

Ninilchik Traditional Council

May & June 2022



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Upcoming Dates to Remember

All NTC Offices will be closed on:

Memorial Day - Monday, May 30

Juneteenth - Monday, June 20

**The next Regular Council Meeting is scheduled for:
Thursday, June 9 at 10:00am**

The NTC Regular Council Meeting will take place at the Administration Office 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 (3) \$100 Door Prize Drawings
for visiting tribal members at each meeting!**

Front cover and back photo provided by Brie Wallace

We would like to invite your photo submissions for possible use in future newsletters. Please email us at ntc@ninilchiktribe-nsn.gov

Who We Are

The Ninilchik Village Tribe is made up of approximately 1,000 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

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William “Dean” Kvasnikoff

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Jamie Leman

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Eric Kvasnikoff

Director



Ivan Z. Encelewski

NTC Executive Director



NTC Department Directors

Bob Crosby
Housing Director



Maria Goins
Chief Financial Officer



Janet Mullen
Tribal Health Director



Christina Pinnow
Tribal Services Director



Shelley Self
Deputy CEO



Darrel Williams
Resource & Environmental Director



Executive Director's Address



Happy spring! I hope that everyone is healthy and is gearing up to catch some fish. Along these lines, our educational fishery will start on June 1st. The signup will begin here at the Admin Office on May 2nd. The federal subsistence gillnet fisheries open in the Kasilof River on June 16th and in the Kenai River on July 1st. In order to participate, you must obtain a permit from the U.S.

Fish and Wildlife Office, which is currently issuing permits now. We will then begin accepting those permits here at the Admin Office on June 1st. The crew and nets are ready! You may also have heard that they are opening up the clam harvest here on east side of Cook Inlet. This is not entirely accurate. The Board of Fish approved a plan which possibly allows a harvest of only 30 clams total per year, per person. The caveat is that the harvest of clams will not open until abundance surveys are done by the Department of Fish & Game. Only after the survey, and upon a finding that there is a harvestable abundance, would a harvest be allowed by further announcement. Secondly, areas are broken down into two units, Clam Gulch and Ninilchik. Early indications are that it might be possible to see a harvest in the Glam Gulch unit, however, it seems that the Ninilchik area will not have an abundance that would allow for an opening.

There are many exciting things happening here at the Tribe. The NTC Community Clinic in Anchor Point is operating and gaining patient visits and usage. The new NTC Clinic in Homer is out to bid for construction. We could be looking at construction starting in June, as long as we received reasonable construction bids. The new Tribal Services Building and Childcare facilities are complete. The Tribal Services moved into their new offices and the Childcare is working on final state licensing certification and approvals so that we can open the doors. We are hoping to get the extremely laborious paperwork, certifications, and all the requirements finished and ready for opening in July.

We were super excited to get notice of our 8(a) approval for Tuyan, LLC. On April 22, 2022, we officially received our 8(a) certification. We recently hired a permanent General Manager, Troy Hills, who has extensive experience in construction, 8(a) development and operations, along with other highly needed skills that will move the company forward. He was raised on the

Peninsula and is a Cook Inlet Region, Inc. shareholder. Under his leadership, and that of the Board, we are moving forward with business development, new opportunities, and setting up the company for amazing things to come.

On another exciting note, we are developing our partnership with the Kenaitze Indian Tribe on our Federal Communications Commission (FCC) broadband project. Nil Qenach'delghesh, is our Intertribal Consortium (Consortium) that was formed as a collaboration between Kenaitze Indian Tribe and Ninilchik Village Tribe. The purpose is to bring high-speed wireless broadband internet to Tribal Members, Alaska Native and American Indian (AN/AI) and other households across the Consortium's combined service area who otherwise would not have access to high-speed internet needed to operate real-time audiovisual and other applications for business, education, and health-related purposes. We have been working on the engineering and design of the system that would provide these services and at our last meeting approved the acquisition of sites for new towers that will be needed to support our project. We are getting Nil Qenach'delghesh set up as an official consortium entity with additional grant support funding requests and further assistance from our respective tribes.

As we move into summer there is a lot happening here at the Tribe. The Resource department will be working to cut overgrowth on the logging roads with the new machinery. They will also be fishing and working on forestry projects. The Tribal Services Department will be busy with summer activities and the new Childcare. The Health Department is continuing construction and expansion. On the Housing side, we just signed the paperwork for the new homeowner here in Ninilchik. The next house is ready for contract signing now. Don't forget to stop by the Cheeky Moose in Anchor Point as they get super busy with summer patrons. So much is happening!

As always, have a wonderful summer and I hope your freezers, smokehouses, and salt barrels fill up with fish.

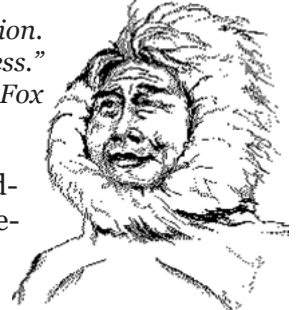
Thank you.

A handwritten signature in black ink, appearing to read "Ivan Z. Encelewski".

Ivan Z. Encelewski
NTC Executive Director

Housing

*"I am careful not to confuse excellence with perfection. Excellence, I can reach. Perfection is God's business."
-Michael J. Fox*



Hello Ninilchik Tribal Members,

It is finally starting to feel like spring is in the air. We want a NICE summer full of fish, bountiful gardens, no mosquitos, and lots of fun! Sounds great to me! But on the realistic side of things, I think this coming winter we may be in for a hard winter and really need to spend this summer getting ready for it. I highly recommend that you take advantage of the Weatherization Program and get those items into your homes that will help; make them more energy efficient. If you don't or can't take advantage of my Weatherization Program, then at least think about where you are losing heat or what you could do to save energy and do it for yourselves.

Everything done over this summer will be well worth it in savings and comfort this next winter. You will never lose money by being energy smart!

We are still running the Treasury Emergency Rental Assistance (ERA) program. This program is open to everyone of all races within our Tribal Boundary Service area, if the household income is within the median income limits for the Kenai Peninsula Borough and you can show or attest to being affected by Covid after March 2020. ERA is to help with temporary assistance with your rent and utilities if needed. If you are a Tribal member living in another state, we may be able to offer you help as well and as long as you fall within the median income limits for that borough's income limits and have not received any State or Federal assistance for rental or utilities from another program. For more information and to download an application go to: <https://www.ninilchiktribe-nsn.gov/announce->

Office Relocation

You may notice a change if you come to visit Bob in Housing. Bob's office has relocated, and his old office is now the new home of the Ninilchik Village Library! Find more information on page 10.

ments/covid-19-income-based-emergency-housing-assistance-application-available-now/

With the Homeownership Program we have finished a home in Ninilchik, and moved a family in. While it wasn't a New Year's present as expected, no one could have imagined the shortage of building supplies that Covid has released upon the world. Still close enough to the beginning of the year to make a great fresh start in their lives.

We had three Rehabilitation projects that were put out for bid twice with no bids received. Darrel's office had implemented a construction team when he constructed the Bus Barn, and Darrel offered his time to step in and see if they could help out. And, help they did. They finished 2 out of the 3 jobs and in some of the coldest and snowiest winter we have had in a long time. That leaves just one Rehab case which we will put out for bid as soon as the snow melts enough for contractors to get in and be able to make bids. Thank you, Darrel and crew! You have helped out two families that have had their lives put on hold while we tried to find contractors to do their jobs.

Until the next newsletter, take care of you and your families, stay healthy and have a wonderful and safe summer!

Bob Crosby, Housing Director

Note:

We are still trying to find land in the Homer area so if anyone knows of something that is affordable without the extreme Homer prices, please give me a call and let's see if we can work something out.

Tribal Services

The Tribal Services Department has moved into our new building, located adjacent to the Subsistence Building. We have been very busy packing, moving, and unpacking for most of the month of March. We have hired some additional staff and would like to welcome Carrie Calabrese, Elise Weber and Michael Pinnow to the Tribal Services Department. Carrie will be our receptionist at the Tribal Services Building, Elise is training and will be taking over the ICWA program once training is complete and Michael is transitioning to our Tribal Services Assistant position. We have a new phone number but can still receive transferred calls through the admin office as well.

**Tribal Services
Campus new
phone number**

(907) 206-2740

It Takes A Village

We are excited and have started to outfit our new childcare facility, It Takes A Village. We are still missing some needed items to outfit the facility and we are working on Licensing with the State to be able to open for services. Once Licensing with the State is finalized, we will then be able to start enrolling children for services at the facility. We have posted positions for the Childcare and are in the process of hiring qualified providers to ensure that children served at It Takes A Village Childcare receive quality care.

CCDF Childcare Assistance Program

Alaska Native and American Indian children age 1 week to 12 years and 364 days old may be eligible for our Childcare Assistance program as long as the parents are working or receiving education/training. The Childcare Assistance program helps to subsidize the cost of childcare for eligible families. For more information about the Childcare Assistance Program or to check eligibility, please contact Alicia Morris in the Tribal Services Department.

Tribal Services Youth Summer Culture Camps

We are still working on picking dates and planning activities for our summer culture camps. Once the schedule is finalized, we will be sending out flyers and schedules to eligible families. Our culture camps are for Alaska Native/American Indian youth ages 6-14 years old. Our summer camp schedule combines fish camp days with outdoor activities and craft days. Last year we learned how to tan fish skin to make fish skin leather. Each participant processed their own skin and was able to take home a beautiful piece of leather to be displayed or used for their own unique crafting purposes. We look forward to another great summer and are excited to continue teaching our youth new skills.



Early Learning Program

Congratulations ELP graduates! Our preschool year has ended and some of our preschoolers will be off to Kindergarten in the fall. We have witnessed how the children have grown in the way they share, take turns, and we are really impressed with the advances in academic concepts of these little ones. All staff feel a close partnership with our ELP families and send you all our best wishes.



For more information regarding Tribal Services, please contact Chris at 907-206-2740 or cpinnow@niniichiktribe-nsn.gov

Health Department

Covid Testing by Appointment Only - Call 907-567-3970

Mondays, Wednesdays, and Fridays 9:30am-4:30pm, behind the Ninilchik Health club. Please drive around the right side of the building to the back. There is a ramp to the window.

As many of you have probably heard, there is currently a decrease in positive covid cases, more people have home tests available, and therefore there has been a decrease in the need for tests. We are testing Monday, Wednesday & Friday, 9:30 am to 4:30 pm.

We are still offering vaccines to those who are interested in getting vaccinated, and I would strongly encourage people who haven't gotten vaccinated to get vaccinated. While there are some people who can still get the virus after being vaccinated, they are typically way less sick than they would be without the vaccine, especially those people who have other chronic diseases.

We have updated our payment amount for emergency room visits (\$6,000 per year), local dental (\$3,000 per year), and physical therapy (up to 20 visits with provider authorization). You are still required to follow the requirements for these in order to qualify. All of these policies have eligibility requirements as follows: All the policies state that you must have lived in the Tribal boundaries for at least a year and be an active clinic user within the last year. The ER policy will only be approved if it is something that we are unable to provide at the clinic, or are sent by the clinic, visit to ER is after clinic closure, but must be life or limb. Anything alcohol or drug related will not be covered nor

anything that we can provide at the clinic during regular business hours. ER visits outside of normal business hours, you must notify the front desk or the Tribal Health Director with 72 hours or risk a denial. Dental through Ninilchik Dentistry must be prior approved by the Tribal Health Director.

We have a registration platform, Phreesia, which I know is not the most popular registration process for people, but it is a great platform for us to gather data. It was also a better registration process and less paperwork, but you will still be required to do the yearly signing and review of your demographic information. Insurance, phone numbers and addresses change for some regularly and we do not always get this information, nor do people check this information for accuracy, and this is very important. Having an emergency contact is also very important to have for any unforeseen events that you are unable to provide any information to emergency responders.

We will begin construction of the new Homer clinic this summer and are quite excited to be building our own clinic. You will find some additional program updates in this newsletter.

Thank you.
Janet Mullen
Tribal Health Director

The new Anchor Point Clinic is fully operational Monday through Friday 9am –5 pm.

Margaret Westner, DNP, APRN, FNP-BC., is in Anchor Point 5 days a week. Peggy provides primary and preventative care and MAT.

Dr. Robin Holmes is working in Ninilchik on Mondays and Homer on Wednesdays and Fridays. She specializes in woman's health, primary and preventive care, and hormone therapy.

Dr. Tamar Marcotte is in Ninilchik 5 days per week and provides primary care and osteopathic manipulation therapy (OMT).

Dr. Sarah Spencer provides Medication Assisted Treatment (MAT) and primary care on Mondays, Thursdays and Fridays in Ninilchik, and Tuesdays in Homer.

Kristie Finkenbinder, FNP is providing primary care and weight management services in Homer Mondays and Thursdays, and in Ninilchik Tuesdays and Wednesdays.

Renae Blanton, FNP, is now seeing patients for integrative medicine in Homer Mondays, Wednesdays, and Thursdays, and in Ninilchik on Tuesdays.

For more information regarding the Health Department, please contact Janet at 907-567-3370 or jmullen@ninilchiktribe-nsn.gov

Medication-Assisted Treatment (MAT) Program

What is Medication-Assisted Treatment?

Medication-Assisted Treatment (MAT) is the use of medications, in combination with counseling and behavioral therapies to provide a “whole-patient” approach to the treatment of substance use disorders. Medications used in MAT are approved by the Food and Drug Administration (FDA) and MAT programs are clinically driven and tailored to meet each patient’s needs.

Research shows that a combination of medication and therapy can successfully treat these disorders, and for some people struggling with addiction, MAT can help sustain recovery. MAT is also used to prevent or reduce opioid overdose.

MAT is primarily used for the treatment of addiction to opioids such as heroin and prescription pain relievers that contain opiates. The prescribed medication operates to normalize brain chemistry, block the euphoric effects of alcohol and opioids, relieve physiological cravings, and normalize body functions without the negative and euphoric effects of the substance used.

MAT Effectiveness

Mat has proved to be clinically effective and to significantly reduce the need for inpatient detoxification services for these individuals. MAT provides a more comprehensive, individually tailored program of medication and behavioral therapy that address the needs of most patients.

The ultimate goal of MAT is full recovery, including the ability to live a self-directed life. This treatment approach has been shown to:

- Improve patient survival
- Increase retention in treatment
- Decrease illicit opiate use and other criminal activity among people with substance use disorders
- Increase patients’ ability to gain and maintain employment
- Improve birth outcomes among women who have substance use disorders and are pregnant

Research also shows that these medications and therapies can contribute to lowering a person’s risk of contracting HIV or hepatitis C by reducing the potential for relapse.

Source: www.samhsa.gov/medication-assisted-treatment

Telehealth and in-person care to meet your needs		
Ninilchik	Anchor Point	Homer
15765 Kingsley Rd	33880 Sterling Hwy	601 E Pioneer Ave
907-567-3970	907-206-2733	907-206-2730
Behavioral Health		
907-567-3370		

Financial Assistance Available

NTC’s MAT Program can provide financial assistance to pay for counseling, assessments, and MAT medications for those who qualify. We also offer a variety of assistive technologies to help individuals transition into treatment and improve recovery outcomes. For more information or to get started with enrollment, please call our Behavioral Health Practitioner, Sue Fallon, Ph.D., at 907-420-7268

{Addictions don’t discriminate.
Neither do we.}

For more information regarding the MAT Program, please contact Kathleen at 907-567-3370 or ktotemoff@ninilchiktribe-nsn.gov

Medication-Assisted Treatment (MAT) Program

NTC's MAT Program also offers a variety of assistive technologies to help individuals transition into treatment and improve recovery outcomes.

Bridge Device

For opioid withdrawal



Soberlink

Remote BAC monitoring



reSET/reSET-O

Remote BAC monitoring



**Featured Assistive Technology:
Bridge Device**

Bridge is the first FDA-cleared, drug-free, non-surgical device to use neuromodulation to aid in the reduction of symptoms associated with opioid withdrawal. Bridge is applied by a qualified healthcare professional in a short, non-surgical in-office procedure. The device fits comfortably behind the ear and provides five days of continuous relief by sending gentle electrical impulses through wires to the nerves around your ears. Simulated nerves transmit these impulses to the brain, reducing withdrawal symptoms.

Symptom relief begins in as little as 20 minutes with an 85% reduction in symptoms often experienced within the first hour. Studies show that 88% of active users who utilize Bridge successfully transition into a MAT program.

Who Can Bridge Help?

Bridge can be used for patients* experiencing opioid withdrawal symptoms, while undergoing treatment for opioid use disorder when:

- Initiating treatment
- Transitioning to naltrexone
- Tapering off medication-assisted treatment

Source: www.masimo.com/bridge

For more information on the Bridge Device, Soberlink, or reSET/reSET-O, please contact Kathleen Totemoff, MAT Project Director at 907-567-3370

Though nobody can go back
and make a new beginning,
anyone can start over and
make a new ending.

-Chico Xavier

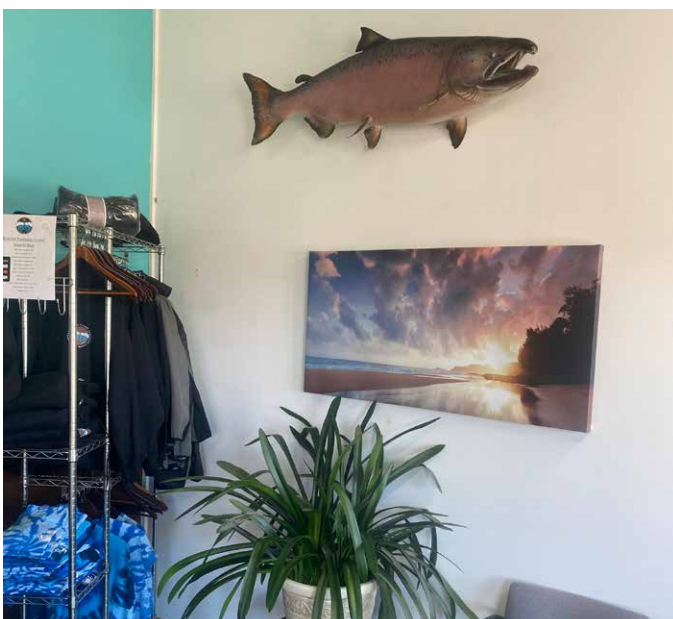
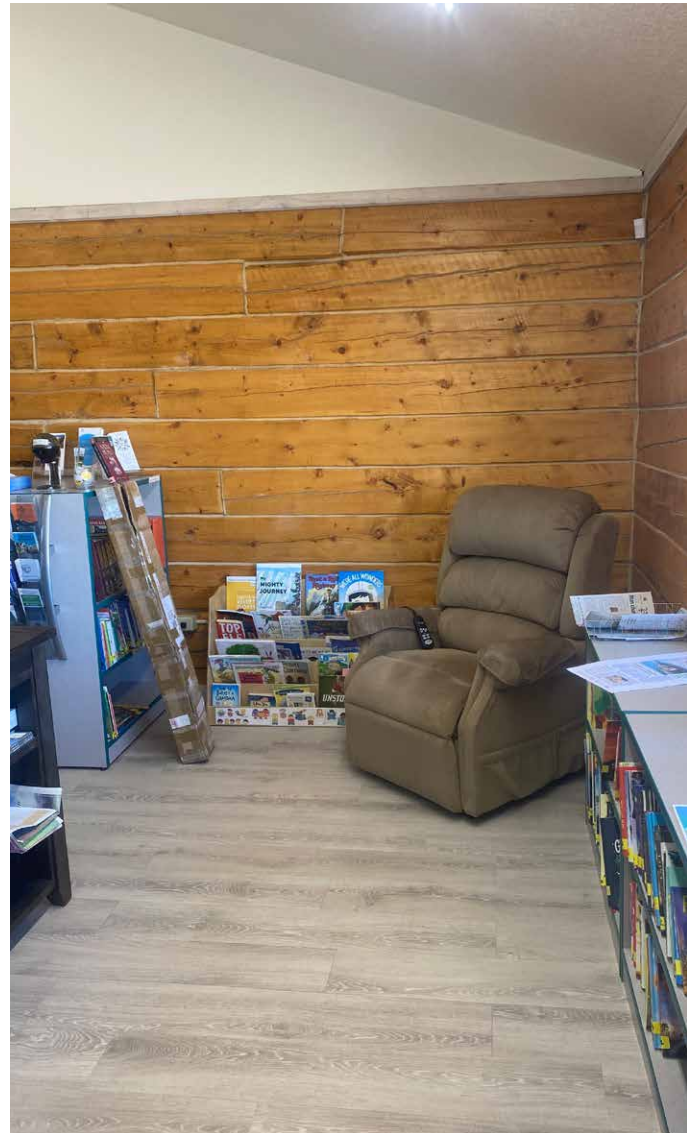
Ninilchik Village Library

Ninilchik Village Library

Need a break from Spring Cleaning? Take a journey in the sunshine and browse the old and new books, DVDs, and audiobooks as you relax in the comfortable, updated surroundings of the new library area. Grab a complementary cup of coffee. Take advantage of the free internet and computer at your leisure and take advantage of needed copies, faxes, notaries, entertainment and unlimited information.

Services are all free to tribal members and a minimal fee to community friends.

Monday - Friday 9am - 5pm



For more information regarding the NTC Library, please contact 907-567-3313 or ntc@ninilchiktribe-nsn.gov

Behavioral Health

Helping Families Cope with Mental and Substance Use Disorders

Each family is unique, and most families share a bond that can be used to support one another during trying times.

There is no one-size-fits-all solution for helping a family member who is drinking too much, using drugs, or dealing with a mental illness. Research indicates that family support can play a major role in helping a loved one with mental and substance use disorders.

When a family member is experiencing a mental or substance use disorder, it can affect more than just the person in need of recovery. Evidence has shown that some people have a genetic tendency for developing mental and substance use disorders. They may be at greater risk based on environmental factors such as having grown up in a home affected by a family member's mental health or history of substance use. Families should be open to the options of support groups or family therapy and counseling, which can improve treatment effectiveness by supporting the whole family.

It is also important to remember that the unique challenges that come from helping a loved one with a mental or substance use disorder can be demanding. Caregivers should take steps to prioritize their own health as well.

Family members may be more likely to notice when their loved ones are experiencing changes in mood or behavior. Being able to offer support, family members can connect those in need with treatment, resources, and services to begin and stay on their recovery journey.



How Can You Help?

1 Identify an appropriate time and place

Consider a private setting with limited distractions, such as at home or on a walk.

2 Express concerns and be direct

Ask how they are feeling and describe the reasons for your concern.

3 Acknowledge their feelings and listen

Listen openly, actively, and without judgement.

4 Offer to help

Provide reassurance that mental and/or substance use disorders are treatable. Help them locate and connect to treatment services.

5 Be patient

Recognize that helping your loved one doesn't happen overnight. Continue reaching out with offers to listen and help.

6 What to say

"I've been worried about you. Can we talk?", "I see you're going through something. How can I best support you?", "I care about you and am here to listen. Do you want to talk about what's been going on?", "I've noticed you haven't seemed like yourself lately. How can I help?"

Following these six steps can greatly improve the success of a loved one's recovery as well as help to manage the health and emotional wellbeing of the caregiver. Every individual and every family member deserve patience, validation, opportunity, and respect. These six steps will allow the best structure and environment to calmly discuss solution-focused options.

Bettyann Steciw, BHA I (trainee)

SOURCE: <https://www.samhsa.gov/sites/default/files/starting-the-conversation-guide.pdf>

For more information regarding Behavioral Health, please contact Leslie at 907-567-3370 or lmccombs@niniichiktribe-nsn.gov

Elders Outreach Program



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 would 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 Enrolled Tribal Elders to attend, it also serves many homebound Enrolled Tribal Elders who cannot drive or have other needs that prevent them from attending. The luncheon is for these Elders, and we ask that all be mindful of others who are not able to attend, as any additional food will be provided and delivered to their homes.

We encourage active participation from the youth and strongly urge Enrolled Tribal Elders to offer their experience, advice, knowledge, and techniques for activities. If you have a cultural/traditional skill, please call or email our office. We look forward to the Tribal Elders sharing a bit of their time and knowledge with the youth. Our office is open and welcomes your input to make this program grow and thrive.

We are continuing to contact Enrolled Tribal Elders regarding our collaborative project Aging out of your Community, a survey study we are working on with Jordan P. Lewis, PhD, MSW (Aleut) and Dr. Steffi Kim. This is a research study regarding how we can support Elders aging in their homes and community successfully as well as understanding culturally responsive activities that benefit all community members and honor and respect cultural values, practices, languages, and history. This study is funded by the National Science Foundation. The effort of gaining history and highlighting the resiliency of our Elders will be through your voices. We actively encourage you to participate in this study for the future of our community goals. There will be time allocated for one-on-one interviews, via Zoom and in person,

whichever you are more comfortable with. We are also seeking to communicate with those who can advocate for Elders, specifically in our community, regarding barriers, preventative needs and obstacles as well as highlights and positives regarding how Ninilchik Elders can benefit. Please call if you have questions or are interested in participating.

We had dedicated time to renovating the Subsistence building interior area for Elders to a fresh, comfortable atmosphere. The new Elders coffee cups are stellar thanks to the amazing design by our own Tribal member, Brie Wallace! Looking forward we are keeping our eyes on bounty for the Elders program always vigilant. We have days we will fish for Elders and as many of you are aware we are happy to break down and package your fish and other bounty and harvest. Please call should you have questions or would like to know more about our facility or how we can help.

This summer we are excited to invite you to join us on the Ninilchik Beach Educational Fishery Site #1 on June 2nd at 2:00 pm. We will be fishing for Elders that day and offering a BBQ on the beach to celebrate summer, bounty, and the opportunity to gather on our land, sharing in the cultural experiences and past times ones before us also had, which paved the way for us to thrive in. Bring yourselves and an appetite!

We are more than happy to help with clinic/behavioral health appointments, groceries, and prescriptions as well as airport rides for your ANMC trips and other needed travel. Should you have additional needs, we have an open-door policy and are generally more than happy to help with most all paperwork, finding resources and connecting you with the services you are seeking. This spring, like many previously, is gearing up to be full of potential outings, fishing, classes, and projects. If you are interested, please call, email, or just come out and be a part of the program!

Tiffany Stonecipher, EOP Coordinator
Jessica Haddock, EOP Program Assistant

For more information regarding the EOP, please contact Tiffany at 907-567-3313 or tstonecipher@ninilchiktribe-nsn.gov

Elders Outreach Program

The Elders Outreach Program offers lunch at the Subsistence Building every Monday at noon

The luncheon is provided even on holidays when other NTC offices are closed

Upcoming Monday Luncheon Dates

May

2nd, 9th, 16th, and 23rd
No luncheon May 30th

June

6th, 13th, 20th and 27th

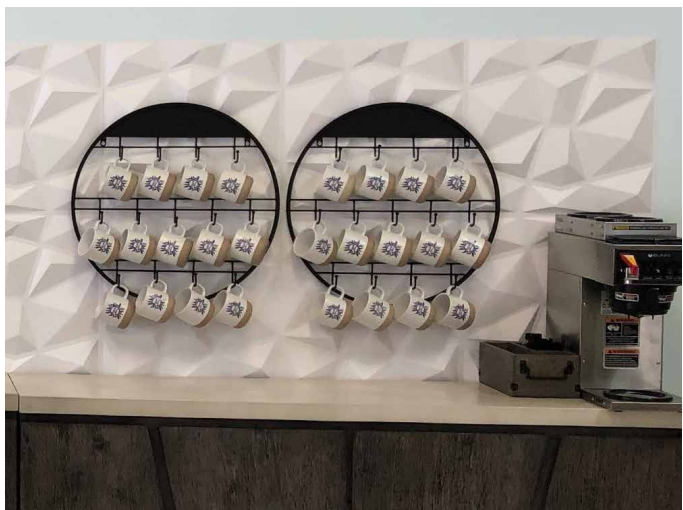
July

11th, 18th, and 25th
No luncheon July 4th



Thursday, June 2nd at 2:00 pm
Ninilchik Beach Educational Fishery Site #1

Fishing for Elders & BBQ
Bring yourselves and an appetite!



Mission Statement

The Elders Outreach Program is a program of the Ninilchik Traditional Council, whose purpose is providing service to Elders (55+) in our tribal boundaries that enhance quality of life, integrity of heritage and emblematic of respect and dignity, continuously promoting independent living while simultaneously capturing the history and traditions of our culture.

For more information regarding the EOP, please contact Tiffany at 907-567-3313 or tstonecipher@ninilchiktribe-nsn.gov

Youth Outreach Program

The Youth Outreach Program strives to support community youth through various avenues year-round. Our team believes in the importance of youth having supportive adult mentors in their lives who can support them as they navigate their way through adolescence and young adulthood. The program has a strong emphasis on leadership, critical thinking, community service, culture, self-esteem, positive risk taking, community, and connection.

Teen Center

The Teen Center is open on Fridays and is open to teens ages 12+ to come and hang out in a safe environment. Admission is free and there are concessions available to purchase. There are a wide range of activities for youth to interact with from card games, pool, and the most recent and popular addition - ping pong!

FFA

Students focus on leadership, community service projects, professionalism, post-secondary exploration, employment readiness skills, and outdoorsmanship.

GULU

In partnership with Project Grad, students and mentors meet afterschool on Mondays to participate in various outdoor activities such as skiing, beach combing, trail hikes and so much more! Get outside!



SOURCES
OF STRENGTH

A best practice youth suicide prevention project designed to harness the power of peer social networks to change unhealthy norms and culture, ultimately preventing suicide, bullying, and substance abuse. The mission of Sources of Strength is to prevent suicide by increasing help seeking behaviors and promoting connections between peers and caring adults. Sources of Strength moves beyond a singular focus on risk factors by utilizing an upstream approach for youth suicide prevention. This upstream model strengthens multiple sources of support (protective factors) around young individuals so that when times get hard they have strengths to rely on.



For more information regarding the YOP, please contact Rick at 907-690-2331 or rdunaway@ninilchiktribe-nsn.gov



OPEN MONDAY-FRIDAY 7AM-8PM & SATURDAY-SUNDAY 8AM-2PM • 907.567.3455 • WWW.NINILCHIKHEALTHCLUB.COM

You asked. We listened.
 Now we're **OPEN SEVEN DAYS A WEEK!!**
 Stop by and check out what we have to offer!
 Cardio, weights, tanning bed, infrared sauna,
 classes & more!

Monday - Friday • 7am - 8pm
Saturday - Sunday • 8am - 2pm

Elise, Kayci, and Savanna are keeping a full schedule of yoga classes. We now have nine classes weekly! Most are available online and in-person (2 classes are in-person only) see schedule to the right.

**Mark your calendars for the
 Independence 5Kish Fun Run
 on Monday, July 4th!!**

YOGA SCHEDULE

NINILCHIK HEALTH CLUB

- MONDAY: 10:15-11:15AM • RENEW & RESTORE
 11:30-12:30PM • SOFTEN & STRENGTHEN
 5:30 -6:30PM • SLOW FLOW*
- TUESDAY: 10:15-11:15AM • VINYASA
- WEDNESDAY: 9:30-10:00AM • CHAIR
 10:15-11:15AM • TWIST TWIST UNTWIST
- THURSDAY: 10:15-11:15AM • HATHA
 11:30-12:30PM • RESTORATIVE
- SATURDAY: 11:00-12:00PM • FAST FLOW*

ALL CLASSES OFFERED LIVE IN OUR STUDIO AND ONLINE VIA ZOOM*

*SLOW FLOW & FAST FLOW ARE IN-PERSON ONLY CLASSES INCLUDED WITH CLUB MEMBERSHIP OR \$6 DROP-IN

**Yoga schedule will change in June:
 Fast Flow Fridays 5:30-6:30pm
 NO Slow Flow evening class.
 Classes are always subject to change based on attendance and scheduling.

Get Healthy with Tammy Z

Our Personal Trainer, Tammy Zweiacher has been helping people of all ages and fitness levels reach their health goals for almost 30 years!

Call for a free consultation & see how TZ can help YOU!

30 minutes \$25
 60 minutes \$45

907.252.5115

No charge for NTC Tribal Members



More Than Just a Gym

Tanning

Up to 20 minutes—\$6 // 11th tan is free!

Full-Spectrum Infrared Sauna

30 minutes \$6 / 11 for \$60

Massage Therapy

30 min \$45 / 60 min \$75 / 90 min \$100
 Call Elise Spofford to schedule 907.252.9544

Chiropractic

Call Dr. Catherine West to schedule 415.608.7559

Revolution Sport & Spine Therapy

Call Revolution for scheduling 907.420.0836

For more information regarding the HWC, please contact Brie at 907-567-3455 or hwc@ninilchiktribe-nsn.gov

NTC Employment Opportunities

Behavioral Health Services Clinician Licensed Professional Counselor (LPC)

This position will provide direct counseling services, advocacy, and appropriate referrals to the adult/pediatric population in the Ninilchik Village Tribal area, providing support to those affected by substance abuse and behavioral health issues. The clinician will ensure records system are maintained in accordance with local, state, federal, and tribal laws. Clinician will maintain a strict level of confidentiality as they work with Primary Care Providers, Psychiatric Providers, Case managers, Supervisors, and community treatment team members to coordinate effective treatment interventions.

Behavioral Health Services Clinician

This position will provide direct counseling and support services to the adult/pediatric population in the Ninilchik Tribal area, providing assistance to those affected by alcohol/substance abuse and behavioral health issues.

Ninilchik Health Club Front Desk Attendant (Fill-in)

This position will provide lead customer service contact for all members, guests and prospects, and is responsible for selling all products and services. This position is responsible for overseeing all general office and administrative duties. Along with other tasks this position is responsible for custodial chores. It is essential for the custodian to work both independently and effectively with members and other staff to achieve and maintain standards of excellence set forth by the Ninilchik Health & Wellness Club.

Please visit www.ninilchiktribe-nsn.gov and click on Careers for more information!

Don't Pay Bills You Don't Need To!

A message from the Ninilchik Clinic Billing Office

Visits to the clinic for wellness (or fishhooks) are part of life. Being the only clinic in our community, we provide services to anyone in need of care. As much as computers have advanced, registration systems are unable to differentiate a tribal beneficiary from a non beneficiary on their own.

What does this mean for you? When checking in for your appointment on your phone, you may be asked to pay a co-pay. As a beneficiary you will not owe this. To skip this screen, select pay in office. In addition, if at ANY time you receive a bill from the NTC Clinic and are a beneficiary, please call and let us know so we can correct the issue.



For more information regarding Employment, please contact NTC at 907-567-3313
For more information regarding Clinic Billing, please contact Jenn at 907-567-3370

Bumps & The Cheeky Moose

BUMPS



\$10.00 Round Trip
\$7.00 One-Way

Mondays, Wednesdays, & Fridays

**Please call for pickup at Happy Valley,
Anchor Point, Clam Gulch, & Kasilof**

907-567-3815

Red North (Red Line)		Blue South (Blue Line)	
Ninilchik (NTC Resource Building)	8:30am	Kenai (Walmart/Airport)	1:30pm
Happy Valley (HV Store)	8:45am	Soldotna (Fred Meyer)	2:00pm
Anchor Point (Cheeky Moose)	9:00am	Kasilof (Post Office)	2:25pm
Homer (Safeway)	9:30am	Clam Gulch (Post Office)	2:40pm
Anchor Point (Cheeky Moose)	10:00am	Ninilchik (NTC Resource Building)	3:00pm
Happy Valley (HV Store)	10:15am	Happy Valley (HV Store)	3:15pm
Ninilchik (NTC Resource Building)	10:30am	Anchor Point (Cheeky Moose)	3:30pm
Clam Gulch (Post Office)	10:55am	Homer (Safeway)	4:00pm
Kasilof (Post Office)	11:10am	Anchor Point (Cheeky Moose)	4:30pm
Soldotna (Fred Meyer)	11:30am	Happy Valley (HV Store)	4:45pm
Kenai (Walmart/Airport)	12:00pm	Ninilchik (NTC Resource Building)	5:00pm

The Cheeky Moose

Laundromat, Showers, Tanning,
Deli & Espresso
Open everyday from 8am to 8pm

Deli open until 5:00

Fresh Homemade Soups
Breakfast Sandwiches
Variety of Grilled or Deli Sandwiches

33930 Sterling Highway
Anchor Point, Alaska
(907) 235-5900



For more information regarding Bumps, please contact Bumps at 907-567-3815
For more information regarding The Cheeky Moose, please contact Robin at 907-235-5900

Events Calendar

MAY 2022

SUN	MON	TUE	WED	THU	FRI	SAT
1	2 EOP Luncheon 12-1pm Yoga @ HWC 10:15a, 11:30a, & 5:30p	3 Yoga @ HWC 11:15a Study Hall @ TC 3:30-5:30p	4 Yoga @ HWC 9:30a & 10:15a	5 Yoga @ HWC 10:15a & 11:30a Study Hall @ TC 3:30-5:30p	6 Teen Center 3:30-8:30p	7 Yoga @ HWC 11:00a
8	9 EOP Luncheon 12-1pm Yoga @ HWC 10:15a, 11:30a, & 5:30p	10 Yoga @ HWC 11:15a Study Hall @ TC 3:30-5:30p	11 Yoga @ HWC 9:30a & 10:15a	12 Yoga @ HWC 10:15a & 11:30a Study Hall @ TC 3:30-5:30p	13 Teen Center 3:30-8:30p	14 Yoga @ HWC 11:00a
15	16 EOP Luncheon 12-1pm Yoga @ HWC 10:15a, 11:30a, & 5:30p	17 Yoga @ HWC 11:15a Ninilchik School Graduation 6pm	18 Yoga @ HWC 9:30a & 10:15a	19 Yoga @ HWC 10:15a & 11:30a	20 Teen Center 3:30-8:30p	21 Yoga @ HWC 11:00a
22	23 EOP Luncheon 12-1pm Yoga @ HWC 10:15a, 11:30a, & 5:30p	24 Yoga @ HWC 11:15a YELP 12-5p	25 Yoga @ HWC 9:30a & 10:15a YELP Field 12-5	26 Yoga @ HWC 10:15a & 11:30a YELP 12-5p	27 Teen Center FREE 12-5p	28 Yoga @ HWC 11:00a
29	30 NTC Closed for Memorial Day NO EOP Luncheon	31 Yoga @ HWC 11:15a YELP 12-5p				

Events Calendar

JUNE 2022

SUN	MON	TUE	WED	THU	FRI	SAT
			1 Yoga @ HWC 9:30a & 10:15a YELP Field 12-5p	2 Yoga @ HWC 10:15a & 11:30a YELP 12-5p	3 Yoga @ HWC 5:30p Teen Center FREE 12-5p	4
5	6 EOP Luncheon 12-1pm Yoga @ HWC 10:15a & 11:30a	7 Yoga @ HWC 11:15a YELP 12-5p	8 Yoga @ HWC 9:30a & 10:15a YELP Field 12-5p	9 RCM 10:00a NTC Admin Yoga @ HWC 10:15a & 11:30a YELP 12-5p	10 Yoga @ HWC 5:30p Teen Center FREE 12-5p	11
12	13 EOP Luncheon 12-1pm YELP Fishing 12p Yoga @ HWC 10:15a & 11:30a	14 Yoga @ HWC 11:15a YELP 12-5p	15 Yoga @ HWC 9:30a & 10:15a YELP Field 12-5p YELP Peterson	16 Yoga @ HWC 10:15a & 11:30a YELP 12-5p Bay trip — — —	17 Yoga @ HWC 5:30p Teen Center FREE 12-5p — —	18
19	20 EOP Luncheon 12-1pm NTC Closed for Juneteenth	21 Yoga @ HWC 11:15a YELP 12-5p	22 Yoga @ HWC 9:30a & 10:15a YELP Field 12-5p	23 Yoga @ HWC 10:15a & 11:30a YELP 12-5p	24 Yoga @ HWC 5:30p Teen Center FREE 12-5p	25
26	27 EOP Luncheon 12-1pm Yoga @ HWC 10:15a & 11:30a	28 Yoga @ HWC 11:15a YELP 12-5p	29 Yoga @ HWC 9:30a & 10:15a YELP Field 12-5p	30 Yoga @ HWC 10:15a & 11:30a YELP 12-5p		

Ninilchik Traditional Council
PO Box 39070
Ninilchik, AK 99639

Ph: 907-567-3313
Fx: 907-567-3308
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 Tribal Services Campus at (907) 206-2740 to keep their information up to date.

Those on the general public mailing list may contact the NTC Administrative Office front desk at (907) 567-3313 to make sure we can stay in touch.

Thank you!

