

Reentry program helps clients land on their feet

"Before, I would just keep my feelings bottled up and drink or use. I thought that was how it was supposed to be ... but there's a whole different side of life out there."

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COVID-19 response shifts to infection control

B A E E , .D.
NSHC Medical Director



Please turn to page 3

Look inside!

Staying active even in the cold winter months

Fall fitness revisited

Planning for water and sewer under a

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Please turn to back page

EMPLOYEE SPOTLIGHT

YOUR BEST LIFE

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

Teaming up to decrease traumatic brain injuries

B
NSHC Injury Prevention Coordinator

Don't let winter slow you down



Overnight Baked French Toast

The holidays can be a great time to sit down with family and connect over a warm meal. This breakfast can be made the night before, which makes it a great recipe for Christmas morning. Fresh Alaska berries and homegrown rhubarb add some local flavor.

Preparation: 15 minutes plus a night in fridge

Cooking: 15-20 minutes

4-6 people

INGREDIENTS

- 1 small loaf of French bread (or 1 large loaf white or whole wheat bread)
- 4 eggs
- 1/2 cup granulated sugar (or substitute)
- 1 teaspoon pure vanilla extract
- 1/2 cup milk (or milk alternative)
- 1/2 cup flour
- 1/2 cup packed brown sugar
- 1/2 teaspoon cinnamon
- 1/2 cup butter
- 1 cup blueberries
- 1 cup salmonberries
- 1 cup rhubarb diced

DIRECTIONS

1. Lightly grease a 9x13-inch pan.
2. Cut the bread into 1/2-inch slices. Layer in pan, starting on long side.
3. Add egg, sugar and vanilla into medium-sized bowl and beat slightly. Stir in milk.
4. Pour egg mixture over bread; turn bread slices over.
5. Cover and refrigerate overnight.
6. In the morning, pre-heat oven to 350 degrees F.
7. Combine flour, brown sugar, and cinnamon in small bowl.
8. Cut butter into small cubes. Melt butter into a bowl to make cream topping. Creams should be smaller than peas but not as fine as cornmeal.
9. Remove pan from fridge, carefully turn the bread slices over and scatter mixed berries and rhubarb over the bread.
10. Sprinkle cream mixture over the top.
11. Bake at 350 for 15-20 minutes, until bubbly and golden.
12. Let cool for a bit and then serve and ENJOY!

NOTE: Overnight soaking of the bread causes the dish to puff and become creamier when baked! If you don't have time to soak overnight, soak for a few hours.

Source: [Simplified Alaska Home Recipes - Food We Love](#)



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Baby-friendly hospital initiative is good for the whole family

Reentry Resource Directory

If you are seeking services or know of someone who might benefit from more support, reach out to a Nome Reentry Coalition partner.

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Ronda Bennett, Reentry Case Manager

☎ - - ☎ (office)

☎ - - ☎ (cell phone)

Assistance in housing, employment, transportation, clothing, career training, educational opportunities, behavioral health services, and public assistance.

B

☎ - - (for non-emergencies during business hours)

☎) ☎ 11 and ask for Behavioral Health (for emergencies, on weekends, or after-hours)

Counseling services for families, individuals, and couples, substance abuse recovery programs, and crisis assistance

Crystal Talcott, Program Coordinator

☎ - - ☎

Educational opportunities, employment training, and support services

A

Denice Gilroy, Executive Director

☎ - - ☎

Assistance specializing in elders and people experiencing disabilities

I C

Rhonda Schneider

☎) - ☎

Housing and homelessness prevention, temporary emergency foster home, alcohol and drug prevention, food security, family services, senior center, juvenile offender rehabilitation

A C

☎ - - ☎

Crisis intervention for individuals considering suicide, or experiencing crisis, isolation, or depression.

NHC CHOLA



Clockwise from lower left: Amy Payenna, Kaitlyn Sebwen-

Competitive scholarship recipients share their next steps

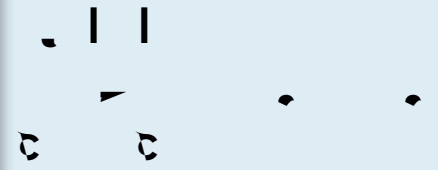
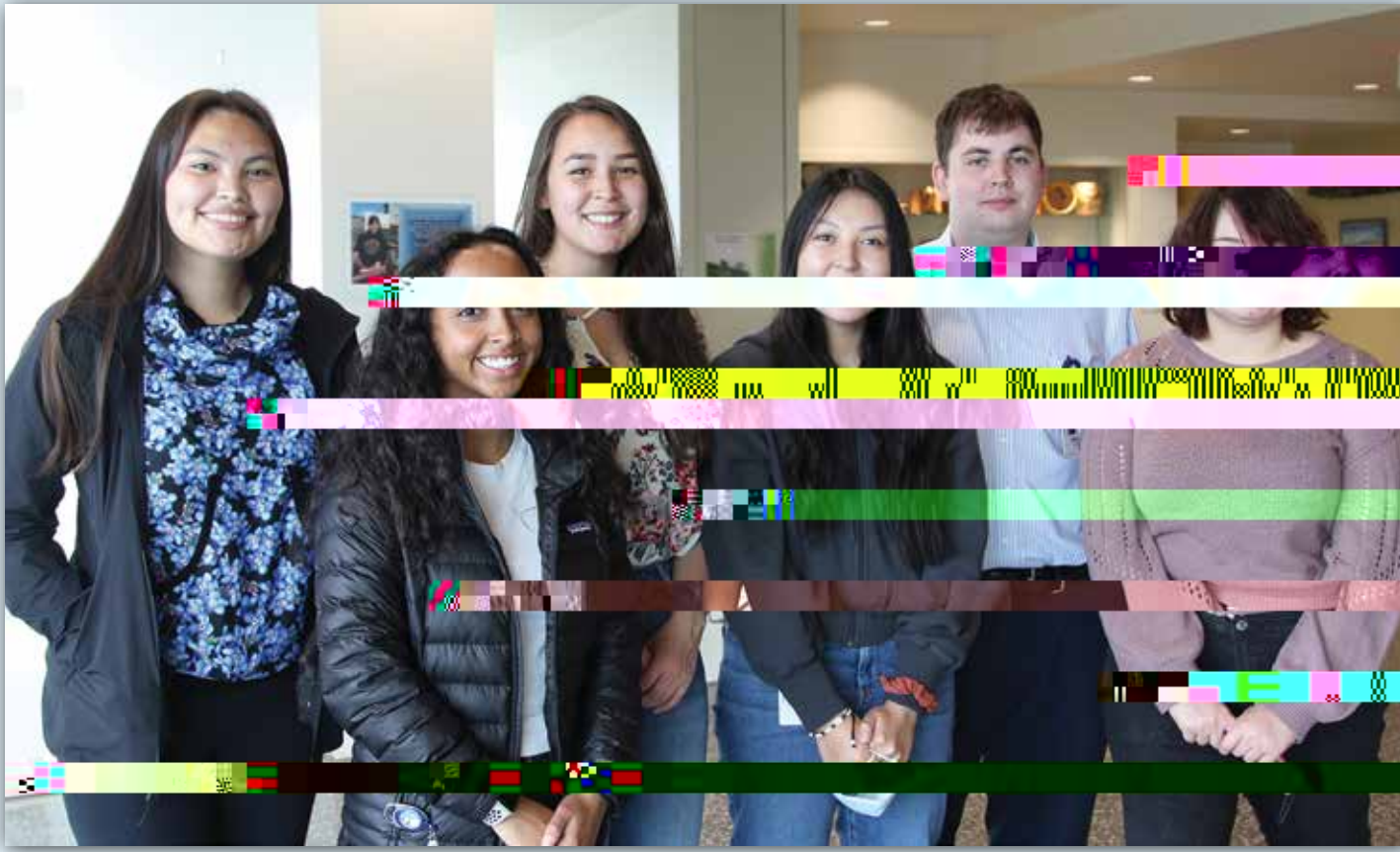
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Each year, Norton Sound Health Corporation hires summer interns with the purpose of preparing local tribal members to fill NSHC management and clinical positions.

The nine 2021 interns included (from left) Sierra Andersen, Talia Cross, Samantha Wade, Ana Karmun, Alexander Morgan, and Maggie Lyon. Additional interns (not pictured) were Rachel Turner, Kaya Schuerch, and Meagan Johnson.

The interns were able to accomplish many sizable community projects throughout the summer while learning more about the professions that interest them.

How to make schooling work while raising kids

NSHC Capital Projects focuses on clinics, housing

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Room for all in new
Shishmaref clinic

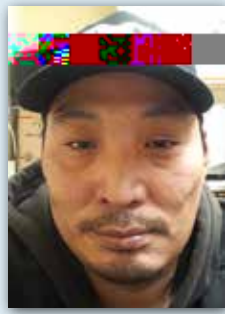
Grant management, harmful algal blooms and more covered at training

Nurse aide students
care for elders through
local campus program

2021 EMPLOYEES OF THE MONTH



JAN A - HANA EE O Clinic Travel Specialist, Brevig Mission.



MA CH- ELE KOMONA EAK Village Maintenance Technician, Wales.



FEB A - NIKKI H KILL Administrative Specialist, Specialty Clinic.



Community Utility Assistance Program moving forward



The CUAP pre-development team holds a meeting with White Mountain leadership to hear feedback on ideas for the community utility assistance program.



NSHC and Engineering Ministries International staff meet with Koyuk leaders to learn more about water and sewer needs in the community. From left to right: EMI Engineer Travis Hogins, Mayor Wilben Napayonak, EMI WASH Program Manager Jason Chandler, Koyuk Primary Operator Kevin McDonald, and NSHC Sanitation Manager Sean Lee.

C D E E
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The state of the pandemic is far less worrisome now than when it first began, thanks to the tools now at our disposal.
