

*kang•ik'•see•roo'•koot (Iñupiaq): we understand*



The Newsletter of  
Norton @ S

2023 N . 75

Published by

Angela Gorn  
President & CEO  
Preston Rookok

Tony Haugen  
1st Vice Chair

Heather Payenna  
2nd Vice Chair  
King Island Community  
Berda Willson

Elizabeth Johnson

Mary D. Charles

Native Village of White Mountain

Kevin Bahnke  
Executive Member #1  
Nome Eskimo Community

Charlie Brown  
Executive Member #2

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## EMPLOYEE SPOTLIGHT

*... daughter of Peter and Rita Buck (a retired health aide), and granddaughter of ... her spare time, she can be found knitting, sewing, crocheting, and spending time ...*

Can you describe what your day-to-day role looks like as a CHA?  
In the past, it seemed like we used to

with their job shadowing. As they go through the different levels of training

What is the favorite part of your job?  
I like helping providers with well-

We give them patient education about

part of my job is seeing our community members that I wouldn't see oth

If someone wants to apply to be a CHA, what words of advice would you have for them?

borrow stress from tomorrow. I hope decision. It helps to have good support



# YOUR BEST LIFE

NEWS & VIEWS FROM THE CAMP DEPARTMENT AT NORTON SOUND HEALTH CORPORATION



## RECIPE: One-Sheet Roasted Garlic Salmon Broccoli

Got frozen salmon fillets in your freezer? Here is a great, easy spring and summer recipe to change up your salmon dishes and help you clear the freezer in anticipation of fishing season. This recipe uses minimal dishes and takes just 15 minutes to bake, which means your oven won't heat up the house too much in the warmer weather!

Prep time: 5 minutes

Cook time: 15 minutes

Servings: 4

### INGREDIENTS

- 1½ pounds salmon fillets cut into 4 portions and patted dry
- 1 large head fresh broccoli cut into florets (3-4 cups) — you can also use frozen florets!
- 2½ tablespoons of your favorite olive oil
- 1-2 cloves fresh garlic minced (or jarred minced garlic)
- ¾ teaspoon salt, divided and to taste
- black pepper to taste
- 1 lemon, sliced
- 1 cup shredded parmesan cheese (separated into two ½-cup portions)

### DIRECTIONS

1. Preheat oven to 450°F and line a large baking sheet with parchment paper or a silicon baking mat.
2. Arrange the salmon pieces on the lined baking sheet, leaving a space between the portions.
3. Drizzle or brush 1 tablespoon of oil over the fish. Spread the minced garlic cloves evenly over the salmon. Next, sprinkle the fish with ¼ teaspoon salt (or to taste) and ground black pepper. Finally, top the salmon with the sliced lemon. Set aside for a moment.
4. Combine the clean broccoli florets, 1½ tablespoons of oil, ½ teaspoon sea salt, and ground black pepper in a medium bowl. Toss to evenly coat the florets. If using frozen florets, put on the baking sheet and then drizzle with olive oil.
5. Arrange the broccoli on the baking sheet around the salmon pieces.
6. Bake in the oven for 13-15 minutes or until fish is done and the broccoli florets are slightly golden/crisp on the ends.
7. Sprinkle with parsley for a garnish and arrange lemon slices over, if desired. Enjoy warm!



“Is this worth it? Worth your life? And does the  
Jessica Ivanof asked as she looked around a class

Ivanof may be the first person to explain how e-cigarettes negatively affect their developing brains and

CAMP department, Ivanof frequents schools in  
and education. Ivanof and her tobacco prevention

In the past five years, the use of nicotine through  
electronic cigarettes (e-cigarettes) has skyrocketed

addicted,” said Ivanof.

able addiction, illness, and death in Alaska. If you or

among students and young adults. With their high  
nicotine content, appealing flavors, wide availability,

res in the fight against tobacco use.

e-cigarettes. Based on her own observations, Ivanof

in each grade, from grades 3-12, have tried it. For

QUIT to 47848 or call the Alaska Tobacco Quit  
line at 1-800-784-8669. To speak with a tobacco quit

CAMP department at 907-443-3365

The Alaska Department of Health has a Tobacco  
Enforcement & Youth Education Program that aims

form of identifying their age, and students just need

rettes),” said Ivanof. After chatting with high school

26% of students regularly use e-cigarettes, according  
to Alaska’s Department of Health. The Centers for  
Disease Control and Prevention reports that these

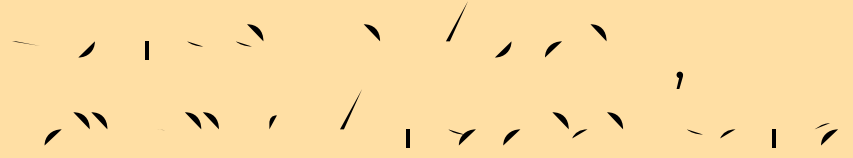
youths than among adults 25 years or older, and

## E-cigarette quick facts

E-cigarettes are battery-powered devices



# BOIL WATER BLUES



What is a boil water notice?

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struction formed a joint venture to

With three main levels and a mainte

1978 became known as Norton Sound

began to ramp up in the early 1990s. It

In 2005 NSHC's Capital Projects  
of ce worked to have a replacement

new building. Special guests few in to

NSHC physician Sen. Donny Olson.

"I really commend the board for

they met with. By 2007 a project devel  
opment team was working with Indian  
Health Service to advance the project.

for a facility like this," he said. "You all  
know as well as I do, it's expensive to

ways, the project's challenging fund  
when, in 2009, the project's progress

age, but I would say they've done an  
excellent job. The previous boards  
have done an excellent job of seeing the

Charles Degnan, NSHC Board chair  
from 1971-1974 and representative from

IHS to award a \$90.5 million building

staffing package for the new facility,  
and the Denali Commission contrib  
uted \$15 million. The new hospital's  
price tag amounted to \$168 million.

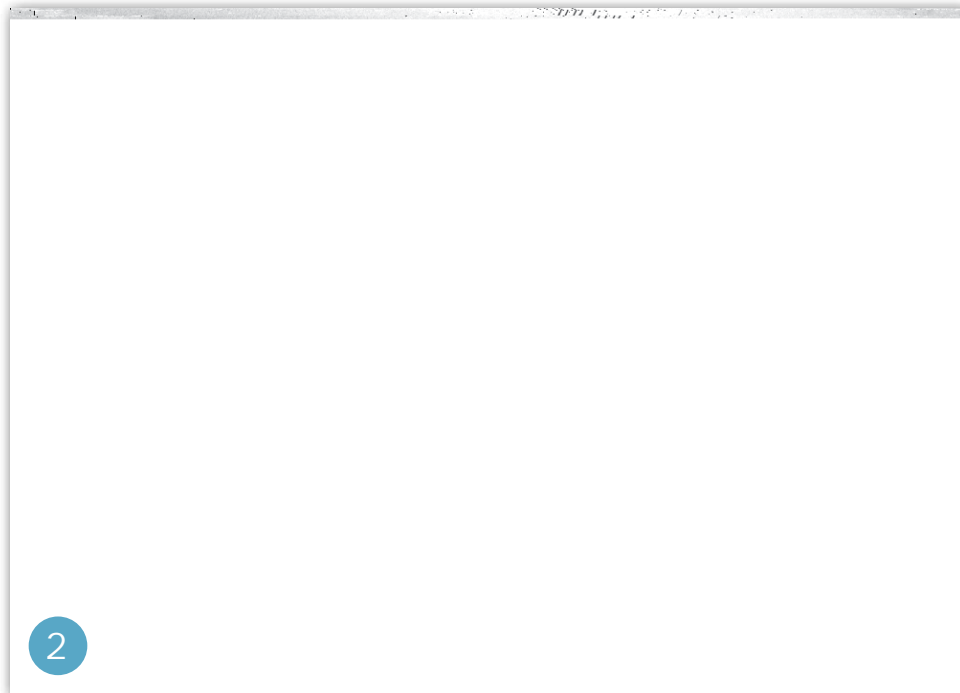
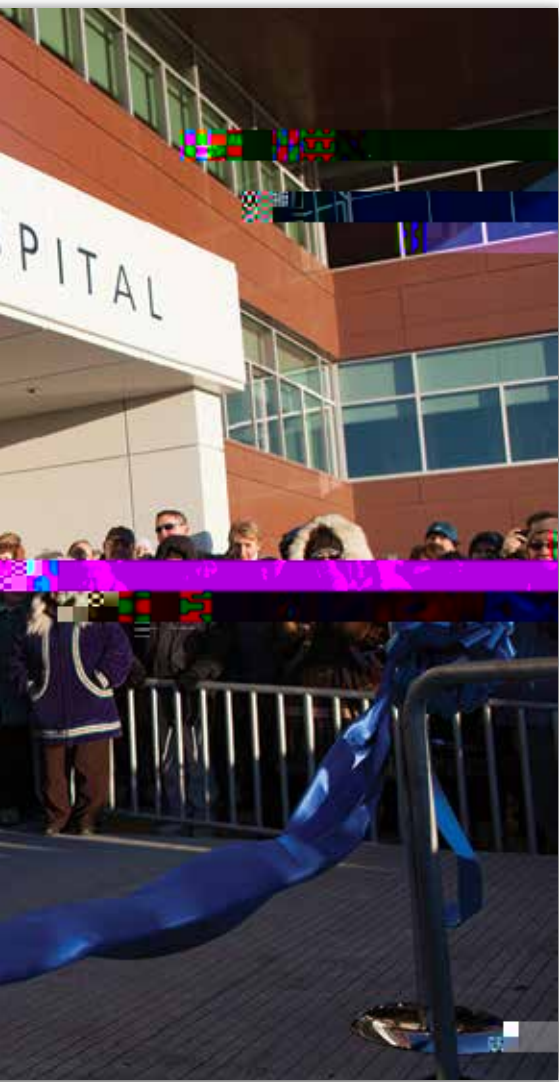
"It's really an exciting thing to see,"

underway on the 144,000-square-foot  
facility. Inuit Services and Neeser Con





# ... INTO THE NEW



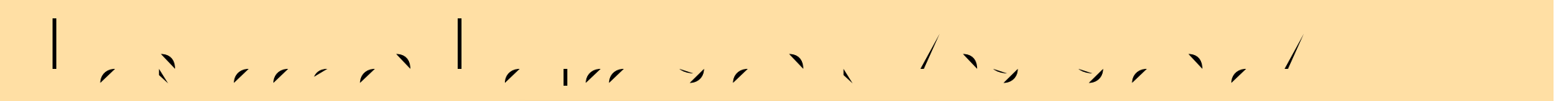
Since 2013, NSHC has built and expanded more facilities throughout the region.

**VILLAGE-BASED**

- St. Michael Staff Housing
- Savoonga & Gambell Clinics
- 8 Golovin Staff Housing
- Shaktoolik Clinic
- Diomed Clinic
- Shishmaref Clinic
- St. Michael Clinic

**NOME-BASED**

- MRI Suite Addition
- Wellness and Training Center; Nome Operations Building



**ANNIE MEADOWS, Materials Management**

... then down a ramp with a 180-degree turn halfway down. It was challenging with the large, heavy orders.”



**MARSHA TOBUK, Respiratory Therapy**

... out of a single office, which was an old patient

... different city. It took almost a whole year for that

... squeezed together at the old hospital

... n, with parties on the 2-3 foot nurses’ station, to a large break

... old hospital.”



**JAMES WADE, Radiology**

... but its different machines were spread across the facility, tucked

... “In Radiology, time can be crucial. What changed things there—20-25% faster!”

When she was younger, Martha Butler knew she

Corporation as a personal care attendant (PCA) and certified nursing assistant (CNA) for many years

“I feel very grateful for this opportunity,” Butler  
Butler is part of NSHC’s In-Home Programs

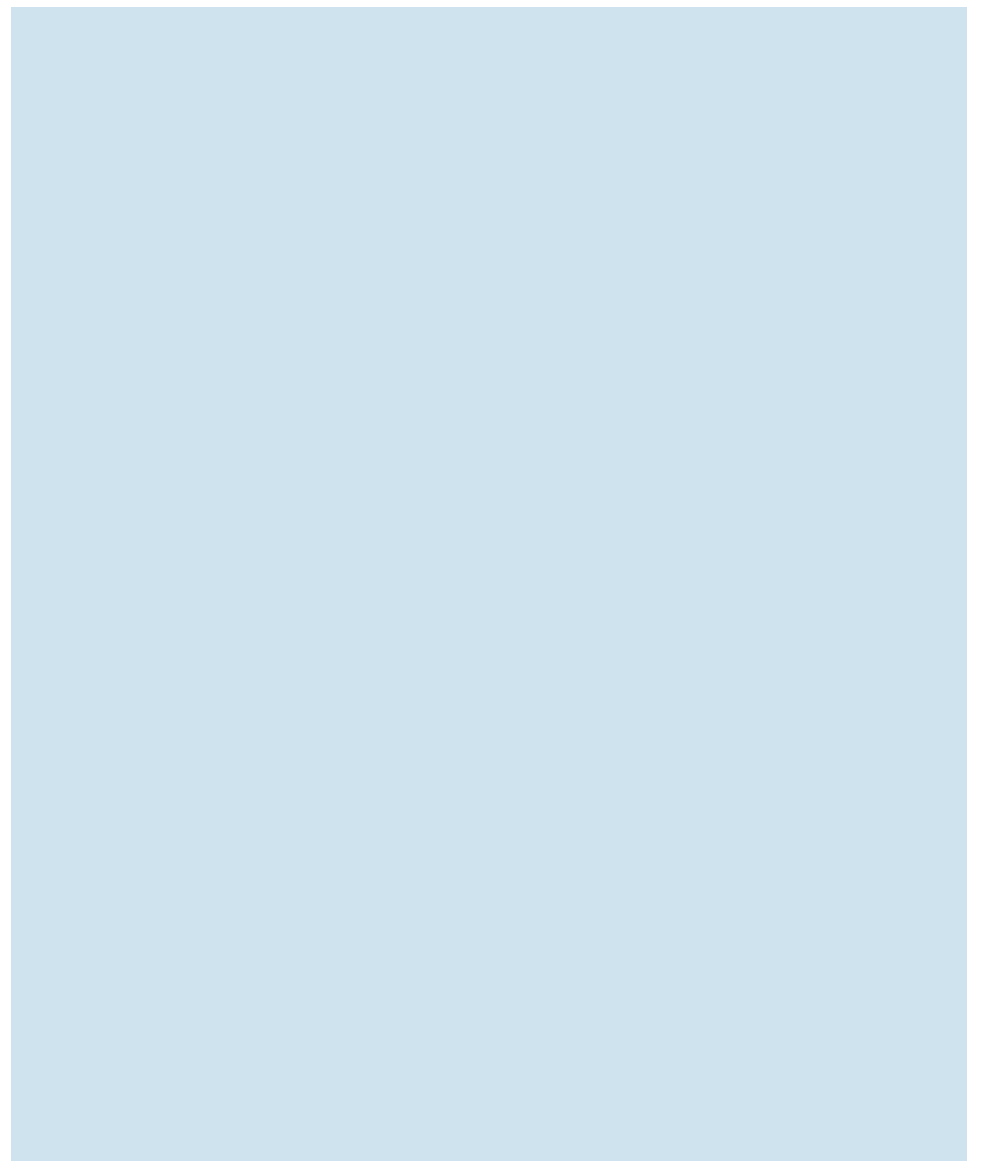
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# 2022 NSHC STAFF AWARDS





# EMPLOYEES OF THE MONTH



**OCTOBER TAMARA VAN DIEST**  
*Administrative Services*



**NOVEMBER JAMES WADE**  
*Administrative Services*

all of his regular duties, and filling in when needed. James keeps the workflow smooth and the morale high.



**DECEMBER ARIEL ODIN**  
*Administrative Services*



**JANUARY GARRICK FULLER**  
*Administrative Services*  
**DONNA BARR,**  
*Administrative Services*  
 Garrick and Donna were willing

boarded the next available flight. They worked together with the community and different local entities to ensure they were reaching all who were impacted and needed their level of support. Garrick's and Donna's knowl

**NSHC'S PATIENT ADVOCATES ARE HERE TO ASSIST YOU**

Call Wendy Deering or Jason Harrell if you need assistance navigating through your health care delivery or patient lodging.

**In Nome:** (907) 443-4567  
**In Anchorage or Seattle:** (907) 434-2844  
**By email:** [padvocate@nshcorp.org](mailto:padvocate@nshcorp.org)

## ALL ABOUT OUR STAFF

Senior Financial Officer  
 In her new mentorship role,

Financial Officer Dan Pardee,

**DRUM MAKING CLASS**  
 with cultural arts instructor, Ben Jack

**Tuesday & Wednesday, June 13-14**  
 10:00 a.m.-12:30 p.m.  
**FREE!**

Are you interested in learning how to make a drum? Join BHS for this two-day, no experience needed workshop!

**SIGN UP TODAY! (907) 443-3475**

**VESTPUUK SEWING CLASS**  
 with cultural arts instructor, Evelyn Reitan

**Tues-Thurs, May 30-June 1**  
 1:30-4:00 p.m.  
**FREE!**

Are you interested in learning how to make a vestpuuk? Join BHS for this three-day, no experience needed workshop!

**SIGN UP TODAY! (907) 443-3475**

\*limited to 4 participants

shellfish toxin, known as neosaxitoxin and gonyau  
toxin 1& 4.

“When we saw the bloom in the water this sum

ber,” said Evie Fachon, a researcher from Don Ander-  
son’s lab at Woods Hole Oceanographic Institution  
(WHOI), who led the harmful algal bloom (HAB)  
sampling component on the 2022 cruise.

*Alexandrium*,

*Alexandrium* on or near the seafloor

*Alexan-*

*drium*

marine mammals, and birds that eat shellfish that

Ac