

Ka iqsirugut News

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

Winter 2022

The Newsletter of Norton Sound Health Corporation

No. 74



Providers now answer medical advice call line

is changing the way its 24-hour medi-

the Provider Care Line to reflect the

A G, NSHC CEO, a a a a a b a a S.M a
a B a W, NSHC ba a A F a, NSHC ba a a S.
M a, a a bb a

Look inside!

- New funding for kids' glasses and hearing technology p. 3
- Still awaiting harmful algal bloom test results p. 3
- Stay active this winter! p. 4
- NSHC working to tackle TB p. 5
- So many BHS group classes p. 7
- Training future doctors pp. 8-9
- NSHC scholarships awarded p. 10
- Top employees honored p. 11
- Merbok hits NSHC p. 12

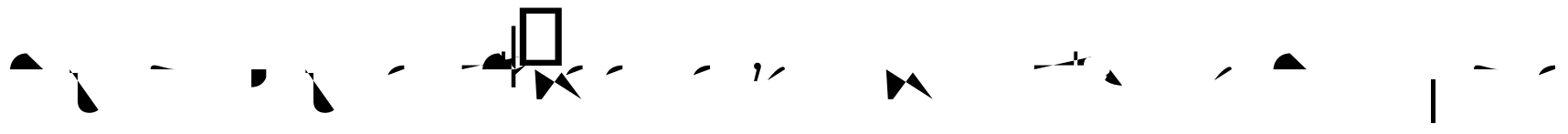
And much more ...

Nonprofit
Organization
U.S. POSTAGE PAID
Permit No. 69
Anchorage, AK

POSTAL CUSTOMER
ECRWSS

Ka iqsirugut News

P.O. Box 966
Nome, AK 99762



ant healthcare f xes they need for their

under the age of 18 an Indian Health Services benef ciary, and a resident of

and quality of life Hearing is essential

care system is being f lled so that par-

not worry about being able to af ord

In May 2022 the NSHC board will help cover out-of-pocket expenses

Samantha Kleindienst-Robler; NSHC

experience the negative ef ects of hearing loss on quality of life, school suc-

The State of Alaska requires hearing

education (Head Start), and throughout school. This is because long-term ef ects of hearing loss can be improved when action is taken quickly and

difficulties can develop at any time but are often more obvious in school-aged

eyes examined at birth, between ages 3 and 4, and ation a ring b

ke M

O

BE

LIFE

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



hold when finding opportunities to move our bodies

FIND SOMETHING YOU LIKE.

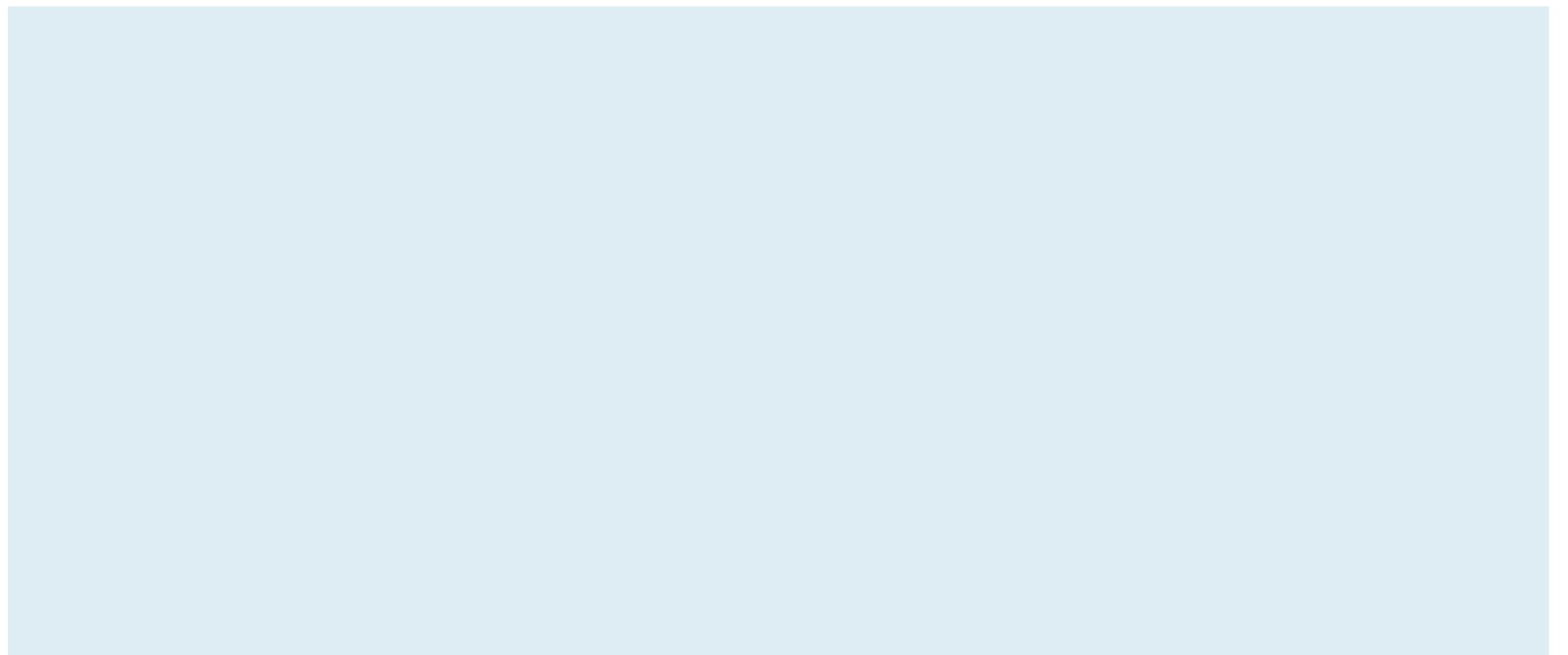
activity. If one activity isn't a good fit, don't give up.

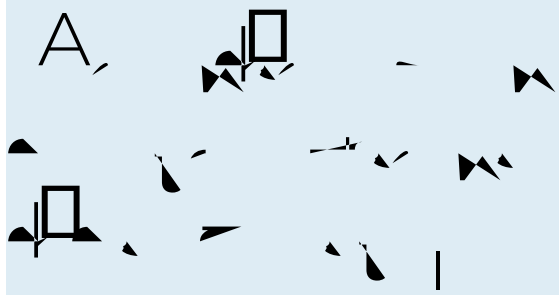
START SMALL.

of ce or grocery store, get up and move during TV commercials, or go for a 15 minute walk at your local

PICK A GOAL.

FIND A PARTNER.





RECIPE: Creamy Mushroom & Leftover Turkey Stuffed Spaghetti Squash Bake

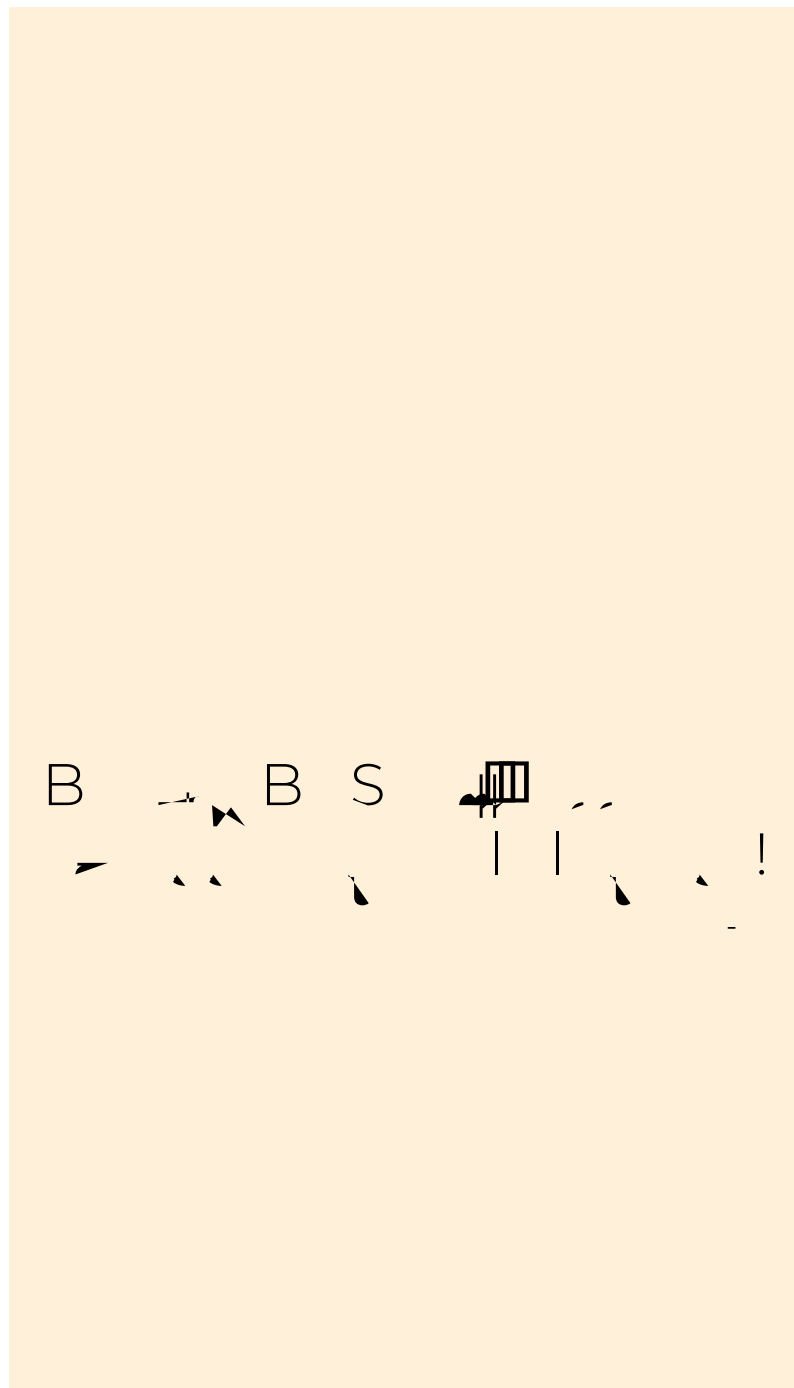
With the holidays come the leftovers! Here is a delicious way to use some of your leftover turkey to make a delicious, veggie-rich meal.

INGREDIENTS

- 1 large spaghetti squash
- 1 tablespoon olive oil
- Salt & pepper
- 2 tablespoons butter (can use olive oil)
- 8 ounces sliced mushrooms
- 1 small onion, diced
- 2 cups fresh or frozen spinach
- 1 tablespoon dried Italian seasoning
- $\frac{3}{4}$ cup heavy cream or whole milk
- 1-2 cups leftover cooked turkey meat
- 1 cup shredded parmesan cheese (separated to two $\frac{1}{2}$ cup portions)

DIRECTIONS

1. With a fork, poke holes in the spaghetti squash. Be sure to get all sides.
2. Place squash on a microwave-safe plate and microwave for 5 minutes. Meanwhile, preheat oven to 375 degrees.
3. Once the squash is done, remove from microwave and let it cool slightly.
4. When cool to the touch, cut the ends off the squash and then slice down the middle of the squash lengthwise. Scoop out the seeds with a spoon and discard.
5. Rub the inside of the squash with olive oil.



S
I



NSHC get an in-depth look at what

physician. Due to the uniqueness of

20 learners accepted each year.

Idaho) program and Alaska Family

program boasts quality over quantity, striving to provide one-on-one

accepted at any given time for four-to-eight-week rotations

NSHC Administration staf Charlie

always taking long-term potential into



NSHC offers a general scholarship to higher education students aiming for health-related fields, but it may be awarded for non-medical-related studies if the

Health Service beneficiaries from our region who commit to returning to the

approves the award amount each year. It is currently \$1,500 per semester for full-time students. Apply online at www.my-cache.org. Deadline: December 31.

FALL 2022 NSHC NON-COMPETITIVE SCHOLARSHIP RECIPIENTS

- Alaska Pacific University, Business Administration
- Alaska Pacific University, Business Administration
- Alaska Pacific University, Business Administration
- Alaska Pacific University, Nursing
- Alaska Pacific University, Nursing/Pre-health

Alukka Ivanof

**Sara Biof
Dawson Schaefer**

Tiffany Ongtomasuk

2022 EMPLOYEE OF THE MONTH



JANUARY – MARK ROMAN, Assistant Supervisor

and to help educate all staff on difficult clinical scenarios.



MAY – ADA HARVEY, Assistant Supervisor



JANUARY – JOYCE NESBY, Supervisor

leaves a mess or work for others to clean up or finish.



FEBRUARY – DIGNA ANDREWS, Supervisor

she is never one to say “that’s not my job.”



MARCH – ALICIA NIKSIK, Assistant Supervisor

standing care even in the midst of difficult times and short staffing and she keeps an amazing attitude.

head and helped the responding providers find needed



APRIL – JOSEPH SEM, Supervisor

three years now, and his exuberance for his job has not

peers. He enjoys village travel and does not seem to tire from the trips away from home; in fact, he will request more if there is still work to be done.

