



Ninilchik Traditional Council
P.O. Box 39070
Ninilchik, AK 99639

Phone: (907)567-3313
Fax: (907)567-3308
Email: ntc@ninilchiktribe-nsn.gov



Are you planning to move or change your contact information:

Let Us Know!

Tribal Members are encouraged to contact NTC Enrollment Officer Christina Pinnow at the NTC Administrative Office to keep their information up to date. Those on the general public mailing list may contact the NTC Administrative Office front desk. Please call (907)567-3313 to make sure we can stay in touch.



Ninilchik Traditional Council
December 2018 & January 2019

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Upcoming Closure Dates

All NTC Offices will be closed on:

Monday, December 24th; Tuesday, December 25th; Tuesday, January 1st; Monday, January 21st

Council Meeting Schedule

The next Regular Council Meeting is scheduled for:

Thursday, December 20th at 10:00 a.m. at the Resource & Environmental Building @ 66590 Oil Well Road

The NTC Regular Council Meetings take place at the NTC Administration Conference Room at 15910 Sterling Highway. The meetings are open for tribal members to attend and participate in the visitors' comments and question session.

There are

THREE \$100.00 DOOR PRIZE DRAWINGS

for visiting tribal members at each meeting!

Front, back, and center inlay photos provided by Maria Goins

We would like to invite your photo submissions for possible use as future newsletter adornments. You can email us at ntc@ninilchiktribe-nsn.gov

Event Calendar: **January 2019**

SUN	MON	TUE	WED	THU	FRI	SAT
30	31 <i>No Elders Luncheon</i> <i>No NYO</i>	1 <i>All NTC Offices Closed</i> No NYO 	2 Teen Center 12-6 pm No Yoga No NYO	3 Teen Center 12-6 pm No Yoga No NYO	4 Teen Center 12-6 pm No Yoga No NYO	5
6	7 Elders Luncheon 12 pm Study Hall/Life Skills 3:30-5:30	8 No Yoga Study Hall/Life Skills 3:30-5:30 Jr. & Sr. NYO 3:45-5:15 PM	9 No Yoga Study Hall/Life Skills 3:30-5:30	10 No Yoga Study Hall/Life Skills 3:30-5:30 Sr. NYO 3:45-5:15 PM	11 Teen Center 3:30-8:30 (7th and 8th 3:30-6:00) Jr. NYO 3:45-5:15 PM	12
13	14 Elders Luncheon 12 pm Study Hall/Life Skills 3:30-5:30	15 10:15-11:30 A.M. Restorative 5:15-6:15 P.M. Vinyasa Study Hall/Life Skills 3:30-5:30 Jr. & Sr. NYO 3:45-5:15 PM	16 12:15-1:00 P.M. Vinyasa Study Hall/Life Skills 3:30-5:30	17 10:15-11:15 A.M. Hatha Flow. Study Hall/Life Skills 3:30-5:30 Sr. NYO 3:45-5:15 PM	18 Teen Center 3:30-8:30 (7th and 8th 3:30-6:00) Jr. NYO 3:45-5:15 PM "Tentative" Peninsula Winter Games	19 "Tentative" Peninsula Winter Games
20	21 Elders Luncheon 12 pm Study Hall/Life Skills 3:30-5:30	22 10:15-11:30 A.M. Restorative 5:15-6:15 P.M. Vinyasa Study Hall/Life Skills 3:30-5:30 Jr. & Sr. NYO 3:45-5:15 PM	23 12:15-1:00 P.M. Vinyasa Study Hall/Life Skills 3:30-5:30	24 10:15-11:15 A.M. Hatha Flow. Study Hall/Life Skills 3:30-5:30 Sr. NYO 3:45-5:15 PM	25 Teen Center 3:30-8:30 (7th and 8th 3:30-6:00) Jr. NYO 3:45-5:15 PM	26
27	28 Elders Luncheon 12 pm Study Hall/Life Skills 3:30-5:30	29 10:15-11:30 A.M. Restorative 5:15-6:15 P.M. Vinyasa Study Hall/Life Skills 3:30-5:30 Jr. & Sr. NYO 3:45-5:15 PM	30 12:15-1:00 P.M. Vinyasa Study Hall/Life Skills 3:30-5:30	31 10:15-11:15 A.M. Hatha Flow. Study Hall/Life Skills 3:30-5:30 Sr. NYO 3:45-5:15 PM		

Event Calendar: December 2018

SUN	MON	TUE	WED	THU	FRI	SAT
Call Tammy Z to schedule personal training sessions. 907-252-5115	Call Elise to schedule a table or chair massage. 907-252-9544 Call Cat to schedule a chiropractic appointment. 415-608-7559					1
2	3 Elders Luncheon 12 pm Study Hall/Life Skills 3:30-5:30	4 10:15-11:30 A.M. Restorative 5:15-6:15 P.M. Vinyasa Study Hall/Life Skills 3:30-5:30 Jr. & Sr. NYO 3:45-5:15 PM	5 12:15-1:00 P.M. Vinyasa Study Hall/Life Skills 3:30-5:30	6 10:15-11:15 A.M. Hatha Flow. Study Hall/Life Skills 3:30-5:30 Sr. NYO 3:45-5:15 PM	7 Teen Center 3:30-8:30 (7th and 8th 3:30-6:00) Jr. NYO 3:45-5:15 PM	8
9	10 Elders Luncheon 12 pm Study Hall/Life Skills 3:30-5:30	11 10:15-11:30 A.M. Restorative 5:15-6:15 P.M. Vinyasa Study Hall/Life Skills 3:30-5:30 Jr. & Sr. NYO 3:45-5:15 PM	12 12:15-1:00 P.M. Vinyasa Study Hall/Life Skills 3:30-5:30	13 10:15-11:15 A.M. Hatha Flow. Study Hall/Life Skills 3:30-5:30 Sr. NYO 3:45-5:15 PM	14 Teen Center 3:30-8:30 (7th and 8th 3:30-6:00) Jr. NYO 3:45-5:15 PM	15
16	17 Elders Luncheon 12 pm Study Hall/Life Skills 3:30-5:30 "Tentative" Peninsula Winter Games	18 10:15-11:30 A.M. Restorative 5:15-6:15 P.M. Vinyasa Study Hall/Life Skills 3:30-5:30 Jr. & Sr. NYO 3:45-5:15 PM	19 12:15-1:00 P.M. Vinyasa Study Hall/Life Skills 3:30-5:30	20 10:15-11:15 A.M. Hatha Flow. Study Hall/Life Skills 3:30-5:30 Sr. NYO 3:45-5:15 PM	21 Teen Center 3:30-8:30 (7th and 8th 3:30-6:00) Jr. NYO 3:45-5:15 PM	22
23	24 All NTC Offices Closed No Elders Luncheon 	25 All NTC Offices Closed No NYO 	26 Teen Center 12-6 pm No Yoga	27 Teen Center 12-6 pm No Yoga No NYO	28 Teen Center 12-6 pm No Yoga No NYO	29

Who We Are

The Ninilchik Village Tribe is made up of approximately 900 Members who trace their roots to the Ninilchik tribal lands as well as other Bureau of Indian Affairs-recognized Alaskan Natives and American Indians who have settled in the tribal boundaries and have applied, and been accepted for membership. The governing body of the Ninilchik Village Tribe, the Ninilchik Traditional Council, is presided over by a board of directors of 5 council members elected by the voting tribal membership to 3 year terms. The Council directs executive staff using the Ninilchik Village Tribe's Organic Documents, which are set by the voting tribal membership to exercise tribal operations and tribal sovereignty, as guidelines.

NTC Board of Directors

Richard 'Greg' Encelewski President/ Chairman	William 'Dean' Kvasnikoff Vice President	Whitney Schollenberg Secretary & Treasurer	Jamie Leman Director	Kenny Odman Director
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Ivan Z. Encelewski
NTC Executive Director

NTC Department Directors

Bob Crosby , Housing Director	Christina Pinnow , Tribal Services Director
Maria Goins , Chief Financial Officer	Shelley Self , Deputy CEO
Janet Mullen , Tribal Health Director	Darrel Williams , Resource & Environ. Director

NTC Staff

David Bear , EMS Assistant	Christine Prokop , Behavioral Health Services Manager
Darla Bradley , Administrative Assistant	Nancy Pulliam , Assistant Maintenance Laborer
Denise Brock , Case Manager/Registered Nurse	Daniel Reynolds , Resource Technician
Maria Calhoun , Behavioral Health Services Counselor	Diane Reynolds , NTC Procurement & Contracting Officer
Mikayla Clark , SAMSHA Student Intern	John Russo , Plumber
Jayke Cooper , Tribal Management Resource Assistant	Cynthia Schnabl , HWC Attendant Fill-In
Joseph Cooper Sr. , Driver	Dr. Sarah Spencer , Medical Provider
Jenn Day , Clinic Administration & Patient Account Specialist	Elise Spofford , Yoga Instructor
Zoe Dixon , Fill-in Clinic Front Desk/ Receptionist	Bettyann Steciw , Social Services & ICWA Specialist
Richard Dunaway , Native Connections Program Manager	Tiffany Stonecipher , Elders Outreach Program Coordinator
Maricel Folkert , Community Health Aide/Medical Assistant	Dirk Tanner , Physicians Assistant
Diana Fornasier , Registered Nurse	JoAnn Tilgner , Registered Nurse
Eric Hanson , Facilities Manager	Maureen Todd , Native Connections
Annette Hubbard , Outreach Specialist/BHA	Anna Sutton , Clinic Information Coordinator
Robert Johnson, Jr. , Biologist	Laura Ullman , Patient Advocate/Case Manager
Terri Leman , HWC Attendant/Clinic Reception Fill-In	Stormy Walkoff , Secretary/Receptionist
Katie Matthews , Outreach Specialist	Brie Wallace , Health & Wellness Club Manager
Leslie McCombs , Clinic Front Desk Receptionist	Carrie Warren , Family Nurse Practitioner
Jennifer Miller , Clinical Medical Biller	Michael Washington , Peer Recovery Support Specialist
Alicia Morris , Social Services Assistant	Elizabeth Wedner , HWC Attendant Fill-in
David Nordeen , Maintenance Laborer	Catherine West , HWC Attendant Fill-In
Jamie Oskolkoff , Education Manager	Gina Wiste , Environmental Technician
Stanley Parkinson , CDL Driver	Lisa Zatz , Family Nurse Practitioner Fill-in
Michael Pinnow , Assistant Maintenance Laborer	Tammy Zweiachner , Personal Trainer
Mikylah Pinnow , Tribal Services Assistant	

The Cheeky Moose

Robin Jamie , Manager	Paula Hall , Deli Worker/Barista
Melissa Lancaster , Deli Worker/Barista	Donna Stahura , Deli Worker/Barista
	Ashley DeVaney , Deli Worker/Barista



Juan J

The Cheeky Moose

Laundromat, Showers, Tanning, Deli & Espresso

Weekdays: 8:00 to 8:00 (closed Thursdays)

Saturday & Sunday: 9:00 to 7:00

Deli Open until 4:00

Fresh Homemade Soups

Breakfast Sandwiches

Variety of Grilled or Deli Sandwiches

Located at 33930 Sterling Highway, Anchor Point, Alaska

(907) 235-5900



For more information about The Cheeky Moose please contact Robin Jaime at 907-235-5900 or Robin@ninilchiktribe-nsn.gov

Administrative Office Services

NTC would like to remind you that we provide services to the public and Tribal Members at the Administrative Office. We offer black and white (or color) copies, and faxing services. We also provide notary services. There is no charge for Ninilchik Tribal Members and family, but a small fee for the general public.

Library Updates

The Niqnalchint Library is free and open to all of our community members. We have a public computer with internet.

To check out items, all you need to do is fill out a short application here at our Administrative Office.



To kick off Christmas Break, we will be giving one **FREE** microwave popcorn with a library check out. We are in the process of expanding our entire library! Come see what we have to offer and if you would like to request any books or DVDs, please let us know. We will gladly add it to our collection!

Tahyiga Book Club

The Ninilchik Traditional Council holds a monthly Book Club on the first Friday of every month. It takes place in the administration building conference room at 3:30 p.m. The members of Book Club provide suggestions and the book for that month is chosen based upon those. If you would like to join just call 567-3313 or email ntc@nirilchiktribe-nsn.gov

Gift Shop

The Administrative office has Ninilchik Traditional Council logo items to sell to the public. We currently have youth tie dye t-shirts, hoodies, winter jackets, leather jackets, beanies, stainless steel water bottles, and a fleece blanket. All have the NTC logo on them. We accept cash and debit or credit card via our new Square Payment System with a simple swipe.

Vacancy Announcements

There are currently no positions open at NTC, future job openings will be posted on the NTC website, in the NTC office, and on the Alaska Labor Exchange System website.

*Applications are available at the NTC office or online.

For more information about Niqnalchint Library or Job Vacancies please contact 567-3313 or email ntc@nirilchiktribe-nsn.gov

"When you do something beautiful and nobody noticed, do not be sad.

For the sun every morning is a beautiful spectacle and yet most of the audience still sleeps."

- John Lennon



Hello Folks,

I hope everyone had a wonderful and safe Thanksgiving. I hate to admit it, but we are officially into the winter. On the bright side, we have winter solstice right around the corner and then we can start heading towards longer days and SUMMER! ☺

Two Ninilchik Tribe families will be extremely happy in this coming new year. Their homes are presently being constructed here in Ninilchik and are in the final stages of completion. I will be posting pictures online of these two new homes as soon as our IT team is done building the new website. I feel this is the best way to show you what we are building. I can write about it but it really doesn't give you a true idea of what these homes are like. These are 6 star energy rated homes. The full impact of that is, at this time, you can't get a better energy rating. This newer energy rating is hard to obtain, and contractors must work with our building inspectors to ensure that they meet the energy rating. Are there many Tribes building homes to this energy efficacy? As far as I know, we are one of two Tribes building homes to this standard within the state of Alaska. Did this cost a lot more than the 5 stars plus energy efficient homes you used to build? This raised the average price by about \$10,000 which is not bad for a home that is rated to be around for 75 to 100 years.

The program requirements for the Homeownership Program are; you must be within income requirements, not have owned a home within the last five years and have lived within our Tribal boundaries for a minimum of one year. You must show that your income will support paying the mortgage, the required insurance and the property taxes. Usually the property tax and home insurance put together are around \$3,000 of your income per year. Below are the maximum income limits for all the Housing Programs. (Also with the Homeownership Program, there is a minimum amount of income required coming into the household to qualify.) If this sounds like something you would be interested in, please go to our website and download the application or come by the office and pick one up.

The HUD income limits for the Kenai Peninsula for any of our Housing Program's.

Limits are: 1 person \$46,450, 2 people \$53,050, 3 people \$59,700, 4 people \$66,300, 5 people \$71,650, 6 people \$76,950, 7 people \$82,250, and 8 people \$87,550. Income will include counting all family/household PFD's, Dividends and income of all household members above the age of 18. If you see that you are within these limits, and are interested in one of our Housing Programs, please download an application from the Housing section on our website or come by the office and pick one up. Our Housing web page address is: <http://www.nirilchiktribe-nsn.gov/departments-and-services/housing/>

Until the next newsletter, have a wonderful and safe Merry Christmas and a Happy New Year.

Bob



For more information about NTC's Housing Department please contact Bob Crosby at 567-3313 or email bob@nirilchiktribe-nsn.gov

Important Factors to Consider When Burning Firewood for Home Heating

Rob Johnson

Many Alaskan homes are heated with wood fires. This is a common practice for many reasons: economics, aesthetic preference, tradition, and availability.

While the sounds coming from a burning woodstove can be comforting on a cold winter's night, the smoke produced can be harmful to human health. Woodstoves are also not always an efficient method of home heating. With a little knowledge and planning, this popular practice can be made both more healthful and efficient.

First, people who burn wood need to understand the potential health risks of inhaling the smoke. This is important because it builds up inside of a home. Also, since wood smoke tends to sink and linger in an area on cold winter nights, the cumulative effect of many fires on local outdoor air quality should be considered.

Wood smoke contains carbon monoxide, oxides of nitrogen, volatile organic compounds (benzene and formaldehyde, for example), and unburned particulate matter (PM). All of these substances can harm human health, especially in individuals suffering from heart disease or chronic breathing problems such as asthma or emphysema.

Carbon monoxide inhibits the ability of the blood to carry oxygen throughout the body. This is particularly hazardous to unborn children and those suffering from anemia. Dizziness, confusion, and severe headaches are common symptoms of overexposure.

Oxides of nitrogen reduce the ability of the respiratory system to fight infection- a key function during cold and flu season. They can also combine with volatile organic compounds to create acid rain, acid fog, or ozone (a common respiratory irritant).

Volatile organic compounds can, as mentioned above, combine with oxides of nitrogen to create harmful substances. In addition, they are also carcinogenic (cancer-causing).

Particulate matter (PM) is usually categorized by particle size, usually PM 10 (particles of 10 μ in diameter or smaller) and PM 2.5 (particles of 2.5 μ in diameter or smaller). To provide a frame of reference, a typical human hair is between 50 μ and 100 μ in diameter. Because of their small size, these particles can become lodged deep inside a human lung. This can cause or aggravate many serious respiratory illnesses, including lung cancer.

Luckily, cautionary steps taken to minimize exposure to these toxins are identical to those taken to maximize heating efficiency.

Not surprisingly, a good first step is to assure that the home is well insulated. This will cause heat to be retained, requiring less wood to be burned. Less burning, of course, both reduces indoor air pollution and saves fuel (and, therefore, money). Ceiling insulation, caulking around windows and other crevices, installing weather-stripping, closing the woodstove damper when not in use, and closing the doors to unoccupied rooms are all effective.

For more information, please contact the Resource office at
567-3815 or email darrel@ninilchiktribe-nsn.gov

I would like to thank **Bobby and Arnie Oskolkoff, Lorita Van Sky, Patricia Engle (Cooper)** and **Eric Kvasnikoff** for attending the *2018 First Alaskans Institutes Elders and Youth Conference* and staying for an additional few days to attend *Alaska Federation of Natives (AFN)*. This year was a tremendous year to attend given all the political agendas, however, it is an important event to attend to keep Ninilchik in the talking circle of tribes and native Alaskans who cherish our culture and history.

Next year the event will take place in Fairbanks, please know that it is ideal to take an Elder/Elders who represent our community, who are involved in a positive way in the community regarding attending events that support our youth, such as NYO, basketball, are involved in the Youth committees, contribute to the Educational fishery or help contribute to the Elders program either through continued support, offering harvest or aiding in our collaboration of history. If you would like to attend, please be mindful that these aspects are considered in taking Elders who engage positively in our community.



(L to R) Lorita Van Sky with her friend Ossie, he is renowned artist and designed the 2018 emblem for the First Alaskans Institutes cover and background for the stage.



(L to R) Patricia Engle (Cooper), Ivan Encelewski, our **Executive Director**, Eric Kvasnikoff, Greg Encelewski, our **President** and Lorita Van Sky before the Governors dinner at AFN.



(L to R) Gage Moto, Jacob Shell, Levi Rickard, Nick Cooper, Rick Dunaway, Samantha Calabrese.

Merry Christmas, Happy Holidays and enjoy the New Year. 2019 is before us, please be vigilant on the roads while driving and remember if you engage in libations this holiday, call a friend or ask another to be your designated driver. I hope you all stay safe and warm, though should you need help or assistance locating the right resource, please feel free to call anytime, 907-567-3313 ext. 2110 or my cell 907-953-0273.

Warm regards,
Tiffany

*Pictures by Tiffany

For more information about NTC's Elders Outreach Program please contact Tiffany
Stonecipher at 567-3313 or email tiffany@ninilchiktribe-nsn.gov

Elders Outreach Program Coordinator

The Elders Outreach Program runs a luncheon at noon out of the Subsistence Building every Monday. Luncheons coming up for the following months are as follows:

Monday December 3rd, 10th and 17th

*****No Luncheon on December 24th or 31st**

Monday January 7th, 14th, 21st and 28th 2019

As a friendly reminder, the luncheon exists to serve as a social space for Enrolled Tribal Elders to gather, share & visit. Elders are encouraged if they'd like to bring a guest, family or be accompanied by a caregiver to do so, there is a suggested donation box at the back for this purpose. While it is a provided luncheon for Elders to attend, it also serves many homebound Elders who cannot drive or have other needs that prevent them from attending. This luncheon is for the enrolled Tribal Elders and we ask you to be mindful of others not able to attend.

Thank you to Rick Dunaway, our Youth Coordinator for aiding in my call to help paint Nick Cooper's house before the snow fell and it was too late to apply the paint. Nick's daughter Carrie Cooper had done a portion of it, however, it was a project Nick wanted to see done sooner than later and I called on the youth coordinator and his ability to call on some youth to accomplish this goal.

There is a photo below of Nick Cooper and the youth who helped. The Elders Outreach Program commends you on your service to an Elders needs and respects your willingness to get the job done!

Thank you.

Christmas is right around the corner and we will be closed for December 24th (Christmas Eve) and December 31st (New Year's Eve). Every year we have an Elders Christmas party, this year it will be on the last Monday the luncheon is provided in December, the 17th. Wear your Christmas best, as it could enter you into a drawing to win a prize! We also host an annual Christmas gift exchange, so anyone who attends would bring a gift, valued no more than \$25 and add it to the loot to exchange from someone else. Handmade and local made edibles are highly sought after as well!

As always, my office is open and other than providing luncheons, I help those who need prescription pickups, rides for groceries and local rides to and from the clinic or post office. Should you need this, please call to schedule as it is a busy holiday. And, remember we have a great BUMPS service now that provides rides to Kenai/Soldotna and to Homer for a decent roundtrip price! The service is available to the public, not just tribal members. Fares are \$7.00 one-way, or \$10.00 round trip. Call the Ninilchik Traditional Council's Resource Department at (907) 567-3815 for details.

Also, just some dates to keep in mind, the NTC Annual meeting was on November 17th, this is always a great meeting to attend to keep current on what the status of programs is looking like and to ask questions regarding the different events, programs and services.



For more information about NTC's Elders Outreach Program please contact Tiffany Stonecipher at 567-3313 or email tiffany@nirilchiktribe-nsn.gov

When purchasing a woodstove, strongly consider purchasing one that has been certified by the U.S. Environmental Protection Agency. In order to obtain this certification, manufacturers must meet strict standards. These standards are designed to maximize heat output while minimizing the amount of pollution entering a home. While a non-certified woodstove can emit up to 50 grams of particulate matter to indoor air per hour, certified stoves can emit as little as 6 grams per hour!

The standards also require manufacturers to design the stove to reduce creosote buildup in the chimney, reducing the likelihood of a devastating chimney fire.

Another option to consider is purchasing a catalytic stove. Much like the catalytic convertors in automobiles, the catalytic combustors in these stoves allow volatile gasses to burn at lower temperatures. As they are incinerated, less pollutants exist to accumulate inside of a home.

If a catalytic stove is used, however, the catalyst device must be replaced every 3 to 7 years (depending on the manufacturer's specifications).

Also, only wood that has been "seasoned" (dried) for at least 6-12 months should be burned. This wood can be identified by a darker color visible at the ends (as opposed to the "white" color of freshly-cut wood). Also, cracks should be visible in the ends, radiating from the center. Finally, the piece of wood should feel relatively light compared to its size.

"seasoned" wood burns hotter. It also produces less creosote (further reducing the risk of chimney fires) and particulate matter during combustion.

Using woodstoves for home heating can be economical, convenient, effective, efficient, and satisfying. As with any other process involving combustion, however, risks do exist. Following the advice outlined above, homeowners can reduce these risks. This reduction will increase air quality, savings, efficiency, and safety. Please heat safely and responsibly!



For more information, please contact the Resource office at 567-3815 or email darrel@nirilchiktribe-nsn.gov

TRIBAL HEALTH DIRECTOR'S REPORT**What is MAT?**

Medicated-Assisted Treatment (MAT) is the use of FDA- approved medications, in combination with counseling and behavioral therapies, to provide a “whole-patient” approach to the treatment of substance use disorders. MAT can be very effective in reducing relapse and mortality, especially in the case of opioid use disorder. For example, treatment with buprenorphine can reduce the mortality associated with opioid use disorder by 80%, and reduces relapse rates at one year from 95% down to 40%. Here at the NTC clinic we offer addiction treatment services that includes MAT for opioid use disorder, alcohol use disorder and tobacco dependence.

For Opioid dependence we offer:

Naltrexone – office-based non-addictive opioid antagonist that blocks the effects of other narcotics; daily pill or monthly injection

Buprenorphine – office-based opioid agonist/ antagonist that blocks other narcotics while reducing withdrawal risk; available in a daily dissolving film, a 6-month implant under the skin or a monthly injection

For Alcohol Use Disorder we offer:**Disulfiram**

Disulfiram is a medication that treats chronic alcoholism. It is most effective in people who have already gone through detoxification or are in the initial stage of abstinence. This drug is offered in a tablet form and is taken once a day. Disulfiram should never be taken while intoxicated and it should not be taken for at least 12 hours after drinking alcohol. Unpleasant side effects (nausea, headache, vomiting, chest pains, difficulty breathing) can occur as soon as ten minutes after drinking even a small amount of alcohol and can last for an hour or more.

Naltrexone

When used as a treatment for alcohol dependency, naltrexone blocks the euphoric effects and feelings of intoxication. This allows people with alcohol addiction to reduce their drinking behaviors enough to remain motivated to stay in treatment, avoid relapses, and take medications. (<https://www.samhsa.gov/medication-assisted-treatment/treatment#medications-used-in-mat>)

Dr. Spencer is board certified in addiction medicine and the NTC clinic was recently awarded a federal grant to expand our treatment services. We have just hired a new substance use counselor and peer navigator that will help support our patients. We also offer telemedicine services to patients who live in remote areas. We also offer free Narcan kits to those at risk of witnessing an overdose. To schedule an appointment contact: Annette Hubbard at the clinic, or call or text her at (907)740-3330

For more information about NTC's Community Clinic please contact Janet Mullen at 567-3370 or janet@ninilchiktribe-nsn.gov

CLUB NEWS

15971 STERLING HWY, NINILCHIK | 907.567.3455 | OPEN M-F 7AM-8PM & SAT 8AM-2PM (CLOSED 12/24, 12/25, 1/1, 1/21)

Oh, the holidays! The joyous time between Thanksgiving and New Year's—full of parties, delicious food, sugary drinks, Hallmark movies (is that just me?) and lots of opportunities to make unhealthy choices. Most people gain weight during the holidays, and some people have just accepted that fate and continued opting for the eggnog and sugar cookies. But there's GOOD NEWS! You can still indulge in holiday treats at that Ugly Christmas Sweater Party without derailing your health and fitness goals!

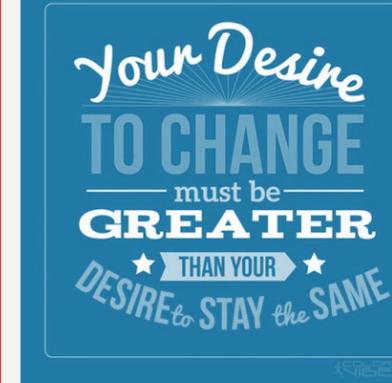
Here are some tips to stay healthy through the holidays:

1. Eat before you go out. Even a fiber-rich healthy snack will help keep you from overeating.
2. Make time for workouts. (Working out reduces stress!)
3. Don't overeat. Grab smaller portions and eat mindfully.
4. Make a healthy dish and bring it to a family event.
5. Drink a lot of water. We often mistake dehydration for hunger—maybe you're just thirsty!
6. Eat what you'd like for the day, not for the entire season. Be mindful about what you choose to indulge in and how often.
7. Don't overstress it.

Bottom line is, the holidays are meant to be a joyous time! So, don't be too hard on yourself if you eat too many snickerdoodles or if you skip a workout. Just keep moving forward toward your health and fitness goals!

If you haven't been to the Club in awhile (or ever), now is the perfect time to see what we have to offer!

- ◆ Super Great Gym Equipment (I can't think of how to describe how great it is!)
 - ◆ Infrared Sauna
 - ◆ Tanning Bed
- ◆ Variety of Yoga Classes & Workshops
- ◆ Trendy Club Apparel (check out the punny, original Alaskan designs!)
 - ◆ Certified Personal Trainer
 - ◆ Licensed Massage Therapist
 - ◆ Licensed Chiropractor certified in ART
 - ◆ Clean, welcoming environment

**YOGA with ELISE****Tuesdays**

10:15-11:30 A.M.

Restorative

5:15-6:15 P.M.

Vinyasa

Wednesdays

12:15-1:00 P.M.

Vinyasa

Thursdays

10:15-11:15 A.M.

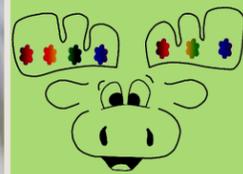
Hatha Flow

There will be no yoga from Dec. 25 - Jan. 14

**DECEMBER IS
THE NEW
JANUARY.**

— don't put your goals on hold —

For more information about our Health & Wellness Club please contact 567-3455 or email hwc@ninilchiktribe-nsn.gov



Early Learning

The NTC Early Learning Program started classes in October. This year we have nine (9) students.

Everyone has already adjusted to the classroom routine and are now learning to recognize their names, colors, letters, and numbers. Many other classroom skills are taught throughout the year, such as sharing, manners, lining up, taking turns and participating in group activities.

Right now, students are enjoying winter vacation, class will resume on January 8th, 2019. During the second semester, we add more difficult tasks for students to accomplish such as patterns, adding and subtracting as well as learning to read sight words.

I am very pleased with the student's progress and look forward to a very exciting year!



For more information about Tribal Services programs please contact Chris Pinnow at 567-3313 or chris@ninilchiktribe-nsn.gov



WRAP Success

Some things in life are out of our control, but some things in life we most certainly can change. We do have power over our health!

Our Weight Reduction Assistance Program (WRAP) is in its second year, and it is thriving! We are continuously updating and improving the program to give you the best tools and support your need to succeed.

We are so proud of all our clients in the WRAP program. All have achieved better health, more energy, healthier self esteem, lower blood pressure, lower cholesterol, and lower body mass index. Some have almost completely reversed their Diabetes all together!

Three of our patients have been able to cut their diabetes medications almost entirely! They have lowered their Hemoglobin A1C's back down to normal, non-diabetic ranges within several months. That is amazing! One patient started the program with a Hemoglobin A1C at 11.3% and within 5 months, was able to lower it to 5.5%. The normal range for a non-diabetic patient is less than 6.5%. He was taking 7 medications and is down to just one. What an incredible turnaround!

All WRAP participants have been sticking to the program, exercising and watching what they eat. We are blown away with the personal victories that we're able to witness and be a part of.

Are you ready to live your best life? To create a healthy lifestyle that lasts, you need to invest in yourself!

Call the NTC clinic today and make an appointment with Carrie Warren, FNP to discuss the program.

WHAT'S YOUR EXCUSE FOR NOT LIVING A healthy LIFE?

I WROTE A SONG ABOUT A TORTILLA ONCE
ACTUALLY IT WAS **MORE LIKE A WRAP**

For more information about WRAP please contact Carrie Warren at 567-3970 or carrie@ninilchiktribe-nsn.gov

Youth Outreach Program

*Vision:***WHOLE COMMUNITY WELLNESS**

Where healthy lifestyles provide safe environments for families, promote resilience among youth, and facilitate support from community members and leadership.

MISSION:

To promote safe and healthy environments that foster development through early intervention and education focusing on substance use prevention and suicide prevention.

Ninilchik Traditional Council's Youth Outreach is anchored in education and prevention. Studies consistently show that the negative cognitive, behavioral and social impacts of growing up in adversity can be reversed by youth participating in prevention programs and having a relationship with a mentor.

Our goal is to provide safe, alternative activities to youth where they can develop their interpersonal and character skills in order to have a brighter future. As indicated in extensive research, investing in our youth is the best possible investment we could make in the future development and success of our community.

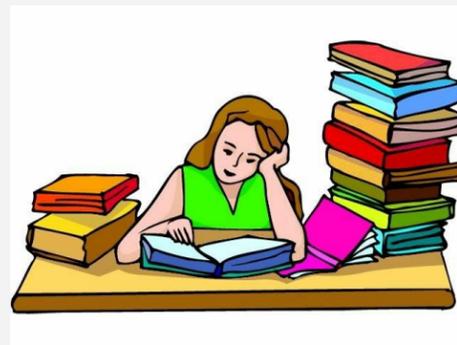
During the school year, we host daily events for Ninilchik youth with the goal of providing substance free, pro-social activities that encourage self-esteem, leadership, respect, ownership, and community connectedness.

*Monday-Thursday: Study Hall/Life Skills 3:30-5:30

*Friday: Teen Center 3:30-8:30 (7th and 8th 3:30-6:00)

Study Hall- Study Hall is our after-school program located in the Teen Center. We provide a quiet learning environment for students to complete homework, projects, and receive tutoring. They may utilize our resources like computers, printers, pens, paper, books, markers, etc.

Life Skills- Life Skills was developed to assist students in acquiring the skills needed as they progress through adolescence and into adulthood. They learn skills such as accountability, meeting deadlines, resume writing, applying for scholarships, interview skills, and many others.



For more information about NTC's Youth Outreach Program please contact Rick Dunaway at 567-3370 or rdunaway@ninilchiktribe-nsn.gov

Youth Outreach Program

If you have questions or are interested in supporting our outreach by chaperoning, please contact Katie Matthews 567-3370 option 7 or Rick Dunaway 567-3370 option 8.

*Activities may be subject to change.

To sign your student up with our programs they will need to have a signed waiver on file. All students ages 12-18, grades 7-12, are invited to attend our daily activities.

NYO

The Native Youth Olympics, or NYO Games, are games rooted in Alaska Native history in which people tested their physical and mental strength, concentration, and stamina. The Games are rooted in traditions of survival and hunting in the harsh Alaskan terrain and climate, most notably in the winter. They were played to keep the hunters sharp and in top form.

The main goal of the NYO Games is to catalyze values of sportsmanship, leadership and respect to Alaska's youth...and have fun, of course. The competition is open to all grade school students regardless of ethnicity.

Practices are held at the Ninilchik School in the hydro gym from 3:45-5:15. Snacks are provided before practice.

Tuesdays- Juniors and Seniors

Thursdays- Seniors only

Fridays- Juniors only

All athletes must have a signed waiver to practice and compete.

Winter Break Teen Center Schedule

The Teen Center will stay open Monday-Friday during winter break from 12-6 PM.

There will be regular winter and holiday themed activities to keep the youth safe and having fun during the break.



For more information about NTC's Youth Outreach Program please contact Rick Dunaway at 567-3370 or rdunaway@ninilchiktribe-nsn.gov