



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

Organization	First Name	Last Name	Title	Organization	Email	Phone Number
Center for Care Innovations	Diana	Nguyen	Program Coordinator	Center for Care Innovations	diana@careinnovations.org	(408) 499-9732
Center for Care Innovations	Megan	O'Brien	Program Manager	Center for Care Innovations	mobrien@careinnovations.org	(330) 418-6222
Neighborhood Healthcare	Melissa	Bishop	Medical Director of Quality	Neighborhood Healthcare	Melissa.Bishop@nhcare.org	
Neighborhood Healthcare	Melissa	Barajas	Director of Quality & Population Health	Neighborhood Healthcare	melissa.barajas@nhcare.org	
San Ysidro Health	Myrna	Torresdey	Director of Quality	San Ysidro Health	myrna.torresdey@syhealth.org	
CommuniCare Health Centers	Evan	Priestley	Director, Health Promotion and Wellness Department	CommuniCare Health Centers	evanp@communicarehc.org	
CommuniCare Health Centers	Aileen	Barandas	Chief Quality Officer	CommuniCare Health Centers	aileenb@communicarehc.org	
LifeLong Medical Care	Yui	Nishiike	Nurse Practitioner/ Deputy CMO	LifeLong Medical Care	ynishiike@lifelongmedical.org	
LifeLong Medical Care	Julie	Sinai	Chief Strategy Officer	LifeLong Medical Care	jsinai@lifelongmedical.org	(510) 332-6251
Salud Para La Gente	Alma	Contreras	PCMH Specialist	Salud Para La Gente	acontreras@splg.org	
Salud Para La Gente	Amy	Ross	Director of Patient Services	Salud Para La Gente	aross@splg.org	
Salud Para La Gente	Danielle	Obinger	Director of Nursing	Salud Para La Gente	dobinger@splg.org	

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

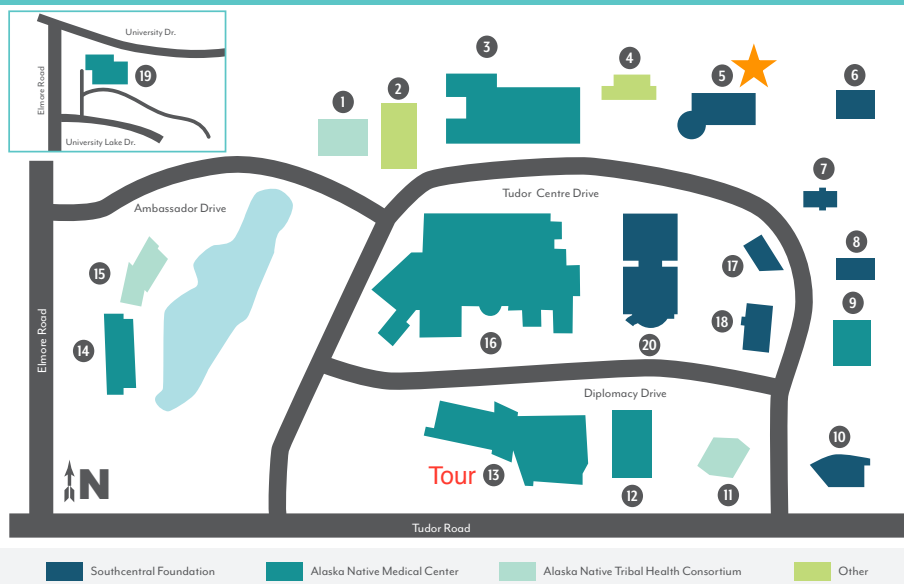
3:45 - 4:15 p.m. Customer-Owner Panel

- 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

ALASKA NATIVE HEALTH CAMPUS



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. Nataszhat 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



ALASKA NATIVE
MEDICAL CENTER



The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

SOUTHCENTRAL FOUNDATION

Nuka System of Care

VISITOR'S GUIDE

HOTELS
FITNESS
LOCKERS
DAY TRIPS
RESTAURANTS
SOUVENIRS
WEATHER
WILDLIFE



Southcentral
Foundation





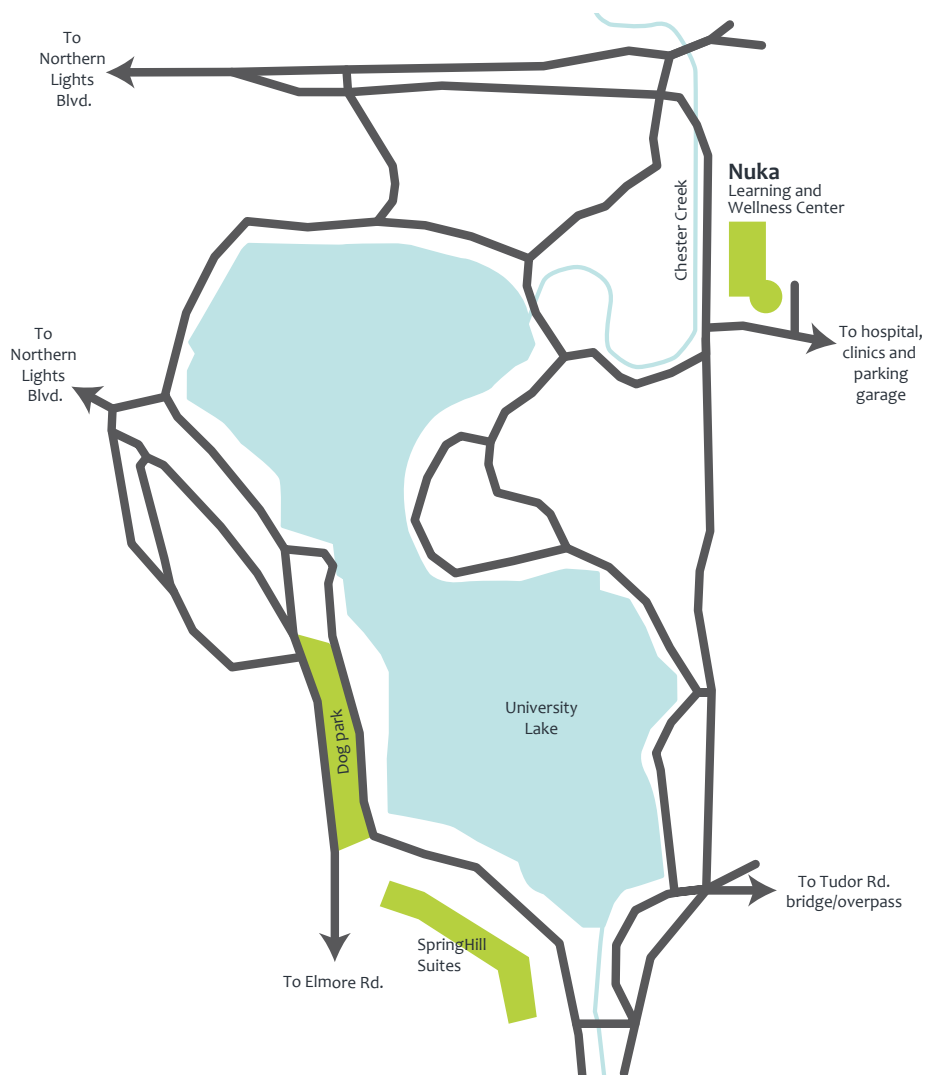
ALASKA NATIVE HEALTH CAMPUS

NUKA LEARNING AND WELLNESS CENTER
4085 TUDOR CENTRE DRIVE





WALKING / BIKING PATH BEHIND NLWC



BE SURE TO SEE WILDLIFE SAFETY TIPS!



HOTELS

SpringHill Suites University Lake

Walking distance from Alaska Native Health Campus

<http://www.marriott.com/hotels/travel/ancum-springhill-suites-anchorage-university-lake/>

Hilton Anchorage Downtown

15 minutes from Alaska Native Health Campus

<http://www3.hilton.com/en/hotels/alaska/hilton-anchorage-ANCAHHF/index.html>

Downtown Marriott Downtown

15 minutes from Alaska Native Health Campus

<http://www.marriott.com/hotels/travel/ancdt-anchorage-marriott-downtown/?scid=bb1a189a-fec3-4d19-a255-54ba596febe2>

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/>



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



+ +

Turn Lever To:  position 

TO UNLOCK

Enter: previous four-digit code

+ +

Turn Lever To:  position 
Open Locker Door



FITNESS

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.



DAY TRIPS

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





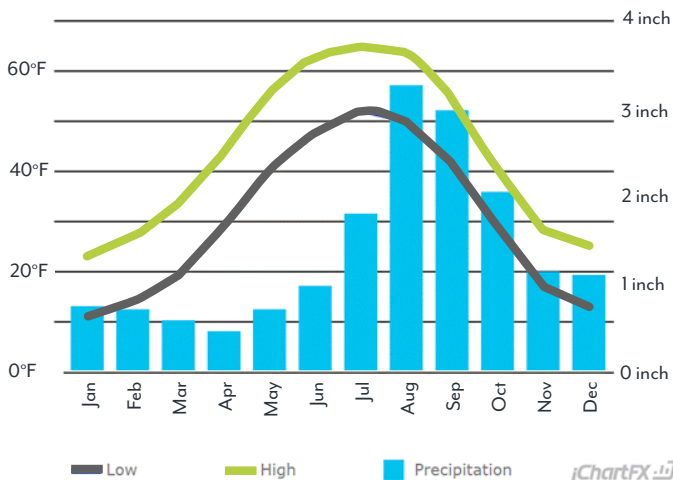
DINING

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



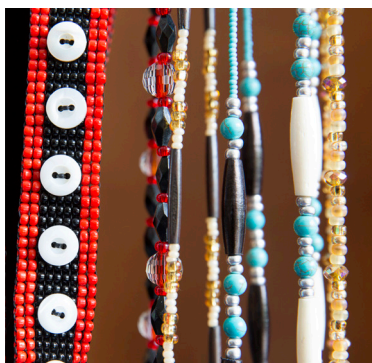
WEATHER





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.



WILDLIFE SAFETY

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](http://www.alaska.gov/fishandgame) 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](http://www.alaska.gov/fishandgame) website.

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

