Center for Care Innovations: Population Health Learning Network
Southcentral Foundation Site Visit Packet
September 13, 2018

Key Information

Host Organization: Southcentral Foundation

Date: Thursday, September 13, 2018, 8:00am-5:00pm (see agenda)

Site Visit Address: Kayak Room, Nuka Learning and Wellness Center, 4085 Tudor Centre Drive, Anchorage, AK 99508

Parking Instructions: There is parking available in front of the building and in several surrounding lots.

What to Wear: We encourage you to dress in comfortable, business casual clothing. Please wear comfortable shoes and bring a jacket, as there will be outdoor walking during the day. Clear skies are forecasted for the week with a high in the mid-60sF, so plan accordingly.

Wifi and Chargers: Free Wi-Fi is available throughout the building – SCF-Nuka, PW: Nuka2018. Lockers with plug-ins are available for you to charge your devices. Please bring your own charging cord.

Optional PHLN Dinner: 49th State Brewing Company, 717 W 3rd Avenue, Anchorage, AK, 99501 (restaurant: 907-277-7727). Reservation: 5:30pm. Please meet at the restaurant entrance.

Main Contacts

CCI Contacts:
- Megan O'Brien: Cell phone: (330) 418-6222
- Diana Nguyen: Cell phone: (408) 499-9732

Agenda
See pg. 3

Places, Eats & Shops
- Simon and Seafort’s – views of the water; upscale dining
- Snow City Café – good for breakfast/brunch
- Kaladi Coffee or Steamdot – recommended coffee shops
- Alaska Native Medical Center Craft Shop – Alaska Native art/souvenirs; located on Southcentral’s campus

For more tips and visiting advice, view Southcentral Foundation's Visitor Guide.
# PHLN participants

<table>
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Southcentral Foundation Welcomes Population Health Learning Network
September 13th, 2018

8:00 - 8:15 a.m.  Breakfast & Welcome
Kayak Room, Nuka Learning and Wellness Center, 4085 Tudor Centre Drive

8:15 - 8:45 a.m.  Review of Day/ Team Sharing

8:45 – 10:00 a.m.  Southcentral Foundation Nuka System of Care Overview
Karen McIntire, Director of Human Resources
- Describe SCF’s organizational history
- Review lessons learned in SCF’s story of transformation
- Describe the key elements of SCF’s Core Concepts
- Governance

10:00 - 10:15 a.m.  Break

10:15 - 11:45 p.m.  Data Services
Mike Hirst, Director of Data Services
- Examine SCF’s journey toward data management
- Review key steps necessary when thinking about building your own Data Services Department
- Explain the Data Information Request Tool and how it supports SCF’s work prioritization process

11:45 - 1:00 p.m.  Lunch

1:00 - 2:30 p.m.  Primary Care & Integrated Care Teams
- Describe different workflow models & their impact on care delivery
- Illustrate difference integrated care team roles & their contributions
- Review health & performance indicators for integrated care teams

2:30 - 3:45 p.m.  Tour of the Anchorage Native Primary Care Center
4320 Diplomacy Drive

3:45 - 4:15 p.m.  Customer-Owner Panel
- Listen to customer-owner stories & reflections on the Nuka System of Care

4:15 - 5:00 p.m.  Q&A / Closeout
- Q & A Session
- Review of the day
- Next steps
- Survey
1. Inuit Building  
4141 Ambassador Drive

2. Providence Health and Services, Alaska Cares  
3925 Tudor Centre Drive

3. Patient Housing at ANMC and ANTHC Parking Garage  
4001 Tudor Centre Drive

4. Centers for Disease Control and Prevention  
4055 Tudor Centre Drive

5. Nuka Learning and Wellness Center  
4085 Tudor Centre Drive

6. Bird Ridge Building  
4145 Tudor Centre Drive

7. Heritage Plaza  
4155 Tudor Centre Drive

8. Mt. Yukla Building  
4175 Tudor Centre Drive

9. Mt. Marathon Building  
4201 Tudor Centre Drive

10. Fireweed Mountain Building  
4341 Tudor Centre Drive

11. Alaska Native Tribal Health Consortium Diplomacy Building  
4500 Diplomacy Drive

12. Flat Top Mountain Parking Garage  
4450 Diplomacy Drive

13. Anchorage Native Primary Care Center  
4320 Diplomacy Drive  **Tour**

14. Healthy Communities Building  
3900 Ambassador Drive

15. Alaska Native Tribal Health Consortium Corporate Office Building  
4000 Ambassador Drive

16. Alaska Native Medical Center Hospital  
4315 Diplomacy Drive

17. Mt. Natazhat Building  
4160 Tudor Centre Drive

18. Mt. Ahklun Building  
4501 Diplomacy Drive

19. ANMC ENT, Audiology Ophthalmology Clinic, Ambulatory Surgery Clinic, and Alaska Spine Institute  
3801 University of Lake Drive, 2nd Floor

20. Dr. Katherine and Dr. Kevin Gottlieb Building  
4441 Diplomacy Drive
SOUTHCENTRAL FOUNDATION
Nuka System of Care

VISITOR'S GUIDE

HOTELS
FITNESS
LOCKERS
DAY TRIPS
RESTAURANTS
SOUVENIRS
WEATHER
WILDLIFE
**SpringHill Suites**  University Lake
*Walking distance from Alaska Native Health Campus*

**Hilton Anchorage**  Downtown
*15 minutes from Alaska Native Health Campus*

**Downtown Marriott**  Downtown
*15 minutes from Alaska Native Health Campus*

**Captain Cook**  Downtown
*15 minutes from Alaska Native Health Campus*
http://captaincook.com/.

**Dimond Center Hotel**  South Anchorage
*15 minutes from Alaska Native Health Campus*
https://www.dimondcenterhotel.com/.

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University Lake, Anchorage
LOCKERS WITH CHARGERS

Where are they?
Lockers are in the Nuka Learning and Wellness Center
1st Floor – Hallway to the left of the restrooms
2nd Floor – Near the south windows, toward the parking lot

How do I use them?
These instructions are inside each locker door:

**TO LOCK**
Close Locker Door
Enter: any four-digit code
C + 0 0 0 + 0n
Turn Lever To: position

**TO UNLOCK**
Enter: previous four-digit code
C + 0 0 0 + 0n
Turn Lever To: position
Open Locker Door
Would you like to work out, join a Southcentral Foundation fitness class, or take home some swag?

Visit our wellness center! Located on campus (4201 Tudor Centre Drive), the wellness center features group exercise classes such as Zumba, yoga, boot camp, and indoor cycling, or work out on your own in our state-of-the-art gym.

The gym is open
Monday – Friday
6:15 a.m. – 6:30 p.m.

SEE DENALI

From Anchorage, there are several ways to visit Denali National Park:

Rent a vehicle - It’s five hours north from Anchorage to the park entrance.

Take the train - During the summer, the Alaska Railroad train departs from Anchorage daily.

Motor coach/bus - There are many options available, some with stops at tourist destinations en route.

By air - A flight to Denali National Park can be chartered if you’re in a time crunch. Flights are about two hours.
Drive the Seward Highway south to Portage Lake to see a glacier. Stop in Girdwood on the way back and eat at Double Musky (except on Monday) or Jack Sprat.

Drive the Glenn Highway north to a beautiful, historical gold mining district, Hatcher Pass. Eat at the nearby Colony Café (aka “Noisy Goose”) for some low-key Alaskan fare.

Hikes
www.anchorage.net/blog/top-10-anchorage-hiking-trails/

Tours
Alaska.org/things-to-do

Iditarod (January–June)
Iditarod.com/resources/calendar

Shuttle Services
Bactrans.com
From the freshest seafood to steak, Anchorage boasts a number of locally owned restaurants. Here are just a few:

- **49th State Brewing Company** - Local brewing company located downtown
- **Bear Tooth** - American/Mexican
- **Bridge Restaurant** - Steak/seafood, scenic views (seasonal)
- **Double Musky** - (Girdwood) Steak, Cajun; closed on Mondays
- **Jack Sprat** - (Girdwood) Organic, locally-grown ingredients
- **Moose’s Tooth** - Pizza (rated best in the US) and local craft beer
- **Spenard Roadhouse** - American, known for “bacon of the month” and tater tots
- **Simon & Seaforts** - Fancy, steak/seafood, scenic views from downtown
- **South** - Casual dining
- **Sushi Sushi** - Great lunch and dinner options

### WEATHER

![Graph showing temperature and precipitation over the months.](chart.png)
ALASKA NATIVE ART SOUVENIRS

- Alaska Native Medical Center Craft Shop (10 a.m. – 2 p.m.)
- Alaska Native Heritage Center Gift Shop
- Alaska Wild Berry Products (10 a.m. – 9 p.m.)
- Anchorage Museum Store
- Downtown gift shops
  (hours vary, most open until at least 8 p.m.)

Many Alaska Native arts and crafts feature ivory. Please note restrictions on flying internationally with ivory if you’re visiting from another country.
Bear
When you venture out in Anchorage, whether it is on a backwoods trail, a heavily used park trail, or a paved trail, you are traveling in bear country. How you behave often dictates the outcome of an encounter with a bear. When traveling through bear country, make your presence known, especially in areas where there is dense vegetation. Log on to the Alaska Fish and Game website to learn more about bear safety, or what to do in the event you encounter a bear.

Moose
Be moose aware and be cautious when near moose. If a moose is encountered, back off, be prepared to get off the trail, and put trees between you and the moose. If it is a cow, look for the chocolate colored calves and avoid getting between her and the calves. For more information on moose visit the Alaska Fish and Game website.

Information taken from www.muni.org/Departments/parks/trail/Pages/TrailSafetyTips.aspx