

A NEWSLETTER FOR THE EMPLOYEES OF THE ALASKA NATIVE TRIBAL HEALTH CONSORTIUM

# CONNECTOR

JUNE/JULY 2019



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# WORKFORCE WELLNESS INITIATIVES ENCOURAGE HEALTHY HEALERS

**“Take care of yourself first before you take care of others,” Rita Blumenstein, Tribal Doctor.**

Throughout February, nearly 140 nurses from the Critical Care Unit (CCU) participated in Healthy Healers sessions. This eight-session, interactive course supports staff to reduce burnout from patient care. Healthy Healers, a curriculum customized for front-line health aides, has been adapted for other health care professionals working with Alaska Native and American Indian people.

“We believe, and Elders teach, that culture heals. Honestly, no matter what culture you come from it is proven that activities such as dancing, singing, drumming, Native arts and crafts contribute to healing. For Alaska Native people, we were once very healthy and thriving through connection to the land, relationships, traditions and values,” said Tina Woods, Senior Director of Community Health Services.

The course is part of ANTHC’s workforce wellness initiative, which is working to generate a culture change across the campus about the importance of prioritizing self-care habits. The group’s efforts aim to help staff understand the effects of stress, adverse childhood experiences (ACEs) and post-traumatic stress; and to establish a resilient trauma informed workplace that promotes improved communication, empathy and staff retention.

## Wellness through arts

Ilona van der Ven, a registered nurse on the CCU, was part of the Healthy Healers sessions and approached Dana Diehl, Director of Wellness and Prevention, to share a project she developed for her unit.

The CCU Staff Wellness Program focuses on wellness through arts. They host bi-monthly workshops in breakrooms on day and night shifts that take 10-15 minutes. The workshops can be anything from creating a bowl from clay, learning about varieties of Alaskan tea, painting, or making a drum. Additionally, van der Ven said they will incorporate Alaska Native and Alaskan culture into their workshops.

“In those moments we are taking the time to care for ourselves, ensuring a mental break, and facilitating a time to pause,” she said. “If we want to fulfill our vision that the Alaska Native people are the healthiest in the world, we have to ensure we are taking the adequate measures to take care of our staff as well!”

Shorter workshops in the breakrooms give staff opportunities to participate when they don’t always have time to fully digest and reflect of the stressors of their day.

“We experience morally distressing situations that can amount to secondary trauma, with little time to pause in between incidents, leading to compassion fatigue and burnout,” van der Ven said. The project is in early phases and they are working diligently to ensure its success in the CCU before implementing across the Alaska Native Health Campus.

Community Health Services takes requests for the Healthy Healers training from anyone on the campus. Their department has trained staff in both the medical and non-medical fields. CHS has also worked with other Tribal health organizations to facilitate a training for trainers. For more information or to set up a training for your department, please contact Dana Diehl, Director of Wellness and Prevention, at [dadiehl@anthc.org](mailto:dadiehl@anthc.org).





## Visit ANTHC Hub

### The new intranet home for ANTHC employee news and events

In April, ANTHC Marketing and Communications launched ANTHC Hub, the new employee home site for current employees to get news and information. The Hub, accessible at [anthcstaff.org](http://anthcstaff.org) replaces the news feed that had been known as ANTHC Today and iConnect at [home.anthc.org](http://home.anthc.org) and offers a new event calendar feature. This new page is designed as a central place to get where you need to go and connect with the networks that you need to do your job. And it's now easier for every employee to submit news and calendar items! If you have news or an event to share with your fellow employees, visit [anthcstaff.org](http://anthcstaff.org) to start the process.

#### Why did we change the ANTHC intranet news feed?

Web technologies have evolved dramatically since ANTHC first launched its intranet news feed and our old site simply couldn't keep up. We've evaluated how ANTHC employees get the news and information they need and redesigned our site from the ground up. The new format also allows us to present graphically rich pages that scale to any screen size, from mobile devices to desktops, and make news available even when you are not connected to the ANTHC network.

The Hub

Your source for ANTHC employee news and events

Visit [anthcstaff.org](http://anthcstaff.org)



## Share news and events with fellow employees at [anthcstaff.org](http://anthcstaff.org).

### Also new: ANTHC Hub Recap, the weekly email for employee news

Employee feedback let us know that we needed to reduce the amount of emails. The redesigned news feed, featured stories carousel and easier format for employees to submit news content will make it easier to see what is new at ANTHC without needing to receive a daily email. The new email bulletin for employee news, the ANTHC Hub Recap, is sent to all employees twice a week on Tuesdays and Thursdays with the top information. The email also links to the full news feed.

### Tell us what you think

Most importantly, ANTHC Hub is just beginning its life! We have worked to make this site as useful as possible and we want to keep on improving it, so we would love to hear what you think. Email us at [anthcwebsite@anthc.org](mailto:anthcwebsite@anthc.org), or look for the new weekly ANTHC Hub Recap newsletter to keep up with what's new.

## HINTS AND TIPS

### Links

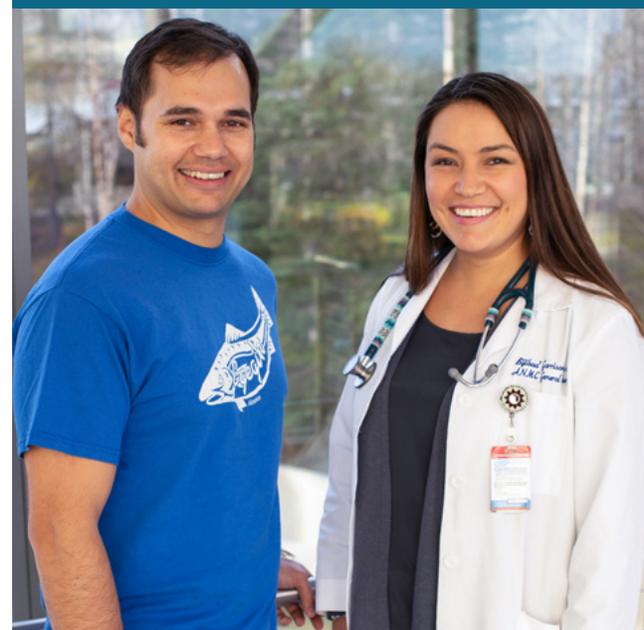
Information for news and campus events are available on the ANTHC Hub, as well as some frequently accessed networks, site pages or downloads. Other popular links and shortcuts may only be available when your device is connected to the ANTHC network for security purposes; these links are marked with a padlock icon. All pages on ANTHC SharePoint are only available on the ANTHC network. Navigation links to ANTHC SharePoint are at [share.home.anthc.org](http://share.home.anthc.org).

### Home page rotating stories

The home page carousel showcases some of the most recent – or most important – news from the full news feed. The images will automatically rotate through a sequence of 3-5 features. To access more information, click anywhere on the large images or on the “Read More” text.

### Home page alerts

Periodically, if there are more important things to note, such as work operations notices or campus safety alerts, an alert banner will appear at the top of the page with links for more information. Follow-up emails may also be sent to all staff.



# EMPLOYEE ASSISTANCE PROGRAM

Occasionally employees can run into issues that ANTHC's Employee Assistance Program (EAP) may help with. The EAP is a confidential, prepaid assessment and counseling service designed to provide staff and their family with assistance in managing everyday concerns.

EAP can assist with people who are feeling:

- Job or work stress
- Parenting issues
- Alcohol or drug dependencies
- Burnout
- Marital or relationship problems
- Anxiety or depression
- Anger management
- Coping with change
- Self-esteem issues
- Grief or bereavement

Call the EAP any time you need help working out a personal problem. The philosophy of the EAP is that problems are most effectively handled before they become serious. The key is to get assistance as soon as a problem begins affecting your work or personal life.

The ANTHC Employee Assistance Program (EAP) number is 1-800-964-3577. The EAP is a confidential workplace service that assists employees with personal life stressors, work stressors, relationship problems, drug or alcohol problems, and legal concerns. This is a confidential phone call to discuss your personal problems and receive referrals for ongoing care.

As part of our strategic objective to be an employer of choice, we encourage staff to make work-life balance a priority. Please visit the SharePoint Human Resources page for more information on all the services and benefits available to staff <http://share.home.anthc.org/cbss/hr/benefits/SitePages/Home.aspx>.

To register, visit:

**GuidanceResources.com**

**WebID: HLF902**

**Company name: ABILI**

For more information on the EAP, visit:

<http://share.home.anthc.org/cbss/hr/benefits/SitePages/EAP.aspx>





## JOLENE CHIKIGAK EARNS IHS PHARMACY TECHNICIAN OF THE YEAR

When the call for nominations came out for Indian Health Service Pharmacy Technician of the Year, a large number of fellow employees at ANTHC thought of the same person: Jolene “JoJo” Chikigak.

Chikigak is a certified pharmacy technician and currently serves as the Pharmacy Compliance Technician for ANMC. She is the first technician to fulfill this new role for the organization and she continues to elevate the bar in the position. While her hard work, dedication and zeal for learning stand out as national-award worthy, it’s the commitment to her team with enthusiasm and innovation that stand out to her coworkers and supervisors on a daily basis that earned her the IHS Pharmacy Technician of the Year award.

“I could not be prouder of Jolene and her accomplishments,” said Kara King, ANTHC Director of Pharmacy. “Her enthusiasm and loyalty to our mission and to the Alaska Native community she serves is inspiring to those around her.”

“At ANMC, I’ve worked in the outpatient pharmacy, then Mediset, filling in for inpatient occasionally. Eventually, I moved into my current position where I get to work with different departments and I love what I do! I look forward to coming to work and experiencing something new every day,” said Chikigak.

Jolene received her award in Phoenix, Arizona, on Saturday, April 13.

# STAFF AWARDS

**Dr. Ellen Provost** was the 2019 recipient of the Dr. Anne P. Lanier Meritorious Health Service Award as well as the American Medical Association’s Nathan Davis Award for Outstanding Public Servant at the state level.

**Dr. Paul Forward**, ANTHC Regional Provider Network, Top 40 Under 40 winner.

**The ANTHC Child Development Center** won the 2018 Design Excellence Honor Award, which is the top project award given from the American Society of Interior Designers (ASID) Alaska chapter.

**Birth dose hepatitis B rates for ANMC babies** earns ANTHC distinction among Alaska’s health providers.

**ANMC** reverified as Level II Trauma Center.

**ANMC** receives Baby-Friendly birth facility designation.

At the recent Alaska Pharmacists Association Annual Convention, an award ceremony recognized pharmacists and technicians throughout the Alaska, pharmacists and technicians working in Tribal health facilities received four out of the five awards:

- The Pharmacy Technician Award recipient was **Brian McKnight**, Pharmacy Technician III at ANTHC’s Internal Medicine Ambulatory Pharmacy.
- The Excellence in Innovation Award recipient was the **ANTHC Inpatient and Infusion Pharmacy Optimization Team**: Anne Marie Bott, Ashley Schaber, Kris Swinney, Angela Hallock, Kara King, Christina Eldridge, Kathy Crowther, Alicia McDonald and Kris Auza.
- The Distinguished Young Pharmacist Award recipient was **Michelle Vaughn**, pharmacist at Ethel Lund Medical Center in Juneau until December 2018.
- The Distinguished Alaskan Pharmacist Award recipient was **Mike Beiergrohslein**, Senior Integrated Pharmacist at Southcentral Foundation’s Anchorage Native Primary Care Clinic.



# ANTHC LEADERSHIP THANKS HOSPITAL STAFF

Staff at the Alaska Native Medical Center provide excellent care to our patients and their families. ANTHC thanks you for all you do to keep our people healthy through your quality care, innovation and leadership.

To show their appreciation for our staff at ANMC, ANTHC leadership took time to record video messages that thanked ANMC nurses during National Nurses' Week and all hospital staff during National Hospital Week.

View the video at [anthc.org/ThankYou](http://anthc.org/ThankYou).

Executives that appear are Roald Helgesen, CEO and Hospital Administrator; LeeAnn Garrick, Vice

President, ANMC Administrative Services; Tracy Runyan-Traylor, Associate Chief Nurse Executive; Dr. Jason Capo, Orthopedics Medical Director; Dr. Holly Alfrey, Chief Medical Officer; Karlan Hoggan, Vice President, Medical and Multi-Specialty Clinics; Dr. Renee Steffen, Chief Nurse Executive; Tammy Weaver, Principal Director, Medical and Multi-Specialty Clinics; Dr. Tina Woods, Senior Director, Community Health Services; and Sadie Anderson, Director of Nursing, Inpatient Surgical Services.

Additionally, ads thanking our staff ran on local television stations KTVA and KTUU, as well as online advertisements on those channels, YouTube and Anchorage Daily News.

## OUR EXCEPTIONAL WORKFORCE April, May and June Work Anniversaries

### 20 Year Anniversaries

Robert Morris	Materials Management Supervisor
Lori Brink	Program Manager
David Dexter	Physician Hospitalist
Susan Miskill	Professional Land Surveyor Manager
Robert Anderson	Manager Computer Programmer Analyst

### 15 Year Anniversaries

Linda Barrett	Principal Medical Billing Specialist
Lisa Bernstine	Inpatient Professional Services Coder
Kalani Parnell	Director of Organizational Development
Amanda Pokrandt	Infection Control Preventionist
Margaret Yarbrough	Knowledge Manager
Howard Katz	Physician - Radiologist
William Fraser	Manager Design Services
Dorothy Notti	Inpatient Professional Services Coder
Joan Louise Deleon	Laboratory Supervisor
Joyce Charles	Program Assistant I
Jennifer Reesman	Clinic Nurse Coordinator
John Carothers	Clinical Quality Analyst
Marion Silcott	Security Officer II

### 10 Year Anniversaries

Raymond Stastny	Director of Hospital Financial Operation
Christopher Mercer	Senior Engineering Project Manager
Dawn Yates	Supervisor of Customer Experience
Angela Gill	Speech and Language Pathologist
Travis McGlohn	House Supervisor (Nursing)
Kimberly Chancey	Health Facilities Electrical Engineer IV
Charlene Walker	Director of Outreach and Enrollment
Dionne Engler	Outpatient Coding Specialist III
Douglas Migden	Physician Emergency Medicine
Jacob Bell	Community Health Consultant
Roger Harritt	Cultural Resources Manager
Jennifer Smith	Registered Nurse III NCI Pediatrics
Mary Holmes	CT MRI Technologist I
Kirsten Chadbourne	Registered Nurse II
Andrea Moses	Registered Nurse IV NCI Surgery
Jack Smrdel	Laboratory Supervisor
Sheldon Farquhar	Emergency Department Medical Clerk

### 5 Year Anniversaries

Erica Lekanof	Orthopedic Certified Medical Assistant III
Brenda Lutz	Organizational Change Coordinator
Damon Hannibal	Biomedical Equipment Repair Specialist
Catherine Cartee	Registered Nurse I Day Surgery No SG
Rebecca Arnold	Telehealth Program Specialist

### 5 Year Anniversaries

Phillip Lekanof	Construction Materials Technician
Dominic Stoltz	Clinic Nurse Coordinator
Gerald Houser	Registered Nurse - Cath Lab/OR
Letisha Payne	Program Associate
Abigail Tinker	Medical Billing Specialist
Leslie Bryant	Physician - Radiologist
Ri Le	Registered Nurse II
Kelly St. John	Advanced Nurse Practitioner
Nichole Padgett	Assistant Case Manager
Jennifer Mitchell	Senior Director of Revenue Cycle
Toni Biskup	Provider Network Physician
Anton Ostapenko	Sterile Processing Technician II
Gina Ryan	Registered Nurse I
Josh Gimlin	Superintendent I
Mark Jayson Corpuz	Customer Experience Shuttle Driver
Priscilla Apone	Pharmacy Technician II
HeatherAmy Mercado	Health Benefits Specialist Supervisor
Victoria Rice	Registered Nurse I
Elmer Rookok	Utility Operations Specialist
Mary Grandel	Registered Nurse II
Olegario Carrillo	CHAP Instructor Mid Level Provider
Kelly Kazmierski	Medical Billing Specialist III
Homer Nunoork	Project Manager
Jessica Jacobsen	Project Manager
James Posegate	Heavy Equipment Mechanic II
Jaclynne Richards	Community Outreach Specialist

### ABOUT THE CONNECTOR

Produced for ANTHC employees by the Marketing and Communications department, the Connector is published bimonthly. To submit suggestions, corrections, compliments or story ideas, please contact the Marketing Department at (907) 729-1899 or [marketing@anthc.org](mailto:marketing@anthc.org).