



ARCTIC SLOPE NATIVE ASSOCIATION

# Inuuniagnig

## The Art Of Living

### Winter 2014

## Mark Your Calendar

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### Dental Village Trips

**Point Lay:** Hygienist ONLY December 2-6  
January 22-26 with Dr. Finkbine, TDY

**Kaktovik:** January 13-17 with Dr. Self

**Atqasuk:** January 13-17 with Dr. Oudin

**Nuiqsut:** Jan 28-Feb 2 with Dr. Finkbine, TDY

**Wainwright:** February 24-28 with Dr. Oudin  
and Dr. Self

*Dates are subject to change. To see the dentist, call your village health clinic to ensure your name is on the "dental list" with your current phone number(s).*

### SSMH Specialty Clinics Schedule

**Pediatrics:** December 10-12, February 4-6

**ENT and Audiology:** Dec 10-12, Jan 28-30

**Gynecology (Women's Health):** December 3-5

**Arthritis:** January 8-10

**Diabetes:** January 14-17

**Orthopedics:** February 11-13

Specialty Clinic appointments are only for those who receive a referral from a Primary Care Provider. For more information or to schedule your appointment, please contact Nicole Thomason directly at 907 852 9284. Or call toll free at 1 888 525 7764.





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The Art Of Living  
Winter 2014

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## A Note from Marie

Happy Holidays everyone. In this edition we are covering hot topics from helpful financial tips to the Affordable Care Act. Arctic Slope Native Association (ASNA) is continuing to grow, and with that, more job opportunities for our region. It has been almost two months since the new hospital opened and we are continuing to start up and plan for new programs under the hospital. We opened the Physical Therapy department in early November and we are continuing to plan the opening of the eye care clinic in 2014. We are also continuing to improve our health services with new tools like the Voalte Communications system that allows our staff to communicate easily and faster regarding patient care needs or other service requests within the hospital.



The holidays bring a sense of expectation in each of us from people we love and care about, especially the holidays in the month of December. Some make us happy others may make us anxious or even disappointed. What is important is that you take the time to do something for someone else, if you make someone a little happier, it will bring a sense of satisfaction that you can only get by giving.

Stay healthy and strong through the holidays!

**Marie Carroll**

## Plan for your Financial Future

*Its holiday, dividend, and "Black Friday" season. And before we know it, it will be tax season. In planning for your financial future, here are some things to keep in mind:*

**Save** as much as you can as early as you can for retirement.

**Look** into buying land to build your dream home.

**Write** up a list of goals that will help you feel financially secure. This can include getting out of debt or building kids' college funds.

**Be aware** of potential scams. The best advice is, "An offer that sounds too good to be true probably is."

**Do not** carry large amounts of cash, or it can get lost or stolen.



**Give** to the many charity organizations in Alaska, including your local church and non-profit organizations. Also, gifts to 501(c)(3)s are tax-deductible.

**Consider** opening a savings or checking account. Putting money in a bank account is safe.

**Budget** carefully for big purchases. When considering buying a vehicle, remember to factor in the cost of insurance.



## More on the Affordable Care Act and Alaska Native People

As you may have read in our recent Fall Newsletter, we featured a story about the Affordable Care Act (ACA). We are including additional information in this newsletter so that you understand the upcoming changes in health care coverage. This information is very important, and if you have specific questions, email us at [info@arcticslope.org](mailto:info@arcticslope.org).

*Reprinted with permission from Alaska Native Tribal Health Consortium and Southcentral Foundation*

**Beginning January 1, 2014**, every American must demonstrate health care coverage under the Affordable Care Act. This means if you do not already have coverage, you will be required to purchase health insurance or face a penalty when filing your taxes. The tax penalty could be as much as \$695 per adult and \$347.50 per child.

Alaska Native and American Indian people are exempt from the requirement to purchase insurance if they can show evidence of:

- a) Enrollment in a federally recognized Tribe
- b) Alaska Native Claims Settlement Act (ANCSA) shareholder status, or
- c) Eligible to receive services from an Indian Health Service (IHS) facility/Tribal Health Care Provider

To qualify for this exemption, Alaska Native and American Indian people will have to apply for the exemption at [www.healthcare.gov](http://www.healthcare.gov) or through a paper application process. There may be a requirement to send a copy of your tribal enrollment card or other supporting documents. Please do not send the original, as it will not be returned to you.

Even with this exemption, Alaska Native and American Indian people may choose to purchase insurance. Alaskans will have a new option of purchasing health insurance through the federal marketplace as early as October 2013 for plan coverage effective January 1, 2014. Some Alaskans will qualify for premium subsidies based on income. For instance, an individual earning up to \$57,400 or a family of four earning up to \$117,760 may receive financial assistance when purchasing insurance.

For more information on the Affordable Care Act, please visit [www.healthcare.gov](http://www.healthcare.gov) or email [healthreform@anthc.org](mailto:healthreform@anthc.org) or us locally at [info@arcticslope.org](mailto:info@arcticslope.org).

**Q:** What if I already have health care coverage?

**A:** If you have health care coverage through Medicaid, Medicare, Denali Kid Care, Veteran's Benefits or your employer provides health insurance, you have met the requirements of the Individual Mandate and do not need to purchase additional health care coverage.

**Q:** Will I still be able to get health care services at my IHS/Tribal health facility?

**A:** Yes, you will still be able to get care at your IHS/Tribal health facility. The health care services provide at IHS/Tribal health facilities are not changing.

**Q:** How do I enroll in a Tribe?

**A:** Tribal enrollment rules are different for every Tribe. You are most likely to qualify for Tribal enrollment in the village where your family comes from. Contact your family's Tribe(s) to learn about what is required for enrollment. Tribal addresses can be found at [www.ncai.org/tribal-directory](http://www.ncai.org/tribal-directory). You can also contact the Bureau of Indian Affairs, Alaska Regional Office at (800) 645-8465, option 1.

**Q:** Does my Certificate of Indian Blood (CIB), issued by the Bureau of Indian Affairs (BIA), count?

**A:** While the CIB is an important document, you will still need to show proof of Tribal enrollment to qualify for the exemption from the tax penalty.

**Q:** Does it have to be a card or can it be a letter?

**A:** The tribe may choose to issue an enrollment card or provide a letter that verifies tribal status.

**Q:** Do I have to establish blood quantum?

**A:** Some Tribes may require a minimum blood quantum, so it's important to contact the Tribe.

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## Voalte Communications

### *Client Care Meets Texting & Technology*

SSMH is moving forward with improving clinical communication and selected Voalte smartphones to help achieve that goal. Each device will allow caregivers to make voice calls and send secure text messages using the hospital's Wi-Fi system. The phones will also be equipped with the Rauland Responder 5 nurse call system, which allows clinicians to receive alarms and alerts directly to their smartphone.

Using Voalte will drastically reduce noise throughout the new facility, therefore allowing caregivers to spend more time by the bedside. SSMH will utilize Voalte smartphones in all areas of the hospital, so don't be surprised when your provider is checking their Voalte smartphone. If you have any questions, please call Andy Bertapelle, SSMH Director of Nursing, at 852-4611.





## Physical Therapy

Please join us in welcoming Heidi Shinn-Aga, the newly hired Physical Therapist for Samuel Simmonds Memorial Hospital (SSMH). She is originally from Montana and has made Alaska her home for almost ten years now. Heidi is the first full-time permanent Physical Therapist for SSMH and the North Slope. She has been practicing Physical Therapy for over fifteen years in small rural hospitals and private clinics.

The SSMH Physical Therapy Clinic is located at the new hospital. There is a treatment gym with all new equipment. This includes a treatment mat, shoulder wheel, practice steps, and parallel bars. We also have a recumbent bicycle, NuStep (a seated stair stepper and one of the most versatile pieces of equipment available), a treadmill, hand and ankle weights, and a variety of small items. In addition, ultrasound, electrical stimulation, a state-of-the-art traction table, and cold laser will help us manage patient pain.

We will be providing services for all ages and nearly every diagnosis appropriate to receive Physical Therapy. Physical Therapy will be a great addition to SSMH, giving the residents of the North Slope the advantage of staying near family and receiving the care they need right at home. New services, such as Physical Therapy, help fulfill ASNA's mission to, "promote the well-being of the people of the Arctic Slope."

### Physical Therapy Hours

Monday-Thursday: 9:00 am – 12 noon, 1:00 pm -5:00 pm

(Last appointment at 4:00 pm)

Friday: 9:00 am – 12 noon *\*Please note the hours are flexible to patient needs.*



## Employee Spotlight *Annie Rexford*

Annie Uqsruqaaluk Rexford was born in Barrow, Alaska but lived in the village of Nuiqsut until 1994. Her mom is Eileen Simmonds. Annie's aapa (grandfather) is the late Abe Simmonds, Jr., and her aaka (grandmother) is Lena Simmonds of Nuiqsut. Annie's first and most important priority in every situation is to always give thanks and praise to Jesus, as He has led her through each learning experience in her life.

Annie is married to Vernon Aqak Rexford. They have four children: Kamron (9), Kyler (8), KamElla (3), and 8-month-old Keileen. She graduated from Barrow High School in 2003. Annie received her Accountant I certificate from Ilisagvik College in spring 2012 with high honors. She is currently working towards achieving her Accountant II certificate and Associates of Arts Science Degree in Business Management.



Annie started working for ASNA as a Medical Biller for the Patient Accounts Department. Then she worked for the Purchasing Department and Accounting Department. In 2012, Annie decided to accept a job with the Medical Travel & Funeral Assistance (MTFA) Program. She wanted to be more involved with helping people. Annie started as the MTFA Client Advocate and is currently the MTFA Lead Technician.

Annie would like to express love and thanks to her mom Eileen. She has taught her, through being a single parent that sometimes you are the only one that is there to help. Without complaining or pondering too long, roll up your sleeves and get the job done with care and to the best of your knowledge.

## Need your BIA Certificate of Degree of Indian Blood Card (CDIB)?

### *Steps to Apply for a BIA CDIB*

#### **If you are already enrolled, you need to provide these documents:**

- Birthdate
- Social security number
- Phone number
- ANCSA Regional Corporation name to whom you are enrolled
- Full name and any names you previously had during the original ANCSA enrollment
- Completed application

#### **If you are a descendent, you need to provide these documents:**

- Original or copy of the biological birth certificate
- Enrolled Alaska Native parent(s) information
- Completed application

#### **If you are adopted, you need to provide these documents:**

- Original or copy of the biological birth certificate
- Original or copy of the adopted birth certificate
- Original or copy of the adoption decree
- Completed application with biological Alaska Native parent(s) information

#### **Helpful Information:**

- If the required documents are not submitted at the time of request, the application will be returned to you, and it is your responsibility to provide the necessary documents.
- If you were born after December 18, 1971, you must have:
  - a. An original or copy of your state issued birth certificate
  - b. Your child's original or copy of their state issued birth certificate
  - c. Your Alaska Native parent(s):
    - 1) Name/other/maiden
    - 2) Date of birth
    - 3) Social security number
    - 4) ANCSA Regional Corporation name
- A descendent is defined as a child born to an enrolled Alaska Native parent(s) in a corporation established under the Alaska Native Claims Settlement Act of 1971.
- If the name of the Alaska Native parent is not listed on your child's birth certificate, you must present a completed, notarized affidavit of paternity to the Bureau of Vital Statistics in Juneau, Alaska. After it is processed, an amended birth certificate will be issued. You will then need to submit this to the BIA enrollment office for further processing. A Certificate of Degree of Indian Blood for the child/children with the Alaska Native parent blood quantum will then be issued.

For more information, please contact:

#### **BIA Anchorage Agency**

3601 C Street, Suite 1100

Anchorage, AK 99503-5947

907 271 4477 or 1 (800) 645 8465, press 1

Please visit the following website for the BIA Certificate of Degree of Indian Blood Application and Instructions:  
<http://www.bia.gov/cs/groups/public/documents/text/idc002653.pdf>