The Kings Came Back!
Subsistence nets filled quickly when the Kings arrived this summer. YKHC’s General Counsel Dan Winkelman dragged this beauty out of the Kuskokwim last month.
Wild Alaska salmon is some of the healthiest food Nature has ever produced. Eat and enjoy!
Photo by Chris Ho.
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Numbers to Call

YKHC................................................................. 543-6000
Public Relations Dept. ............................... 543-6030
Media Services.............................................. 543-6038
Office of Environmental Health & Engineering........ 543-6420
Technology Help Desk................................. 543-6070
Human Resources........................................... 543-6060
Job Line ....................................................... 543-6443
Learning Center ............................................ 543-6980
Administration ............................................. 543-6020
Hospital ....................................................... 543-6300
Emergency Room ........................................ 543-6395
Hospital Community Relations....................... 543-6350
Social Services ............................................. 543-6225
Clinic Appointments ................................... 543-6442
Dental Appointments .................................... 543-6229
Optometry Appointments ............................. 543-6336
Audiology Appointments ............................. 543-6466

Subregional Clinic Appointments
Aniak ....................................................... 675-4556
Emmonak .................................................. 949-3500
St. Mary’s ................................................... 438-3500
Public Health Nurses.................................. 543-2110
Pharmacy ................................................... 543-6382
Travel Management Center ......................... 543-6360
WIC Program ............................................. 543-6459
Health Services .......................................... 543-6024
Village Operations ....................................... 543-6160
CHAP ......................................................... 543-6160
Injury Prevention/EMS ............................... 543-6080
Community Health & Wellness ................... 543-6190

Behavioral Health Services
Phillips Ayagnirvik .................................... 543-6670
Village Services .......................................... 543-6740
Home Care Services ................................... 543-6170
YKHC Board & Committee Meetings 2004

July 21
YKHC Finance Committee

July 22
YKHC Hospital Governing Body

August 25
YKHC Finance Committee

August 26 – 27
YKHC Executive Board

September 22
YKHC Finance Committee

September 23
YKHC Hospital Governing Body

October 20
YKHC Finance Committee

October 21 – 22
YKHC Executive Board – Anchorage, location TBA

November 16
YKHC Finance Committee
November 17 – 19
YKHC Full Board of Directors

December 10
YKHC Holiday, Traditional Chief’s Day

December 21
YKHC Finance Committee

December 22 – 23
YKHC Executive Board

For questions / comments or additional listings, please contact YKHC Administration 907-543-6020

Leah Lincoln, Dental Assistant Supervisor

Leah Lincoln is a dedicated and caring person who is committed to her job as a Dental Assistant Supervisor. Leah grew up with her parents Alois and Adeline Lincoln in a small remote village of Toksook Bay, Alaska.

“I graduated from Nelson Island High School and moved to Bethel to pursue my career with YKHC as a Dental Assistant. I completed various training courses, such as three weeks of Intensive Dental Assistant Training, Dental Radiology, and Certified Public Management. As a supervisor, I interview and hire qualified applicants for the Dental Assistant positions, supervise and prepare schedules for about 22 dental assistants within the YKHC Dental Department, assist dentists and an orthodontist. It takes time and practice to become efficient in any job and it will eventually become easy for you.”

What it takes to be a Dental Assistant

Dental Assistants prepare patients for examination and treatment. They help the dentist arrange and select instruments, prepare materials and equipment, take and process x-rays, provide instructions to patients, and keep detailed and accurate records of patient care. YKHC Offers Comprehensive On the Job Training for dental assistants. Training ranges from 3 to 4 weeks up to 6 months of apprenticeship. Starting salary for apprenticeship is $11.89.

Photo by Agnes McIntyre

Call The YKHC Learning Center: 907-543-6758

The Messenger is a monthly publication produced by the Yukon-Kuskokwim Health Corporation as a report to Tribal Members. For questions, comments, submission of articles, or subscription information, write to Messenger Editor, Media Services, Yukon-Kuskokwim Health Corporation, P.O. Box 528, Bethel, Alaska 99559. E-mail: michael_faubion@ykhc.org. Deadline is the last day of the month preceding publication. Publication is on the 15th of every month. Anchorage Office: 4700 Business Park Blvd. Suite E25, Anchorage, Alaska 99503. 907-877-2232. Please ask permission to reprint articles or pictures. © 2004, Yukon-Kuskokwim Health Corporation.
Public Health Nurses lose 4 positions in Bethel

Due to budget cuts at the state level, the Public Health Nurses (PHN) program in Bethel has lost four positions and is facing cutbacks in services this year. Only $900,000 of the $2.1 million cut was returned in the final version of the state budget.

The PHN plays a major role in the prevention and treatment of STDs and general health of the Y-K Delta’s population. Positions cut at PHN include the Nurse Practitioner, which provides women’s health screenings such as pap smears, birth control prescriptions, and general sex education.

Another lost position was the Health Program Associate whose duties included Sexually Transmitted Disease (STD) partner notification and investigations. An Itinerant Nurse position and the Public Health Nurse Aide were also eliminated.

Due to the loss of those positions, the PHNs will be forced to decide what services to drop with the remaining staff when out on the field. “We’ll be able to continue some services related to communicable disease, such as TB and STD’s,” said Jane Conard, Nurse Manager. “But we’ll have to reduce Well Child examinations and other clinical services to provide State-mandated programs.”

The cuts mean the PHNs have lost their ability at the Bethel Health Center to provide birth control prescriptions and diagnose vaginal infections that aren’t STDs, said Conard. The agency has been working with YKHC and the Bethel Family Clinic to transition services that will be lost.

“This could be a major health catastrophe if these services are not provided,” said Makenzie Sumpter, a social worker at YKHC. “There’s a rise in HIV cases and it’s expected to continue.” Sumpter and Conard say that the State of Alaska has the highest STD rate in the United States, and the YK Delta has the highest prevalence in the state.

“STD numbers have continued to increase out here,” said Conard. “We’ll continue to offer screening, treatment, and contact investigation for STD patients, but there will be reductions in other clinical services.”

The question is what can we do to prevent this problem from getting worse, said Sumpter. Now that those services are no longer going to be offered, she estimates that the health and well-being of our people is going suffer. “We may see a higher rate in STD’s than we already have,” Sumpter said. “And because Public Health won’t be able to prescribe birth control, we may see a higher rate in teen or unwanted pregnancies.”

Although nearly a million dollars was restored, it doesn’t mean the lost positions will be restored as well, said Conard. “Costs are rising, so we’ll be figuring out how best to continue providing our core services. It would take extreme measures to bring back all of our funding and lost positions.”

Conard and the PHN staff have been partnering with the YK Well Child Track team and the Immunization Project so residents can receive Well Child Examinations as well as immunizations “without residents waiting for us to travel to their villages. That way, we can concentrate our attention on other priorities,” said Conard.

That’s the goal of the PHNs right now, Conard added. “Even though the funding cuts are bad news, the good news is that we are still here. We have appreciated the support of the community as we reorganize to best serve the public’s needs.”

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**Invitation to Participate**

In a Native Health Screening Research Project

The Center for Alaska Native Health Research in partnership with YKHC & the Orutsaramiut Traditional Council invite Yup’ik and Native American people to participate in a Health Research Project.

If you are interested in learning about your health as well as participating in research about the health of the people of the YK Delta, you are encouraged to take advantage of this upcoming opportunity. Interested people 14 years & older are welcome to call and make an appointment.

The purpose of this research project is to look at three very important health problems in the YK Delta—

**Diabetes, Obesity and Heart Related Problems**

By participating you’ll get information about:

- Your diet and nutrition
- Your body weight & composition
- Your glucose (blood sugar), Cholesterol and Triglycerides (blood fats) levels—important factors related to diabetes and heart problems

Participants will:

- Be measured for body composition & blood pressure
- Complete wellness, diet, medical history, and activity questionnaires
- Provide a blood sample (about 2 tablespoons) (Requires no food 12 hours before, so before breakfast works best)

Assessments and individual feedback takes about three hours.

Participants will receive a gift for their time.

**YUP’IK TRANSLATORS Available**

Contact Elizabeth Wiz Ruppert, YKHC Research Coordinator:

543-3962 or call CANHR directly at 1-888-470-5576.

We will be recruiting through July in Bethel so don’t delay!

Supported by The National Institutes of Health, National Center for Research Resources, Centers for Biomedical Research Excellence Program.
Tobacco Control Alliance meets

The bi-annual meeting of the Delta Tobacco Control Alliance was held on June 21 at the Yupiit Piciryarait Cultural Center in Bethel.

The meeting was attended by the following, people, representing the DTCA Executive Board: Nick Ayapun, Chair, Kwethluk; Agnes Phillips, Chair-Elect, Bethel; Mark Springer, Grant Development Director, YKHC; Jarraine Underwood, YKHC CHA, Aniak; Thor Williams, Vice-Mayor, City of Bethel; Vivian Johnson, Director, Kingu-liaamta Ciunerkaat, AVCP; and Nick Naneng, Social Worker, Lower Kuskokwim School District.

The group went through the revised By-Laws, discussed how to proceed with strategies for the village-based clean indoor air policies and the existing ordinance in Bethel. Lunch was donated by Subway’s of Bethel and the AC Store of Bethel.

Clean Indoor Air and Promotion of Youth Prevention and Cessation of Tobacco are two of the Alliance’s primary goals. Promotional events are the key to involving the community and raising awareness. Examples include the “World No Tobacco Day” on May 28th at AC Store in Bethel and the Bike Safety Rodeo on May 22nd. Combined, more than 300 people, including children, received information about the dangers of tobacco use.

Noting the success of YKHC’s Nicotine Program in promoting its message through community based events, DTCA had a booth at the 4th of July celebration in Bethel this year, where informational materials and give-aways were distributed.

The Alliance is a community-based, volunteer organization that supports YKHC’s Nicotine Control and Research Program’s goal of being smoke-free in all of the YK Delta’s 56 villages. The Alliance can only move forward with the involvement and support of members of this very large and diverse community that makes up the YK Delta.

General Membership is available to any resident throughout the Delta. Therefore, village residents and tribal organizations are encouraged to be a part of this Alliance. For more information about the new Delta Tobacco Control Alliance, please call Caroline Nevak, DTCA Coordinator at 1-800-478-3321 or 907-543-6405.

Families line up to quit in Kasigluk

by Nicole Kaiser

Sam Berlin and I, both Nicotine Cessation Counselors from YKHC, landed in Kasigluk a little late due to bad weather. As soon as the clinic opened after lunch hour, they already had one client sitting and waiting to be assessed for tobacco use. This gentleman wanted to be seen by one of the counselors so bad that he hitchhiked to the village.

The Health Aides made an announcement over the radio that we were at the clinic and told them to stop by for some free giveaways or if they want to quit tobacco. Right away, about 30 kids stopped by to get information and giveaways. Adults also came in to get information about the program.

For the day, we had six people who signed up to quit tobacco. One of the local families decided to quit as a family and that included two kids age nine and ten. The Kasigluk Clinic’s staff was educated on how to refer people to us and how the program works.

When everything died down at the clinic, the counselors hung up advertisements about the program around town and passed out information, business cards, water bottles, stickers, t-shirts, and float containers to bring tobacco awareness to the kids. By then, it was time to catch the plane to go back to Bethel.
The Fifth Level of Responder in the field in Alaska is the Mobile Intensive Care Paramedic or MICP. The National equivalent is the EMT-P.

The amount of training and instruction are truly admirable. While most paramedic programs vary quite a bit around the country, I am going to use the school NORTH STAR in Anchorage as an example.

To enter, you must be an EMT1 for at least a year, and take a 150 question written examination. The 30 highest scores are selected for an Oral Interview Board. The candidate once selected must undergo more than 600 hours of formal classroom instruction. This is a very demanding academic program. If you fall see EMS, next page behind or get less than 80 percent on a quiz or have to take the test more than three times you are dropped from the program like a hot potato. My friends say it is very hard and requires an intense dedication.

After your classroom training you are required to perform 240 hours of clinical training that is broken down between time in the Emergency Room, Obstetrics/Gynecology, Intensive Care Unit, Respiratory Therapy, Pediatrics, Neonatal Intensive Care Unit, etc.

Then you must do an internship of more than 480 hours on an Ambulance doing it for real. This is usually done in the lower 48 in what one chief flight nurse called “A big city knife and gun club.”

While an intern you must be Lead Paramedic on 40 calls, 10 must be Multi System Trauma, 10 Cardiac, 10 Respiratory and 10 General Medicine. Then you can take the tests—a 180 question written examination and a demanding practical examination. Once you have your license then you really start to learn. My friend who just completed all his training figures he has invested at least $10,000 so far.

Aeromed wants Paramedics with at least two years of Critical Care experience. All Paramedics are required to continue their medical education throughout their careers.

The next time you see an Aeromed paramedic walk by, know that they have paid their dues to be in that flightsuit. I know of no one in YKHC that risks their lives they do it all for you!

Quick thinking saves Russian Mission boys from drowning

by Kyla Hagan, YKHC Injury Control & Emergency Medical Services

Michael Pitka, 20, of Russian Mission and Helen Alexie are local heroes.

On May 27th, Michael Pitka was taking a walk right out in front of his trailer and heard a woman, Helen Alexie, screaming. He looked around to see why she was screaming and noticed a boat that had been pushed offshore was floating away. As he looked closer, he discovered two small boys in the water—one was flailing and the other was already floating face down in the water.

As Helen Alexie dove into the water towards the struggling child, Michael swam to the boy who was face down and pulled him onto the shore. Michael put him on his back and saw that his lips were blue and he wasn’t breathing. Although he had never been taught CPR, he had heard people talk about it and seen it on movies, so he decided that he had no other choice but to try the best he could to emulate it.

“I held his nose and started breathing in his mouth and then pushing on his chest like I had seen in films. I did it for 10 minutes or so and finally he started to cough. The only thing I didn’t remember was to roll him over. Once I did, he continued to cough and eventually started to breathe.”

Both boys were sent by medevac to Bethel to receive treatment and have now recovered. Matt Kozevnikoff, Russian Mission’s Housing Officer and an uncle of one of the rescued children, said he was “out walking in that area looking for tires just 15 minutes before they found the boys. It all happened so fast.”

Luckily, Michael and Helen were not only in the right place at the right time, but had the courage and initiative to act quickly. After Michael’s experience, he wished to help construct two ‘Kids Don’t Float’ loaner life vest stations in Russian Mission so that the risk of near drowning will be reduced in his village in the future.

Training is available at YKHC

Residents in the YK Delta who are interested can receive professional CPR/First Aid training through YK Injury Control/EMS Department. Residents can also purchase float coats and life vests at cost from ICEMS. Please contact Tom Fazzini at 543-6081 for information.
YKHC services expand upriver
YKHC Public Relations Dept.

On July 1, YKHC began to providing Behavioral Health (mental health and substance abuse) services in communities currently served by the Kuskokwim Native Association Community Counseling Center (KNACCC) in Aniak and Four Rivers Counseling Center (4-Rivers) in McGrath.

“The transition created an opportunity for YKHC to develop new provider teams to service the upriver villages and fulfills our goal of providing the best health care available at the village level,” said Gene Peltola, YKHC’s President and CEO.

Combining programs maximizes resources available for behavioral health services in the region, allowing greater continuity of care for outpatient, residential and inpatient behavioral health services. In addition, the new model provides for referrals and coordinated care through the Aniak Subregional Clinic.

Every employee who was interested in continuing with YKHC has been hired by YKHC to ensure continuity of care. Paul Borish, Lisa Siavelis, Sue Hoeldt, and other staff are working hard to make sure that clients will continue to receive the best care possible through the Aniak Subregional Clinic.

Additional YKHC staff are being made available to provide expanded services at the village level. Behavioral Health services in the villages will be provided by village-based Wellness Counselors with supervision from the Aniak Subregional Clinic.

After July 1, to access Behavioral Health services in the upriver villages (Kalskag and above on the Kuskokwim), please contact the Aniak Subregional Clinic at 907-675-4556 or toll free at 1-800-478-332. For emergencies after-hours, please call 1-800-478-3321 and tell the operator it is an emergency. Behavioral Health staff are available on call 24 hours a day, 7 days a week for emergencies.

Do you grind your teeth?
by Rong Li, Dental Hygienist, YKHC Dental Disease Prevention Program

During my two years of dental experience in Bethel, I noticed that many Native Eskimos are grinding their teeth. Whether because of chewing on hard food or stress, the damages from this dysfunctional habit are very obvious. This excessive heavy grinding is also called bruxism. The symptoms of teeth grinding are sore and tired facial muscles, jaw joint disorders, worn down tooth enamel, and damaged dental restorations.

So what can you do? To help relieve stress, cut down on caffeine. Also, our dental professionals can help you in a variety of ways. We can design a customized plastic mouth appliance that protects teeth from grinding. To repair wear damage, we can bond composite resin or porcelain veneers to the surfaces of your teeth. For extensive wear, we can crown your teeth.

If you find yourself grinding your teeth, please see your dentist for a complete exam. We can help!
New village clinic construction underway in Delta

YKHC Public Relations Dept.

With eleven new health clinics in various stages of completion throughout the YK Delta, YKHC is in the middle of a busy summer, bringing services and facilities to the villages we serve.

In Newtok, Mekoryuk, Scammon Bay, and Grayling, construction of new health clinics is done; finishing touches are being completed this summer. Ownership of these clinics will be turned over to the Tribal Councils of each village this month, and the doors will be opening soon.

Office assistants make village clinics work

from the CHAP Supervision Team

The village supervision staff would like to recognize the Office Assistants in the village clinics. These are clinic staff members who are unheralded and work very hard to manage the clinic paperwork flow, staffing, appointments, travel, and sometimes escort patients to Bethel. There are times when they have to put all their customer service training to the test by dealing with very demanding people.

These are the folks who make the clinics operate daily. They open the clinics, they arrange patient flow for the Health Aides and generally help the Health Aides with what is an ever-growing paperwork load. There are some clinics that are always busy and even the slower clinics have those days when they get very busy with emergencies, visiting itinerants, etc.

From a grateful family...

We, the Steven’s family, would like to highly commend Ruth Evan, CHP of Napaskiak, on how she handled an emergency over the weekend and saved a life... We would like to say a great big heart felt “Thank you and a job well done!” Ruth revived our loved one more than once in the village. I know our parents will be forever thankful of you for being there at the right time. Also, thanks to her husband, Andrew Evan for finding our brother in a closed smoke house. May God Bless You both and watch over you always.

Zacharias & Ella (parents), Sophie Jenkins & kids (Allison, Zoya, Ina, Boya & Natalie), Elisa & Kristina, Joe & Jesslyn & kids (Minnie, Joanna, Ryan, Henry, Joe, Jonah & Josephine), Minnie, Brandon & Melissa, Fannie & Nicholas

These are the office assistants for the village and subregional clinics:

Akiak: Stephanie Ivan, Balassia Phillip
Akiachak: Christine Michael
Alakanuk: Rose Chikigak, Mary Jane Stanislaus,
Aniak: Lisa Michaelson, Lenora Peterson
Chefornak: Bernadette Panruk
Chevak: Theresa Cholok, Charlotte Nayagak, Malora Hunt
Emmonak: Angela Kamkoff, Stella Leopold, Larry Yupanik
Holy Cross: Elsie Sims
Hooper Bay: Roberta Kopanak, Nastasia Ulroan
Kasigluk: Xenia Nicholus, Margaret Martin
Kipnuk: Carrie Dock, Anna Ekamrak
Kongiganak: Gwen Kiuinya
Kotlik: Philomena Keyes, Stella Unok
Kwethluk: Annie Sergie, Elena Larson
Kwigillingok: Janet Lewis
Lower Kalskag: Naomi Evan, Lena Evan
Marshall: Darlene Isaac, Palassa Owletuck
Mountain Village: Beverly Alexie, Roberta Alexie
Napakaik: Jeannie Hurst
Napaskiak: Annie Jacob
Nightmute: Maggie Michael
Nunapitchuq: Matrona Andrew
Pilot Station: Rose Zacharof, Linda Green
Quinhagak: Louisa Kuku, Martha Nicoli
Russian Mission: Rose Alexie, Christina Changsak
Scammon Bay: Lenora Henry
St. Mary’s: Thelma Johnson, Marlene Peterson
Toksook Bay: Gregory Charlie
Tuluxak: Nellie Andrew, Rachel Sallaffie
Tuntutuliak: Elizabeth Andrew

The sites for health clinics in Napaskiak and Eek are prepared with the pilings that act as the clinic’s foundation now in place. In Eek, the materials have arrived, and workers will start moving them to the job site this week.

The materials for the new Cheorfunk clinic have arrived by barge, and construction will begin as soon as the pilings are in place. Akiak, Marshall, Kaliskag, and Tununak will begin construction of new clinics once materials arrive.

“Our crews are very dedicated, resourceful people,” says Tom
The YKHC Learning Center is offering Skills for College Success, Personal Care Assistant (PCA) and Certified Nurse Assistant (CNA) Training for the villages of the Yukon-Kuskokwim Delta Region.

**THE TRAINING SCHEDULE IS:**
- **Fall 2004 Semester:** September 2004 – November 2004
- **Spring 2005 Semester:** January 2004 – March 2004

**APPLY NOW!**
**CONTACT EVELYN PENSGARD or EILEEN PETER AT THE YKHC LEARNING CENTER 543-6980**

Sponsored by YKHC, Kuskokwim Campus Adult Basic Education, State Employment and Training Program
EARTH Study is coming to Emmonak
From the Office of Native Health Research, Alaska Native Tribal Health Consortium

The Alaska EARTH Study is coming to Emmonak in August. “EARTH” stands for Education and Research Towards Health. It is a national study that will answer important questions about how traditional diet, culture and lifestyle prevent chronic diseases.

Rates of cancer, heart disease, diabetes and other chronic conditions are rising among Alaska Natives and Native Americans. But little is known for sure about the factors that affect their development. The EARTH study will give us a better understanding of the links between lifestyle factors and chronic diseases, according to Dr. Anne Lanier, the Director of the Office of Alaska Native Health Research at ANTHC.

The project includes Alaska Natives as well as American Indian tribes in the lower 48, including the Navajo, and tribes in the Dakotas and Arizona. The goal is to determine how diet, physical activity, and other lifestyle and cultural factors influence the development of chronic diseases.

About 5,000 Alaska Natives will be enrolled during the first five years of the grant. Project organizers plan to eventually enroll 80,000 Alaska Natives and American Indians nationwide. In Alaska, the study is being conducted by Southcentral Foundation, Southeast Regional Health Consortium and the Yukon-Kusokwim Health Corporation, in collaboration with the Alaska Native Tribal Health Consortium.

Alaska Natives and American Indians aged 18 years and older residing in the study areas are eligible to participate.

Residents who choose to enroll will be asked to complete questionnaires about past medical history, medication use, family history of diseases, diet and behavioral risk factors.

In addition, participants will have baseline measurements of height, weight, blood pressure, as well as finger stick blood tests (blood sugar, cholesterol, HDL, LDL, and triglycerides). Participants are asked to come in after fasting (no food or liquid except water) for nine hours. Participants will be given a small gift (in the range of $20) and an EARTH study T-shirt upon completion of the initial screening to thank them for participating.

Study investigators will provide immediate feedback to participants about the results of their medical tests as well as an assessment of their diet, exercise and behavioral habits at the end of the initial screening. Participants should expect to spend about two hours at the initial screening. After that, participants will be contacted annually by phone or letter and may be asked to answer a few brief questions.

The EARTH study is a cohort study. In this type of study, participants are enrolled and then followed for a long period. The most famous U.S. cohort study is the Framingham Study, started in the 1950s. In that study, we learned much of what we know today about the effects of smoking, cholesterol, high blood pressure, and other risk factors on heart disease. The Framingham Study continues today and now includes adult children of the original participants.

There are now multiple on-going cohort studies but this is the first to focus on Alaska Natives and American Indians. Most cohort studies continue to be funded for dozens of years.

A cohort study of Alaska Natives and American Indians is long overdue. This study will help us to answer questions about why some Alaska Natives live long and healthy lives and others die young of diseases. With the results from this study, we will be able to tailor prevention programs to the specific needs of Alaska Natives.

The EARTH study will begin enrolling participants at the Emmonak Sub-regional clinic starting on August 10. Anyone who would like to participate may walk in or call for an appointment.

QUESTIONS?
Contact
Dr. Catherine Schumacher
907-729-3664 or
Dr. Anne Lanier
907-729-3663
**STAR Program has service, support for developmental disabilities**

**YKHC staff**

Do you or a family member experience developmental disability? Developmental disability is defined as an acute and chronic impairment, resulting in mental or physical impairments that will require specific and lifelong extended care that is individually planned and coordinated.

Examples of types of developmental disabilities are mental retardation, cerebral palsy, autism, and seizure disorder.

Mental illness and Fetal Alcohol Syndrome may also be developmental disabilities. However, the disability must result in substantial functional limitations and meet the other criteria in the definition in order to qualify as DD. The State of Alaska’s statutory definition of developmental disability designates a person who has a severe, lasting disability that:

- is a condition of a mental or physical impairment or combination of both;
- occurred before the age of 22 years;
- is likely to continue indefinitely;
- results in functional limitations in three or more of the following areas of major life activity:
  1. **Self-Care**: The ability of an individual to meet his or her own needs in eating, drinking, toileting, grooming, etc.
  2. **Receptive and Expressive Language**: The ability to understand and communicate effectively with others through verbal and/or non-verbal language.
  3. **Learning**: The ability to acquire new skills and make use of them in new situations.
  4. **Mobility**: The ability to move around using fine and gross motor skills.
  5. **Self-Direction**: The ability to make reliable decisions concerning one’s personal and social life.
  6. **Capacity for Independent Living**: The ability to maintain a full and varied life at home and in the community, without assistance.
  7. **Economic Self-sufficiency**: The ability to maintain gainful employment and financial support.

Individuals who may experience a developmental disability, and are requesting services or supports, should apply by completing the Eligibility Determination and Request for Services form and submitting it to the STAR Grant Program.

The STAR (Short Term Assistance and Referrals) Grant Program Coordinator can assist in obtaining additional information or documentation. This program will attempt to provide short-term assistance and support to individuals and their families.

**Dear Patients,**

When you come to the hospital please be sure to always bring your medicare card, medicaid and insurance information with you.

This well help us serve you better.

*Quyana!*

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**Head Start Health Screening**

This August, the Association of Village Council Presidents Head Start Program and the RuralCap Head Start Program, working together with the Yukon-Kuskokwim Health Corporation and the Public Health Nurses, will be doing health screening for children in these communities:

- Akiachak
- Kasigluk
- Nunapitchuk
- Aniak
- Kwethluk
- Tuluksak

This screening will include health, hearing, and dental check-ups. The screenings will take place August 24, 25, and 31, and September 1 at the new Public Health Nurses building in Bethel.

In order for a child to attend, Head Start requires that they must be given a full check-up. Health Aides will be scheduling appointment times for parents to bring their children in to Bethel for screening, with no charge or travel cost.

**Parents who miss this one time opportunity will have to schedule their own appointments and pay for travel to Bethel for themselves and their child.**

We are hoping to make this event more than a health screening. It will also be a fun event for parents and children, with activities and door prizes!

*Please don’t miss this opportunity to have this important health check-up, and have some fun at the same time!*
Seniors get moving
from YKHC’s Diabetes Prevention & Control Program

Bethel seniors are movin’ and groovin’ to the health beat these days. Kim Jung of the Diabetes Prevention & Control Program is leading group physical activities at the Eddie Hoffman Senior Center.

The physical activities range from dancing the Macarena, throwing a ball back and forth, to performing strength exercises using resistance bands. Appropriate music is used to enhance the activities.

The seniors enjoy moving to songs such as Blue Moon, Volare, Satin Doll, Love Me Tender, Don’t Be Cruel, and Chattanooga Choo Choo.

Physical activity is specific in terms of effect. Being active encourages better physical, mental, and emotional health. Keeping physically active is crucial for the elderly and the benefits are many.

Aerobic activity is associated with strengthening the heart and lungs. Aerobic exercise can also help to lower high blood sugars and keep a person at a healthy weight.

Strength training is associated with building strength in the muscles and bones. Being stronger in the legs can help elders get out of chairs more easily. Having arm strength can help them lift things with greater ease.

CONSTRUCTION, from p. 9

clinics done,” says John Guinn, Director of Facilities Management and Planning. “From the grant department’s work to secure funding, to design, planning, and finally, construction, it’s a big group effort.”

When possible, YKHC locally hires from the village in which the clinic is being built, says Guinn. “This keeps the money where it is needed the most—right in the village. Once completed, the clinics are owned by the village, and their tribal council manages the facility. It makes sense that we all work together throughout the process. We are all concerned about being able to bring the health care to the villages, and we have found that throughout the years, this system is most beneficial to the people.”

Opening ceremonies will soon be announced for the clinics in Newtok, Mekoryuk, Scammon Bay, and Grayling. “It’s a great feeling to get the projects done,” says Guinn, “helping to improve the health of our people is an opportunity that makes all the work worthwhile.”

PHARMACY, from p. 7

information you share, the better your doctor will be able to figure out what is wrong and treat you.

Forthly, bring someone with you like a friend or a family member to your doctor’s appointment for moral support. They can help relax you or remind you of questions you forget to ask your doctor.

Fifthly, if your doctor wants you to come back for a follow-up visit, be sure to set and keep the appointment. Lastly, have “medicine check-up” at least once a year. Go through your medicine cabinet to get rid of old or expired medicines and also ask your doctor or pharmacist to go over all of the medicines you now take.

Building a good relationship with your doctor takes time and effort. You might still have a frustrating doctor’s visit once in a while, but overall your relationship with your doctor should be positive and comfortable. Your doctor should be actively involved with helping you remember to take your medications and actively concerned about the efficacy of your medications. You should have confidence and trust in their judgment and care.

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Early Childhood Mental Health Training Symposium
August 23–27, 2004 at the St. Mary’s Area Regional Training Center

Introducing the concepts of mental health for children 0-5. Behavioral and emotional issues can be identified at an earlier age and assist the child, caretaker and provider in addressing these issues early on.

This training has been made possible by the Family Infant Program / CECEL grant in collaboration with the Behavioral Health — People Working Together Project.

Neal Horen, Ph.D.; Deborah Perry and Roxanne Kaufman from Georgetown University National Assistance Center are the trainers.

All Behavioral Health staff who may potentially serve this age group as well as any community providers working with children ages 0-5 should plan to attend.

Contact Laura Young at 543-1777 or Dana Peltola at 543-6755

The training program includes some evening events such as fiddle dance, movies and activity groups and free time.

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Kusko and Yukon Family Medicine Clinics

Family Medicine Goal:
To provide the best care for our patients and to maximize continuity of care by improving availability of services of Healthcare Providers.

Yukon Clinic Villages Served

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Kusko Clinic Villages Served

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| Crooked Creek |  |  |  |  |
| Emmonak  |  |  |  |  |
| Grayling |  |  |  |  |
| Holy Cross |  |  |  |  |
| Hooper Bay |  |  |  |  |
| Kotlik   |  |  |  |  |
| Kwethluk |  |  |  |  |
| Lower Kalskag |  |  |  |  |
| Nunam Iqua |  |  |  |  |
| Red Devil |  |  |  |  |
| Russian Mission |  |  |  |  |
| Seaman Bay |  |  |  |  |
| Shageluk  |  |  |  |  |
| Sleetmute |  |  |  |  |
| Stony River |  |  |  |  |
| Tuulsak  |  |  |  |  |
| Upper Kalskag |  |  |  |  |

Clinic Hours: Monday–Friday — 9 a.m.–5 p.m.
For an Appointment call: 543-6442 or 1-800-478-3321

Delta Walk-in Clinic

The Delta Walk-in Clinic is available for acute/urgent needs that require same-day attention. The staff consists primarily of Certified Physicians Assistants and Nurse Practitioners who emphasize quick encounters with referrals to other clinics when necessary.

“Delta Walk-in Clinic Project”

Project Priority: Improve patient satisfaction by decreasing wait times.

The Delta Clinic opened in March, 2001, to allow patients to “walk-in” for acute/urgent medical needs. The average number of patients seen is 70 per day, with an average of 3-4 medical providers per day.

In an effort to decrease waiting time, a group of nursing staff attended an extensive Quality Improvement workshop through Alaska Native Medical Center and have brought back several ideas for improvement. We have developed Nursing Protocols for the Delta walk-in clinic. The Clinic is also opening one hour earlier to capture the early morning rush. So far we have already seen a decreased wait time by 25 percent. We are excited to achieve and maintain a continued decreased wait time.

Clinic Hours: Monday–Friday — 8:30 a.m.–7 p.m.

Pediatric Clinic

The Pediatric Clinic is designed to provide care for chronic sick children. This clinic offers local primary care and specialty consultative care for children. At the parents request an appointment with a pediatrician can be scheduled.

Clinic Hours: Monday–Friday — 9 a.m.–5 p.m.
For an Appointment call 543-6297

Specialty Clinic

The Specialty Clinic provides services to patients by referral only. Some examples: Gynecology, Urology, Cardiology, Neurology, and Dermatology. Please schedule an appointment with your designated healthcare provider for referrals.

Clinic Hours: Monday–Friday — 9 a.m.–5 p.m.
For an Appointment call 543-6442 or 1-800-478-3321
The cost of travel is a major barrier to healthcare for many of the residents of the YK Delta. This can be from the villages to Bethel or when travel to Anchorage is necessary. YKHC does not receive any funding for healthcare travel. So, whenever YKHC pays for a patient to travel it means that those dollars are not being spent on badly needed medical services for the residents of the YK Delta.

The cost of travel is the responsibility of the patient.

Because we are aware that the cost of travel limits access to healthcare for many of our beneficiaries, YKHC can help patients in the following ways.

**YKHC has an active Medicare/Medicaid enrollment office.**

This office has staff that travels to all of our villages to enroll as many individuals as possible. The YK Delta is composed of the two lowest per capita income census areas in the State of Alaska. It is estimated that up to 50 percent of the YK residents are eligible for Medicaid.

Up to 80-90 percent of the children on the YK Delta are also eligible for Medicaid. Medicaid provides payment for most medically necessary travel.

Many people are healthy and therefore do not think there is a reason to apply for Medicaid. When these healthy individuals suddenly suffer an injury, develop a serious infection, or become very sick they find out too late that they cannot afford to come to the hospital. Too frequently they are forced to scramble to borrow money for travel when they are feeling their worst. This leads to great frustration, not only for the patient and their family, but for the health aides and doctors who do not want the patient to suffer or get worse.

The same thing happens when someone who has Medicaid doesn’t get their paperwork done in time to be eligible during a month when they end up needing to travel for medical reasons. For YKHC to “achieve the greatest possible improvement in the health status of the people of the Yukon-Kuskokwim Delta,” it is vital that all Medicaid eligible persons enroll and remain enrolled.

Some patients have health insurance. Many times health insurance will pay for all or part of medical travel. Patients are responsible for providing YKHC their most current health insurance information. YKHC needs this current information to assist the patient by billing the insurance company for approved healthcare travel. This information will also help YKHC to collect payments for the medical services the patient receives from the Hospital.

YKHC will pay for travel in emergencies where there is imminent risk of loss of life or limb (such as an arm or leg or vision), to prevent permanent injury or death, when no other payment sources are available. YKHC will also pay for travel for ongoing cancer treatments at YKDRH when no other sources are available. All other travel is the responsibility of the patient. Please assist YKHC in achieving our goal of providing accessible, quality healthcare by planning ahead. Maintain your Medicaid enrollment if you are eligible and provide us with good health insurance information.

**In-house travel service keeps employees, patients moving**

YHC’s Travel Management Center (TMC) coordinates all routine patient travel and makes corporate travel arrangements. Emergency medevac or air ambulance services are coordinated directly with Aeromed International.

TMC has three sub-divisions: Bethel TMC, Anchorage TMC and the Qavartarvik Hostel.

Both Bethel and Anchorage TMC are accredited travel agencies equipped to handle any and all travel needs.

**Bethel TMC**

Bethel TMC is located in the hospital adjacent to the main waiting areas and around the corner from the Emergency Room. The hours of operation are 8 a.m.–6:30 p.m., Monday through Friday. The main telephone number is 907-543-6360, 1-888-260-5888 or in-house extension 6360.

This office concentrates on all routine patient travel. The information is provided to TMC from the hospital via a Patient Transport Order Sheet (PTOS) or from the village health aides via a Village Transport Order Form (VTOF). Time is critical. If you are a provider or village health aide, please contact Bethel TMC as soon as you become aware of a patient being discharged or referred to another medical facility to begin the travel arrangements. TMC needs to be notified of any special needs of the patient, such as a wheelchair, stretcher, ambulance services or oxygen.

TMC will send a Travel Technician to the Bethel hospital room of discharge patients to help expedite arrangements without having to inconvenience the patient.

Once TMC receives a travel request, research and paperwork for third party reimbursement or self-payment is taken care of, the travel arrangements are made and the travel documents are issued.

Certain hospital departments have their own allotment of taxi vouchers to give out at their discretion to patients. TMC taxi vouchers are given out only in extreme cases, and Clinical Director approval must be obtained. TMC does not have meal vouchers.

**Anchorage TMC**

Anchorage TMC is located at 4700 Business Park Blvd, Suite E25. The hours of operation are 8 a.m.–7 p.m., Monday through Friday. The main telephone number is 907-677-7504, 1-888-958-5855 or in-house extension 2204.

This office concentrates on all corporate travel. Travel requests can be made either by telephone or via First Class Mail to the Anc TMC Res mailbox. Based on the travel requested, an itinerary will be issued including air, car and hotel arrangements when needed. The itinerary must be used to fill out a Travel Requisition (TR) which authorizes the use of YKHC funds. Travel requisitions can be initiated via corporate email (ETR) using the New Message Special command in FirstClass. Once authorized signatures have been obtained on the TR, Anchorage TMC will issue the travel documents.

**Qavartarvik Hostel**

The Qavartarvik Hostel is located on the YKHC campus adjacent to the YKHC 800 Building. It is just a short walk from the hospital.

See TMC, page 15
1. Interested in better grades, easier weight control, and better performance at your sport? Then eat BREAKFAST every day. Teens who eat a morning meal score higher in school, take in more nutrients, and eat fewer calories later in the day. In a hurry? Choose quick-grab foods on your way out the door such as a bagel and banana or a peanut butter sandwich and grapes.

2. Busy teens need more than three meals a day. Find time for healthy snacks that will keep you going. Think of snacks as mini-meals, with foods from at least two food groups. Yogurt and fresh fruit, cereal with nonfat milk, and a bean and cheese burrito are quick, healthy choices.

3. One of the most important nutrients is WATER! Drink at least 8 cups of fluid a day. When exercising, drink before, during, and after a workout. Don’t wait until you feel thirsty – by then, you are already drying up!

4. The best way to get all the nutrients you need each day is to eat from every food group. Try for 6–11 servings of grains, 2–4 servings of fruit, 3–5 servings of vegetables, three servings of milk, yogurt, or cheese, and three servings of protein foods, like meat, eggs, peanut butter, chicken, fish, or beans. Extras such as candy, pop, and butter should be eaten less often and in smaller amounts.

5. Complex carbohydrates are the best fuel for exercise or sports. Fruits, vegetables, rice, pasta, beans, bagels, and pilot bread contain the fuel you need to keep you going.

6. Look in the mirror and you will see – protein! A big part of your body, including your skin, hair, and muscles, are made up of protein! Protein is important for growing teens because it is made up of amino acids, the building blocks that form new body tissue such as muscle. Low-fat dairy products, eggs, beans, fish, chicken, and birds are excellent sources of protein. Growing teens should aim for two to three servings of protein each day.

7. A diet high in fat will weigh you down, especially right before a workout. Fat takes longer to digest than carbohydrate or protein, so avoid greasy foods such as chips, fries, and candy bars before practice or games.

8. Watch out for those sneaky liquid calories that you get from pop and sugary drinks like Tang and Kool Aid. Make your liquids count – nonfat or 2 percent milk and 100 percent fruit juice provide important nutrients as well as fluid.

9. Be sure to feed your body after a workout. Give yourself plenty of fluids and a nutritious snack such as a tuna sandwich, homemade soup, or vegetable pizza.

10. Celebrating after the big game? Serve foods such as popcorn, fresh veggies, 100% fruits juice, and oatmeal cookies at the post-game party.
YKHC Board terms expiring in 2004

This year Yukon Kuskokwim Health Corporation announces the board terms expiring for Units 5, 8 and 9. This year’s elected Board Members will serve from November 2004 to the year 2009.

UNIT 5, SEAT C
Now filled by Henry Hunter of Bethel.
Serves the villages of:
Bethel

UNIT 5, SEAT D
Now filled by Joseph Bavilla of Napaskiak.
Serves the villages of:
Napakiak
Oscarville
Napakiak

UNIT 8, SEAT B
Now filled by James R. Charlie, Sr. of Toksook Bay
Serves the villages of:
Newtok
Tununak, Toksook Bay,
Umkumuit
Nightmute
Chefornak
Mekoryuk

UNIT 9, SEAT B
Now filled by William Naneng of Hooper Bay
Serves the villages of:
Scammon Bay
Paimiut
Hooper Bay
Chevak

Qualifications
as defined in the YKHC Bylaws—

• Must be at least 21 years or older
• Native, as that term is used in PL93-638
• Living or working in the Bethel Service Area of the Indian Health Service
• Agrees to be bound by the YKHC Bylaws
• Must be a resident of that Unit at the time of nomination and continuously maintain such residency through the election and service on board.

Nominations
Those interested in being considered for these seats must fulfill the above qualifications. Incumbents can be renominated and people can nominate themselves if they wish. Actual voting is done only by the villages’ IRA or Traditional Councils.
Nominations can be submitted by mail or fax. You may also send a letter of interest to:
Yukon-Kuskokwim Health Corporation
attn: Donna Gibbons
P.O. Box 528
Bethel, Alaska 99559

Candidates will be accepted until September 1, 2004

For more information

call 800-478-3321
ext 6020
Fax: 907-543-6006