



Provider Profile

Meet Dr. Elizabeth Roll

YKHC's Outpatient Clinic Service Chief and Sub-regional Clinic Unit Director grew up in the small town of Capron, Illinois, (population 300), one of three sisters.

Dr. Roll attended Millikin University in Decatur, Illinois, in what she called "the soybean capital of the world." After obtaining her bachelor of science degree, she attended the Southern Illinois University School of Medicine and received her medical doctorate in 1996.



Dr. Roll consulting in one of YKHC's outpatient clinics. Photo by Allison McIntyre.

Dr. Roll became intrigued by Alaska watching the popular 90's TV show Northern Exposure. During her final year as a medical student, she applied to the Indian Health Service, incessantly calling their 800 number for a rotation assignment. A month before she was to take off for Dillingham, they changed her assignment to Bethel.

That first 6-week visit was a much more real exposure to the North. JR and Mary Krevans were her hosts that year, 1995, and her True North experiences included getting run over by JR's sled dog team (no injuries); a trip to Kasigluk by plane, boat and snow machine; medevacs by bush plane and Alaska Air combi-jet, and using her K-300 hat to keep an IV bag from freezing.

"It was a wonderful experience. I was here for 6 weeks, and had never been out of the Lower 48. People I had asked about Bethel [said] 'there was nothing in Bethel.'" In fact, "it was quite the opposite, and it was very exciting to help with care." It amazed her at the time that it was such a challenge to bring

See DR ROLL, next page

Records And Verification Electronic Network

going live on January 28, 2013

- +** **Patient Safety:** Important patient care instructions, results and orders are displayed so that the information is clear.
- +** **Coordination of Care:** Providers have access to your up-to-date medical information.
- +** **Emergency Care:** Your EHR will reflect your medical history and needs even if you are unable to speak for yourself.
- +** **Cost Effectiveness:** Tests may not need to be duplicated when existing and previous results are easily accessible.

Thank you for your patience as we transition to an Electronic Health Record

FIRST BABY of 2013 !

Welcome to the World!



YKHC welcomes baby boy Kenyon Austin Ivon, the first baby born in 2013 at Bethel's YK Delta Regional Hospital. Kenyon was born January 3, 2013, weighing in at 9 lbs 8 ozs and 21.5 inches long.

His proud parents are Clara Ivon and Galen Amik of Kongiganak. He joins the world with an older brother, Quentin Zachary Steven Ivon (who turns 4 next month.)

Congratulations to Clara and Galen on the new addition to your family!

TRIBAL UNITY GATHERING XX

YKHC's 20th annual Tribal Unity Gathering is set to take place on April 2-4, 2013, at the Yupit Piciyarait Cultural Center in Bethel.

This year's theme is *Yuuluaqacim Tungiinun* "A Journey Towards Health & Wellness."

In response to the high priorities of suicide prevention and substance abuse in recent years, presentations and work groups will focus on some of these issues, led by YKHC's Behavioral Health Services division.

Tribal Councils: It's not too soon to think about who your delegates will be, so remember the Gathering when setting your Tribal meeting agendas.

On-line registration will be available soon, with links posted on our website:

www.ykhc.org/tribalgathering

DR ROLL, from previous page

supplies and materials across the expanse of the region, but seemingly normal to everyone else.

It took two more temporary assignments before she settled in Bethel for good. "At the encouragement of the Krevans family, as well as that of colleague Dr. K. Jane McClure, I settled here in 1999 permanently and proudly call Bethel home." In total, Dr. Roll has lived in Bethel for almost 18 years.



The family: Elizabeth, Eric Whitney, Elenor, Greta.

Her husband Eric Whitney, whom she met in Duluth, Minn. in 1998, runs a small construction business and is a certified energy rating auditor. He is something of a pioneer with snow sports and kite skiing. They have two daughters, Greta, 10, and Elenor, 8.

The Work She Does

In charge of YKHC's outpatient clinics, Dr. Roll supervises about 30 providers and oversees operations at the Kusko, Delta and Yukon clinics. She also sees patients, of course. "One of the things that I do when I'm in clinic is focus on women's health care [as a] lactation consultant." She promotes breastfeeding and breastfeeding education, and encourages moving toward being an even more breast-feeding friendly hospital. This would include YKHC weaning itself off of receiving free formula, and to work more intensely with new-mother groups once babies are born.

Dr. Roll has seen improvements in care in recent years. "Our retention is up. Keeping qualified physicians on staff is very meaningful to me, and helpful to the overall team of providers at the hospital. Newcomers, who may not know how to provide medicine very well in northern climates, may not have any idea how sick people can get here and it really takes people with institutional memory to help teach this new generation of providers."

While Dr. Roll finds the work challenging and rewarding, there is more to why she and her family have made Bethel home. "There is so much love and concern about the family—the commitment to family the people have here." There is also the opportunity for community involvement. YKHC's providers "have a chance to visit the village schools, they get invited to community events and potlucks. There is a lot of hidden reward in this...and it all stems from the beauty of the Yup'ik, Cup'ik and Athabaskan people of the region." ▲

STAYING HEALTHY

Breastfeed Your Baby!

Why do we encourage breastfeeding?

- Breast milk is a remarkable, complicated mixture of nutrients and other ingredients that protect your baby and help him/her grow well.
- Breastfed babies are smarter.
- Breastfed babies get sick less often.
- Breastmilk can soothe your baby and help her feel full.



Breastfeeding is good for mom too

- Moms who breastfeed have lower risk for ovarian and breast cancer.
- Breastfeeding helps moms lose pregnancy weight.
- Breastfeeding releases hormones that soothe mom and make her feel calm and close to baby.

Better than formula

- Breast milk costs less than formula
- Giving formula interferes with milk supply.
- Giving formula introduces ingredients that baby might be allergic to.
- Babies who get formula are more likely to have stomach problems, constipation and diarrhea.
- Babies who get formula are more likely to overfeed (risk of obesity in later childhood)



Put your baby to breast within the first hour after birth, if possible.

- Baby might breastfeed often or not at all the first 24 hours
- You will make small amounts of colostrum (the tiny bit of first milk) the first hour after birth. Your baby will get tiny amounts of rich colostrums from you until your milk comes in. This is all your baby needs unless a doctor says otherwise.
- It is normal for babies to lose weight after birth. They are losing extra water and fat that they were born with. They will regain birth weight in 7-10 days. After 3-4 days, your milk will come in.

Remember, the more you nurse, the more milk you produce or create and the less you nurse, the less milk you produce. You can express your milk by hand expression, using a manual pump or an electric breast pump. Expressed milk is the best supplement.

Breastfeeding is mother nature's way of making sure baby gets exactly the right nutrients and immunities.

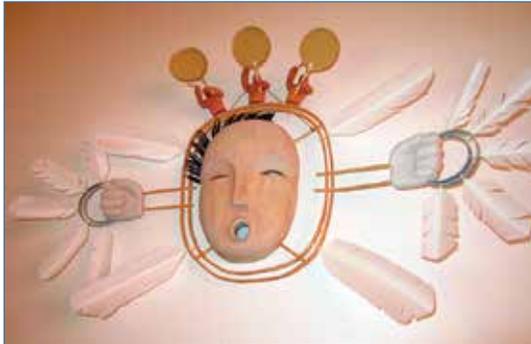
A Visionary Among Us

Did you know that YKHC's Information Technology Dept. employs an Alaska Native Visionary?



Michael McIntyre, 28, is the recipient of a 2012 Alaska Native Visionary award. The Alaska Native Heritage Month board presents these awards each year to recognize Alaska Natives who are "perpetuating and preserving culture through artistic visionary ventures such as film, photography, music, visual and literary art, performance art and more." The Board recognized McIntyre's work and contributions as a Yup'ik artist and musician at a reception held in Anchorage November 16.

His music, with his band Frozen Whitefish, has been featured on the popular Discovery Channel reality show "Flying Wild Alaska." He is also a mask carver. His most recent mask, "Yuram Yua -Dance Spirit," was donated to the First Alaskans Institute fundraiser—the First Annual Howard Rock and Ted Stevens Smokehouse Gala, held on Nov. 30 in Anchorage.



Mike's mask, "Yuram Yua – Dance Spirit," raised \$1,700 in a silent auction for the First Alaskans Institute Gala in November.

Mike grew up surrounded by relatives who are also artists, tradition bearers, musicians and carvers. Mike's work is inspired by his childhood upbringing in Eek, its style and technique influenced by his father John McIntyre, a renowned tradition bearer and mask carver. His uncle Chuna McIntyre is widely known in Alaska and the Smithsonian artist circles.

Mike's album, "Wiinga Illpit-llu," is for sale on iTunes. While money from sales and royalties "isn't much," he says, "over time the checks may add up." Mike hopes to eventually buy a house for his growing family with wife Krystal, of Akiachak, and their two sons, Mikah, 6, and Dylan, 3. A baby girl is expected to arrive this coming April.

YKHC is proud to employ Mike McIntyre, artist, musician and Alaska Native Visionary, who shares the strength of his upbringing and family traditions to elevate the health status of all those who know him. This story would be incomplete if we didn't mention that Mike, a former smoker, has been tobacco-free for over a year and a half. Keep up the great work Mike, and rock on! ▲



YKHC's strategic plan for achieving excellence in health care is called **Napartet**, a Yup'ik word for a ship's mast, a trail marker, or a supporting pillar.

Employee Focus FY Goal: Increase employee satisfaction with change management by five percent.

According to Wikipedia, *Change Management* is a structured approach to transitioning individuals, teams, and organizations from a current state to a desired future state. It's aimed at helping employees accept and embrace changes in their work environment.

Change is needed when a problem exists in a process. YKHC understands that broken processes negatively affect our patients, our employees, and our bottom line. The goal for managing any change, whether it is small or large, is to keep employees satisfied, which in turn keeps our patients and customers satisfied.

With change being necessary and inevitable, the Employee Focus goal embraces *change management* to give our workforce confidence in adapting to new developments.

A survey is distributed each year among YKHC's more than 1,500 employees to provide feedback to the administrative Senior Leadership Team. The intent is to reach out to employees who may feel disconnected or "under involved" and provide a way for leadership to include and encourage employees in making positive growth and change.

YKHC is currently making a tremendous investment in transferring its patient medical records system from paper to an electronic format. We're calling this initiative RAVEN (Records And Verification Electronic Network). It is mandated by the Patient Protection and Affordable Care Act, passed by Congress in January 2010, and represents a major change event. Its intent is to reduce costs within the health care industry nationwide while improving patient safety and health outcomes.



YKHC has invested many thousands of dollars in time, attention, and resources to this initiative. The start, or "Go-Live" is on January 28, 2013, across the entire network of YKHC facilities. But "turning the switch on" is just the very beginning.

The RAVEN integration could not take place if YKHC employees were not prepared to embrace change, manage the change, and take appropriate action to implement RAVEN as the right move for YKHC as an organization, and for our patients.

Embracing this change may prove difficult for some of our staff, community and tribal partners, and yes, even you, our patients and customer-owners. During this major transition, we appreciate your patience and your feedback to help identify gaps or anticipate any change-resistance so we can implement corrective actions.

We look forward to celebrating the eventual success of this new and exciting change in the New Year as we Work Together to Achieve Excellent Health.

A Community Takes Action

On Tuesday, December 11th, 2012, the City of Bethel became the first community in Western Alaska to pass a local levy on tobacco products. The ordinance will raise the tax on a pack of cigarettes by \$2.21 and other tobacco products by 45 percent wholesale.



Bethel City Council passes a new tobacco tax.

The Yukon Kuskokwim Health Corporation was one of several local agencies that showed support for the tax. CEO Gene Peltola signed a letter of support and many YKHC employees showed up to testify at the public hearing on the tobacco excise tax issue.

This legislation builds on the city's efforts to protect all people from the harmful effects of tobacco. In 1998, Bethel was the first city in the state to pass a smokefree workplace law. The Delta Tobacco Control Alliance has been a driving force over the years to move these initiatives forward.

The Bethel City council's vote (4 in favor, 2 opposed) in passing the tobacco excise tax ordinance is intended to help reduce tobacco usage among youth. Tobacco use among teenagers in the region is twice the national average. Great strides have been made on this issue, but there is still much work to be done to improve tobacco avoidance and cessation among the region's growing population. ▲

Traditional Healing Conference

YKHC's Behavioral Health Services hosted a community-wide gathering December 4-6 at the Longhouse in Bethel, focusing on historical trauma and traditional healing.



Conference participants discuss historical trauma at the Bethel Longhouse.

More than 80 people, representing numerous communities in the YK Delta took part, including YKHC Behavioral Health Aides, elders, clinical staff, social workers, the YKHC Behavioral Health Advisory Board, and representatives from regional and statewide partnerships.

They joined with local tribal agencies that understand the challenges people in the region face in regards to historical and multi-generational trauma and the strain it places on individuals, families, and communities as well as state and federal resources.

see **CONFERENCE**, next page

RESOURCES

YKHC Website: www.ykhc.org

YK Delta Regional Hospital.....	543-6000
YKHC main switchboard.....	543-6000
Toll Free.....	1-800-478-3321
Yukon-Kuskokwim Delta Regional Hospital	543-6300

APPOINTMENTS

Outpatient Clinics (Yukon, Kusko, Delta)	543-6442
Dental.....	543-6229
Optometry.....	543-6336
Audiology.....	543-6466

SUBREGIONAL CLINICS

Aniak SRC.....	675-4556
Emmonak.....	949-3500
St. Mary's	438-3500
Toksook Bay.....	427-3500
Hooper Bay.....	758-3500

SERVICES

Inpatient (North Wing).....	543-6330
Pharmacy.....	543-6382
Physical Therapy.....	543-6342
Women's Health.....	543-6296
Inirvik Birthing Center	543-6346
Behavioral Health Services	543-6100
Substance Abuse Treatment PATC	543-6730
Sobering Center	543-6830
Developmental Disabilities.....	543-2762
Emergency Room	543-6395
Home Care.....	543-6170
Office of Environmental Health & Engineering	
Injury Control & EMS.....	543-6420

ADMINISTRATION & SUPPORT

Administration	543-6020
Human Resources	543-6060
Public Relations.....	543-6037/38
Travel Management.....	543-6360
Facilities & Maintenance	543-6203

BETHEL & REGIONAL RESOURCES

Public Health Nursing.....	543-2110
Tundra Women's Shelter	543-3444
Alaska State Troopers	1-800-764-5525

YKHC Retail Store 1-800-478-6599

PFDs & Float Coats, Helmets, Jackets, Cleats & COFFEE!

YKHC currently has nearly 300 job openings!

**Visit our jobs page on line:
www.ykhc.org/careers**

CONFERENCE, from previous page

The first day of the conference focused primarily on historical and cultural trauma. The second day focused on healing, and finding meaning through story-telling and inter-group activities to move beyond the hurt—how healing and understanding at a personal and family level could grow by validating and making sense out of confusing and traumatic incidents.

The last day, the Traditional Healing Conference focused on the world view and ways to incorporate traditional values with community action. The group reviewed the global perspectives on traditional knowledge and cultures and what can be put into practice to integrate healing into the structured, western systems already in place. ▲

World Diabetes Prevention Day Walk



Marchers supporting World Diabetes Prevention Day Nov. 16 carried flags from all over the world down Bethel's frozen streets.

Friday, November 16th at noon, the Diabetes Prevention & Control Department and George Meegan, world record holder for the longest walk and author of book titled *The Longest Walk*, held a walk in recognition of World Diabetes Prevention Day.

Close to 30 participants started at AC and marched, flags from all over the world in hand, to the CHSB building, where they ended with sugar-free hot cocoa! One mile was added to George Meegan's world record, a near 20,000 mile walk from the southern tip of South America to Point Barrow, Alaska. This walk gave attention to the epidemic we are faced with here in the Delta of the rise of type 2 diabetes—eating healthy and daily exercise helps to prevent this disease. ▲

—Tina Powers, Diabetes Outreach Coordinator

November 2012 Health Aide of the Month

Bobby Heckman, CHA III in Pilot Station, is always willing to help out in other villages when asked. This year, he has floated to other villages six times, providing excellent patient care.

An Office Assistant in one of those villages said, “he was friendly with all the patients he encountered and did not complain even when he was seeing one patient after another.”

He also always makes himself available to help the other Health Aides when he is not on call for urgent or non-urgent care in his

Senator Daniel Inoue Champion for Hawaii 1924 – 2012



In the summer of 2008, Sen. Ted Stevens brought his good friend Hawaiian Sen. Daniel Inouye on a tour of rural Alaska. They stopped by to visit Bethel just as YKHC was having its annual employee recognition picnic.

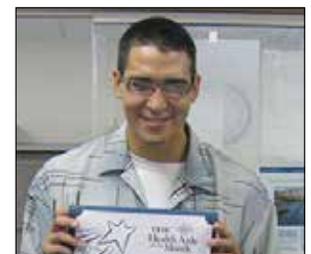
We learned with sadness last month of the passing of Hawaii Senator Daniel Inouye. At age 88, Sen. Inouye was the longest-serving member of the U.S. Senate; his was a face and character that came to symbolize, for many, the state he represented.

Alaskans, and particularly residents of the YK-Delta, knew him as the best friend and “brother” of our own Senator Ted Stevens. They were both World War II veterans and shared a sense of service to their country that transcended political party divisions. Although Inouye was a Democrat and Stevens a Republican, we often heard Stevens say, “we can disagree without being disagreeable.” We can't help but feel that attitude is sorely needed today.

Like Stevens, Inouye was a great champion for his state, and for the Native people of his state. We join our Hawaiian friends, his Senate colleagues and all Americans in expressing our condolences and sincere respects for his wife and family

www.inouye.senate.gov

clinic. He maintains calm and effective behavior during stressful situations such as the time there was an emergency with a young child who was badly hurt. He stayed calm the entire time and did what he could to care for the child.



Bobby Heckman

YKHC and the community of Pilot Station rely on Bobby for his dependability and reliability for the services he delivers. ▲

Nurse Case Manager of the Year

YKHC congratulates Brenda Lamont, the March of Dimes Nurse Case Manager of the Year 2012 in her recent honor at the March of Dimes annual gala/reception held on Nov. 16, 2012 in Anchorage.



Brenda does a tremendous job working as an RN Case Manager in the Women's Health Department and is instrumental in the success of the Centering Pregnancy model. YKHC is proud to employ such an outstanding nurse! ▲

Helping Parents Talk to Children about Sexual Abuse

Former YKHC employee Sandy Kleven has written a new book, intended to help parents talk to their children about sexual abuse.

Talk About Touch follows Sandy Kleven's bestselling abuse prevention book, *The Right Touch*, giving vital information on how to handle dangerous situations if they occur.



Set in a remote Alaskan village, this engaging story helps parents and teachers facilitate the discussion of sexual abuse and inappropriate touching.

One reader says, "The culturally relevant setting in an Alaskan village, and the beautiful illustrations by Yupik artist Patrick Minock, create an authentic and heartfelt story."

Mental Health First Aid in Fairbanks February 12 & 13

Similar to 'First Aid' and CPR, 'Mental Health First Aid' teaches you how to help those experiencing mental health problems until professional is available.

All are welcome. This is a non-clinical public education training for anyone, being held February 12 and 13 (must attend both days) from 9 a.m.–5 p.m. at the Fairbanks Community Behavioral Health Center: 3830 S. Cushman Street.

Eliminating stigma and improving knowledge about mental illness saves lives.

We are all three times more likely to encounter someone experiencing a mental health problem than a heart attack.

Know what to do!

Mental health problems—such as depression, anxiety, impulse control and misuse of alcohol and other drugs—are shockingly common in the United States. In fact, more than one in four American adults will have a mental health problem in a year.

The National Council on Community Behavioral Healthcare has begun working with communities throughout the nation, including the Trust Training Cooperative (TTC), to implement Mental

Health First Aid to arm the public with skills to help individuals who are developing a mental health problem or experiencing a mental health crisis.

For more information on Mental Health First Aid, visit www.mentalhealthfirstaid.org.

TO REGISTER

Those who wish to attend must register through the TTC Learning Management System (LMS) at https://www.ttclms.org/class_detail.php?z_classid=103666

CONTACT

Jill Ramsey. Phone: 907-264-6228 Email: jill@alaskachd.org

The Trust Training Cooperative (TTC) promotes career development opportunities for direct service workers and their supervisors engaged with Mental Health Trust Beneficiaries by ensuring that technical assistance and training is accessible and coordinated.

The TTC is grant funded by the Mental Health Trust Authority and University of Alaska Anchorage Center for Human Development.

Visit the TTC Website at www.trusttrainingcoop.org.

SAVE THE DATE:

Tribal Unity Gathering XX
April 2,3 & 4, 2013

Yupiit Piciryarait Cultural Center, Bethel Alaska