash Your Hands:

- After blowing your nose, coughing, or sneezing
- After using the restroom
- Before eating or preparing food
- After contact with animals or pets
- Before and after providing routine care for another person who needs assistance (e.g. a child)



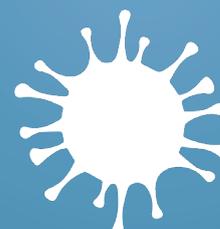
How Long Does COVID-19 Live on Surfaces?

AIR3 hours or longer

CARDBOARD.....24 hours

PLASTIC.....72-96 hours

STAINLESS STEEL.....72-96 hours



There are reports of exceptions to the above information in non-controlled settings.
(COVID-19 lasted 17 days on vacant cruise ships)

Tips on Cleaning and Disinfecting

CLEANING

Clean surfaces using soap and water. Practice routine cleaning of frequently touched surfaces.

Frequently touched surfaces include; tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.



DISINFECTING

Follow the instructions on the label to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label)
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.
- Diluted household bleach solutions may also be used if appropriate for the surface.
 - Check the label to see if your bleach is intended for disinfection, and ensure the product is not past its expiration date. Some bleaches, such as those designed for safe use on colored clothing or for whitening may not be suitable for disinfection.
 - Unexpired household bleach will be effective against coronaviruses when properly diluted.
 - Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.
 - Leave solution on the surface for at least 1 minute.

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
- OR
- 4 teaspoons bleach per quart of water
- Alcohol solutions with at least 70% alcohol may also be used.

How to Clean Your Cell Phone

- Turn off your phone and remove the case.
- Use pre-moistened sanitizing wipes OR wet a microfiber cloth or tissue with one of the following:
 - 50/50 rubbing alcohol and water
 - Disinfecting gel
- Wipe down both the front and back of the phone, and clean the case too!
- Use a Q-tip to clean smaller areas
- Let dry before turning your phone back on



Sanitizing your Mail

- Sanitize the surface/bag where mail will be held
- Leave paper/cardboard packaging alone for at least 24 hours (Not in freezing temperatures)
- Leave plastic packaging for at least 3 days
- Wash hands immediately after handling



I'm Sick What do I do?

- **STAY HOME.** People who are mildly ill with COVID-19 are able to recover at home. **DO NOT LEAVE**, except to get medical care. Do not visit public areas.
- **STAY IN TOUCH WITH YOUR DOCTOR.** Call *before* you get medical care. Be sure to get care if you feel worse or you think it is an emergency.
- **AVOID PUBLIC TRANSPORTATION.** Avoid using public transportation, buses, or taxis.
- **AVOID SHARING HOUSEHOLD ITEMS.** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **STAY AWAY FROM OTHERS.** As much as possible, you should stay in a specific 'sick room' and away from other people in your home. Use a separate bathroom if possible.
- **CLEAN AND DISINFECT.** Routinely clean high-touch surfaces in your 'sick room' and bathroom.

TCC Services Update

Due to the recent spread of COVID-19 in Alaska, TCC has had to adjust many of their services. Here you can find more information on what TCC is doing to limit the spread of COVID-19 in our community.

TCC Employee Health Monitoring

TCC has set several guidelines in place to ensure that our employees are safe and that we do not contribute to the spread of COVID-19. These guidelines include;

- Requiring staff that can work from home to do so
- Screening employees prior to entering facilities
- Employees working on-site must take their temperature twice daily and log that information
- Employees must also monitor their symptoms and call TCC's Employee Health program if symptoms develop

COVID-19 Drive Thru Testing

Drive-thru testing for COVID-19 is now available at the Chief Andrew Isaac Health Center (CAIHC) in Fairbanks.

The drive-thru is available by appointment only Monday-Friday from Noon-5pm.

Testing is open only to TCC beneficiaries and VA Patient who are already establish at CAIHC.

Chief Andrew Isaac Health Center (CAIHC)

The temporary new hours for CAIHC is Monday-Sunday 8am-5pm. Please call the clinic prior to visiting at 907-451-6682 ext.1.

NO visitors are allowed at the clinic, only those who have scheduled appointments or an urgent care need. Visitors will need to enter through our front main entrance where they will be screened.

Urgent Care – Available by walk-in access



Appointments – In-Person appointment are available if absolutely necessary. Otherwise, they will be conducted via telephone or telemedicine.

Eye Clinic – Optical is closed for routine orders, adjustments and repairs. Re-orders of glasses and contact lenses may be done over the phone. If you have an order for glasses or contacts ready for pickup, we will gladly mail them to you. If you have an eye emergency please call 907.452.8251 ext 3220 to be screened before coming into the clinic.

Laboratory – TCC has set up a Laboratory Blood Draw outside of the clinic, which is available via appointment only. The Laboratory will be open Monday-Friday, 8:00am-4:00pm with blood draws being conducted every 30 minutes.

Immunizations – If needed, CAIHC can do adult immunizations, but they will have to be done by appointment.

Pharmacy – In an effort to limit the amount of visitors in our pharmacy – patients will have the option to have their medications mailed to them OR to use our Pharmacy Pick-up location outside the clinic. Learn more about requesting refilled at <https://www.tananachiefs.org/pharmacys-refill-pro-guide/>

Women's Health/OB Clinic – These services will be temporarily located at the Al Ketzler Sr. Building at 201 1st

Ave. Patients will be called 1-2 days prior to their appointment to ensure they are not experiencing respiratory symptoms.

Pediatrics/New Born – These services will be temporarily located at the Al Ketzler Sr. Building at 201 1st Ave. Visits will be by appointment only. This is extremely important in order to protect children from other communicable diseases during this time.

Chief Peter John Tribal Building (CPJTB)

All non-essential services at the CPJTB have been closed. Hours are Monday-Friday 8am-5pm. Call 907-452-8251 for more information.

Behavioral Health – Behavioral Health care is open for *crisis only*. Patients who need to speak to someone may call 907-452-8251 ext.3800. If this is a Behavioral Health Emergency please call 907-452-8251 ext.3800 and dial 2 to speak to a crisis intervention specialist.

Tribal Enrollment – Tribal enrollment is available to issue tribal IDs by appointment only. For those wanting to submit an applications, please do so by mail or by e-mailing Tribal_Enrollment_Dept@tananachiefs.org

Building Access – Access is limited to TCC employees and those with pre-existing appointments. Everyone will be screened upon entering and access is limited to the North Entrance.



Employees on the Frontlines of COVID-19

April 27th-May1st is Patient Experience Week and TCC wanted to highlight some of the work of our amazing staff who have adapted and meet the challenges of the COVID-19 pandemic head on,

Our staff have been on the frontlines of the pandemic, making adjustments to our health processes to ensure the health and safety of both our employees and patients.

Recently, we received a few comments regarding the services at TCC:

“I just wanted to let you guys know of some compliments I’ve heard about everyone’s hard work on all the COVID planning. One of my friends at public health told me that she was really impressed with how quickly and how well our clinic adapted to the COVID. She thought that we were more of the

leaders in the community with how quickly and thoroughly we responded.”

“Also at my Doctor’s office yesterday, I was talking to their front desk person who is a beneficiary. She could not say enough good things about how organized the clinic was for the COVID testing and for her to pick up her medications from the pharmacy. She said that she usually has something to complain about when going there, but she had her COVID test done at the drive thru and thought that she got her results very quickly and efficiently. She also had to get medications, which she was really happy that she was able to get them brought to her car. She repeated over and over how impressed and happy she was with the service.”

Thank you TCC Employees!



WELCOME! Marilyn James

My name is Marilyn James and I’d like to introduce myself to you all as your new Patient Navigator and member of the Patient Experience team here in Fairbanks at our Chief Andrew Isaac Health Center location! To let you all know a little bit about me I am Gwich’in Athabascan from the native village of Fort Yukon which is located about 15 miles above the Arctic Circle.

Growing up I had the opportunity to spend my time equally here and in the village which I believe gave me a better perspective on the rural and urban difficulties our people face today and a better understanding on how to address them- whether it be in the health care field, within the community or our own self-reliance. I full-heartedly believe that we, as Alaskans, have some of the strongest communal support and knowledge of our land that we are capable of resolving our own issues within our people. I am very excited to start my new journey with Tanana Chiefs Conference and am looking forward to hearing from the people in each one of our communities! Mahsii Choo’



Are You Traveling to ANMC?

Confirm your Housing!

All guests are required **to confirm their housing** location prior to arrival!

Follow this checklist to **confirm your stay:**

- Call 1(866) 824-8140 to make and confirm your reservation
- Request your **preferred lodging location**
- **Check in** to your confirmed location when you arrive
 - Pick up **meal cards** at Patient Housing if staying on campus and at an off campus location who does not provide meals



For more information, contact
Kristy Supsook
TCC Patient Advocate at ANMC
907-687-9193
Toll Free 1-800-478-6682 ext. 3604
kristy.supsook@tananachiefs.org

Don't Forget to Participate in the 2020 Census!

We know that there is a lot going on right now, but with many of us self isolating at home it's the perfect time to complete the 2020 Census!

the funds your community and other service organizations like TCC receive are determined by the Census count.

By completing the Census, you are helping to; determine how many seats your state gets in Congress, guide how more than \$167 million in federal funding is distributed to states and communities, create jobs, provide housing, prepare for emergencies, and build schools, roads and hospitals. **Your information is completely secure!**

The Census Bureau is required by law to protect any personal

information collected and keep it strictly confidential. By law, your census responses cannot be used against you by any government agency or court in any way.

Who should you include when filling out your census information?

- All children who live in your home, including grandchildren, nieces and nephews.
- Children who split their time between homes, if they are living with you on April 1st, 2020
- Newborn babies, even those who are born on April 1st, 2020, or who are still in the hospital

What If There Is A Child Living In A Home Who Isn't Supposed To Be There?

People living in places that they aren't allowed (for example, grandparents in a seniors-only residence that have grandchildren living with them, a family with more people, including children, than the lease allows, etc.) should be included in the census because the Census Bureau does not share information. This means any information provided to the Census Bureau cannot be used or shared for any other purpose than the census.

Join us in making sure that EVERYONE is counted during this year's 2020 Census.

3 Ways to Participate in the 2020 Census!



BY PHONE

by calling
844-330-2020



ONLINE

my2020census.gov



BY MAIL

You should have received a letter in the mail to complete and return.

About Postpartum Depression

Postpartum depression can be similar to symptoms of depression but it is more intense. Postpartum depression may last longer than what is referred to as "baby blues" which may include worrying, sadness, and tiredness after having a baby. Postpartum depression if left untreated can be dangerous and lead to psychosis. Postpartum Depression is common and treatable

According to CDC research 1 in 9 women experience symptoms of postpartum depression.

Symptoms of Postpartum Depression (not limited to):

- Crying more often than usual or excessive
- crying for long periods of time for seemingly
- no reason.
- Drastic changes in mood that go from calm to
- irritable frequently.
- Easily angered or irritated.
- Withdrawing from loved ones.
- Feeling distant from your baby.

- Overeating or loss of appetite.
- Thinking about hurting yourself or your baby.
- Doubting your ability to care for your baby.

What should you do if you think you are experiencing symptoms?

- Take note of signs
- Record dates and times
- Watch for patterns and compulsions
- Make an appoint with your physician
- Ask about treatment options including medication and therapies
- Seek out support from support groups and online forum

If you are experiencing symptoms of depression please seek help from your health care provider as soon as possible. Having a baby is challenging and every woman deserves support. You are not alone. Check out these websites for

more information on postpartum depression

- <https://www.cdc.gov/reproductivehealth/features/maternal-depression/>
- <https://www.postpartumdepression.org/postpartum-depression/signs/>

Resources

- Chief Andrew Isaac Health Center
- Tanana Chiefs Conference Behavioral Health 1-800-478-7822 x3800
- Alaska Careline 907-452-4357 or 1-877-266-4357 text 4help to 839863
You can also download the Alaska Careline App on a mobile device
- National Suicide Prevention Lifeline – 1.800.273.TALK (8255)
- Resource Center for Parents and Children (RCPC) – Parenting Hotline 907-456-9099

By Ashley Powe
Zhiiniidzelt'aey Project

Addiction Services at TCC

The TCC Addictions program at provides substance use services to our beneficiaries across the region. We have worked closely with the BHAs and health aides in the villages to get our clients set up for telehealth services through group and individual sessions. Even in the current pandemic, we have ensured that we keep lines of communication open for our clients and keep our groups open via telehealth. Our dedicated staff go above and beyond to help our clients succeed.

Our core programs consist of early intervention, regular outpatient and intensive outpatient services. We also provide anger management, co-occurring services, medication assisted treatment, and a domestic violence curriculum.

We are the sole provider of behavioral health and addictions services in our rural locations. In Fairbanks we partner with Fairbanks Native Association, whom provide similar services.

Services We Offer:

Level 0.5 Early Intervention:

- Sometimes called the “driving class”
- ASAP (FASAP) Often a requirement from the court if sited for a first time DUI. This is a two day, 12-hour class that we offer quarterly.
- This level of care is offered via tele-health, or in person when we are operating under normal circumstance. Now due to Covid-19 these groups are offered via telephone or telehealth.

Level 1.0 Regular Outpatient Treatment:

- This level of care would be offered via tele-health, or in

person when we are operating under normal circumstance. Now due to Covid-19 these groups are offered via telephone or telehealth.

- Typically up to seven hours weekly including group and individual sessions. This program is 16 weeks long, dependent on variances such as client attendance and engagement.

Level 2.1 Intensive Outpatient Treatment:

- This Level of care would be offered via tele-health, or in person when we are operating under normal circumstance. Now due to Covid-19 these groups are offered via telephone or telehealth. This program requires a minimum of 9 hours weekly consisting of group and individual sessions and may span between 16 weeks and 6 months, dependent on individual variances such as the type of groups, client attendance, and engagement.

Anger Management Treatment:

Both in the 2.1 and 1.0 Levels of care:

- This course is offered to clients who have not been charged with Domestic Violence and are offered via tele-health, or in person when we are operating under normal circumstance. Now due to Covid-19 these groups are offered via telephone or telehealth. This course requires 12 weekly, one hour sessions in a group or individual setting, depending on individual needs.
- Typically 12 weeks long depending on client’s attendance and engagement in session.

Co-Occurring services: Embedded into the program is a co-occurring clinician. The purpose of a co-occurring clinician is to provide comprehensive, wrap around services to clients who may be experiencing a mental health condition along with a substance use disorder. A client may benefit from this service if they have an underlying mental health condition while seeking addiction services or if they develop mental health symptoms along the way. The co-occurring clinician provides psychotherapy services to clients who may be experiencing anxiety, depression, effects of trauma or other mental health conditions. This position is a collaborative effort to create a team approach to care and provide the client with mental health services that are all inclusive to fit each client’s individual needs while they access addictions treatment.

The Medication Assisted Treatment (MAT) Program

provides group and individual sessions via tele-health, for clients who have a diagnosis of opioid use disorder, and would like to engage in behavioral health services and medication. Behavioral Health and Chief Andrew Isaac are in constant contact in order to proceed with providing medication to the clients, while operating within health and safety parameters.

The STOP Domestic Violence program

teaches skills, techniques, options and plans for better relationships. Perpetrators of domestic violence can gain the tools to identify the underlying causes and physical cues of anger and methods to interrupt the escalation to avoid violence and aggressive behavior. STOP also has a focus on clear and effective communication.

Find Out How We Can Help You!

If you or someone you know is interested in these Services contact

Behavioral Health

(907)452-8251 ext. 3800

and speak to an early intervention staff today!

Give Kids a Smile

February is recognized as National Children's Dental Health Month. For the first time this year Tanana Chiefs Conference (TCC) participated in Give Kids a Smile, a national program from the American Dental Association that helps to provide dental care to children and increase community education. TCC Dental had a modified -amped up- version of our "Children's Dental Clinic", completing exams, cleanings and other preventive treatment for TCC patients ages 1-18. The children were also able to participate in games, coloring and



face painting. A majority of the TCC dental providers, hygienists, and auxiliary staff participated, allowing us to see twenty eight patients in one morning which is more than double what is usually seen during a typical Children's Dental Clinic. We hope to continue our participation in the future.

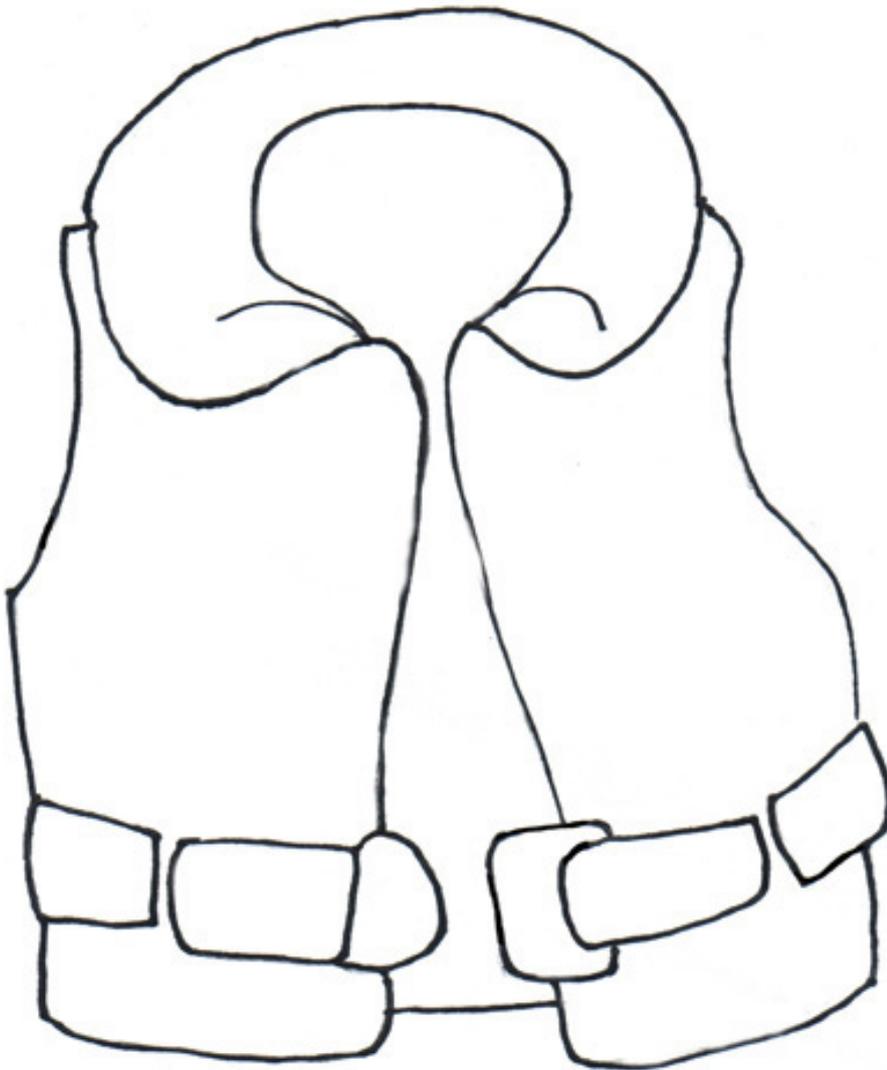
A child's oral health is important year around and care shouldn't stop after the month of February. Some important information about cavities and kids:

- Cavities are still one of the top,

chronic infectious diseases in the United States.

- Cavities can start as soon as the first tooth makes its appearance!
- It's recommended a child's first dental appointment be scheduled as soon as the first tooth has arrived and no later than their first birthday.
- Don't send a child to bed with a bottle of milk or juice. Give water only or no bottle, if possible.
- Try making brushing fun to help with the struggle: listen to or sing a song while brushing, involve a reward, adults and children brush together to encourage good habits.

Kids Coloring Activity



Boating Safety

Remember to always wear your life jacket when around water.

For more information on Health & Safety please contact:

Division of Wellness & Prevention
Health & Safety Program
907.452.8251 ext 3584 •
1.800.478.6822

prevention@tananachiefs.org



WEAR IT!

Tips for *Self Care*

Caring For Yourself In The Face of Challenging Times

By Roxanne Frank
Reclaiming Our People Program

In the midst of the coronavirus outbreak, many of us are encouraged to stay home and other to work from home. For many this virus has disrupted our daily routine. This builds resiliency within ourselves staying home and work during crisis. Resiliency helps us to recover from difficult situations and is important for

health.

When we maintain our energy on, physical, emotional, mental, and spiritual; making sure we keep them in the right balance. Having balance allows us to keep our cool in the face of stress and prevent buildup that can lead to burnout or physical problems.

So here are tips:

1. Get enough sleep.
2. Get enough to eat.
3. Vary the work that you do.
4. Do some light exercise.
5. Do something pleasurable.
6. Focus on what you did well.
7. Learn from your mistakes.
8. Share a private joke.
9. Pray, meditate, or relax.
10. Support a colleague.

Secondhand *Smoke*

Secondhand smoke (SHS) can remain in the air for hours and is involuntarily breathed in by anyone nearby. Classified as a known cancer in humans by the Environmental Protection Agency (EPA).

SHS is known to cause approximately 41,000 deaths every year in people who don't smoke, as well as a variety of diseases and respiratory problems.

SHS is a serious health hazard to adults and children alike. It's the third leading cause of preventable death in the United States. The most vulnerable populations are our children and our elders.

SHS exposure is especially dangerous to children because their lungs are still developing- from birth to age 8 their lungs grow 300%. Their lungs grow less than children who do not breathe SHS. Studies show that older children whose parents smoke get sick more often.

Children who are exposed to SHS are at a higher risk of developing asthma. Even brief exposure can trigger an asthma attack in a child. Children with asthma who are around

SHS have more severe & frequent asthma attacks. A severe asthma attack can put any life in danger.

Children of parents who smoke half-a-pack or more are nearly double the risk of hospitalization for a respiratory illness. Exposure to SHS increases both the number of ear infections a

child will experience and the duration of the illness.

Children of parents who smoke also have fluid in their ears more often and have more operations to put in ear tubes for drainage.

Even in public SHS exposure, children have an increased number of colds and sore throats.

Secondhand smoke (SHS) can remain in the air for hours and is involuntarily breathed in by anyone nearby.

In children under two exposure increases the likelihood of bronchitis and pneumonia.

Babies exposed to SHS are at a greater increase of Sudden Infant Death Syndrome (SIDs).

SHS exposure in pregnant women is just as harmful to the fetus as if the mother were smoking herself. Pregnant women regularly exposed are more likely to have low-birth weight babies, preterm delivery, or even birth asphyxia (brain damage or death).

Children of mothers who smoke during pregnancy are more likely to suffer behavioral problems such as hyperactivity than children of non-smoking mothers. Modest impairment in school performance and intellectual achievement has also been demonstrated.

For every 8 smokers who die from smoking, 1 NON-SMOKER dies from SHS.

There is no risk-free level of SHS; even brief exposure can be harmful.

By Frank Yaska

TCC Tobacco Prevention

Art Contest

From TCC Prevention Through Wellness (SPF PFS) Project

Students can create an image, slogan, logo, song or video for the contest. This art contest doesn't have to be a drawing, it can be a video, snowman, picture, clay creation, a Tik-Tok video and much more. You are in control of the creation!

All art pieces must contain a person, activity or thing related to Wellness in their own community.

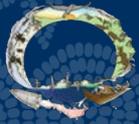
All entries must be submitted to autumn.cantu@tananachiefs.org with their name, age, village, and grade the student is in. Prizes will be given for 1st place, 2nd place, and 3rd place.

All entries must be postmarked by May 30, 2020. This is the official close of the contest. Entries postmarked after this date will not be considered.

For more information on the art contest please contact:
Autumn Cantu, Prevention Coordinator

907.452.8251 Ext. 3056
1.800.478.6822

To find out how your tribal council can help your community from SHS exposure in tribal buildings contact TCC Tobacco Prevention!
We specialize in technical assistance in Tobacco-Free Tribal Resolutions.



Tanana
Chiefs
Conference

THE COUNCIL NEWSLETTER

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Letters to the Editor, other written contributions and photo submissions are welcome. However, space is limited and program-oriented news has priority. We reserve the right to edit or reject material. Letters and opinions are not necessarily the opinions of Tanana Chiefs Conference.

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WWW.TANANACHIEFS.ORG

Village Vacancies

- Behavioral Health Aide (Tetlin)
- Community Health Aide/Practitioner (Alatna, Chalkyitsik, Circle, Helay Lake, Manley Hot Springs, Rampart, Ruby, Stevens Village)
- Community Health Aide/Practitioner – Itinerant (Tetlin)
- Community Health Representative (Allakaket)
- Elder Nutrition Cook (Allakaket, Ruby)
- Family Visitor (McGrath)
- Itinerant Clinician – SOC (Galena)
- Mid-level Practitioner (PA or NP) (Tok)
- Substitute Elder Nutrition Cook (Chalkyitsik, Kaltag, McGrath, Nikolai, Rampart, Ruby)
- Tribal Administrator (Alatna, Koyukuk, Venetie)
- Tribal Family Youth Specialist (Alatna, Koyukuk)
- Village Public Safety Officer (Allakaket, Circke, Eagle, Fort Yukon, Grayling, Holy Cross, Huslia, Nulato, Ruby, Tanana, Venetie)

Fairbanks Vacancies

- Acupuncturist
- Behavioral Health Assessment Clinician
- Certified Medical Assistant II
- Coordinator/Instructor Mid-Level Practitioner
- Instructor-CHAP Training Center
- Lab Director
- Medical Laboratory Technician
- Nurse Practitioner - Primary Care
- Physician Assistant - Primary Care
- Rural Clinical Supervisor
- Tribal Government Specialist I

Region- Wide Vacancies

- Community Health Aide/Practitioner

JOB LISTED WERE OPEN AS OF November 2nd, 2017

UPCOMING MEETINGS/EVENTS

Legacy of Our Elders Premieres

Every Friday • 7:00pm • Online at www.tananachiefs.org/live
Since we were unable to debut the Legacy Of Our Elders volumes this year for convention, we will be hosting Friday 'Movie Nights' online to release a new Legacy interview for everyone to watch while isolating at home!

TCC CLOSED
May 25, 2020 • Memorial Day

**Smoking and E-Cigarette
use affect your body's
ability to fight respiratory
infections.**

**Smokers, and vapers are at greater risk
when confronted with the coronavirus.**

JOIN THE MOVEMENT! QUIT TODAY!

Call Alaska's Tobacco Quit Line

1-800-QUIT-NOW

or text READY to 200-400



Division of Wellness & Prevention
TOBACCO PREVENTION
prevention@tananachiefs.org