

Provider Profile

Meet Mary Devlin, RN

by Donna Bach, YKHC Public Relations

Meet Mary Jacob Devlin, RN. Daughter of Marie and Ignati Jacob, wife to Vincent Devlin and mother of daughters Karlene (18) and Natalia (15).

Mary grew up in the smallest village on the Kuskokwim, in Bethel's neighboring village of Oscarville, and attended elementary school there until transferring to Napaskiak's ZJ Williams school for her sophomore through senior year in high school. There, she lived with her late grandfather, Anisum Jacob. Mary is one of five siblings, the oldest of three daughters.

Mary first started her working career at YKHC in the mid-nineties in the Health Aide program and worked under Dr. Kruze. Although her own mother, Marie, served as a dedicated Health Aide for more than 30 years, Mary never felt pressured to consider a career in the health field. "I think my mom didn't want me to experience the stress or follow her footsteps," Mary said. But when her own brother-in-law was suffering from a terrible burn injury and was recovering from his injury, Mary assisted him with the changing of his dressings, and it piqued her interest.

At the time, Mary was working part-time, going to school and raising her young children. "There were times when I was working full time, my husband was working, our children were young and I went to school part time to take care of my pre-requisite classes," Mary said, largely incurring the expenses of school and tuition on her own. Mary credits her husband for a lot of support when she was accepted into the 2007-2009 University of Alaska nursing cohort. "I had to be away from home for two weeks each semester (during clinical rotations), and bless his heart, I thank him dearly for him working and being there to support me, and all of us." Her husband, Vincent Devlin, is a public works commercial vehicle operator for the City of Bethel.

When she took on the task of the intensive two-year's associates in nursing program, Mary recalls the first day she came home with her large text book and countless supplements and hand outs. "I laid all of my study materials out and I looked at all of the material we had to cover. Just the thought of covering 30 chapters in a night and what was expected. . . there were certainly moments where I asked myself 'What did I get myself into?' I did get scared. The support from my husband, parents, siblings and classmates as well as our instructor, Mary Weiss, was encouraging."



Mary Devlin, RN..



SAVE THE DATE!
Tribal Gathering XXII
April 1-2, 2015

Yupiit Piciryarait Cultural Center, Bethel
Registration Deadline March 15
www.ykhc.org/tribalgathering

YK Delta New Year's Baby!



Welcome to the World, Rayann Lisa Martin, daughter of Lorena Martin of Kipnuk. Rayann was born at 1:09 p.m. on January 2, 2015, weighing in at 8 pounds, 15.8 ounces. She has two siblings anxiously awaiting her arrival home.

Lon Putnam retires

Lon Putnam has spent most of his 15-plus years at YKHC working as a field clinical instructor for the Community Health Aide Program.



Lon Putnam on one of his many village trips.

He has traveled to every village in the YK Delta and beyond.

His dedication and commitment has not gone unrecognized. Lon's teaching expertise has led to the Health Aides' ability to provide quality care under demanding circumstances. Lon says "I have the utmost respect for the Health Aides and have been comfortable trusting them with my life." Lon truly loves all our Health Aides and they all love him. We wish him the best as he retires to Hawaii with his wife Deb.

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Mary describes herself as independent and strong-willed. She explained the importance of having motivation to set a goal in order to be able to achieve it. "When I first graduated from high school and attempted college, the distractions and freedoms were discouraging. The second time I attempted school I was more dedicated and determined. The more mature you are, the better you'll do," she said. She encouraged others who are pursuing and considering school to really want it or have the motivation and frame of mind to achieve it, as it comes with many challenges.

Mary's father, Ignati Jacob, encouraged her in her formative years, "When I was little, my Dad always told me 'when you grow up, you should be a nurse' and I never seriously thought about it when he said it at the time. But here I am."

Mary Devlin's New Year's resolution for 2015 is to continue researching a Bachelor of Science Nursing School program to continue to advance her education and career goals. She says that the best compliment any nurse or staff can receive is a sincere "thank you" for a job well done. She also credits the longevity of her team and colleagues with building understanding and relationships, and reflects on the importance of teamwork in the OB Department where she works seven days on and seven days off for 12-hour days.

From personal experience, when I was in the midst of intense contractions during the birth of my second child, I had the privilege of seeing nurse Mary Devlin at work and bringing her "A game." I turned to her, in all seriousness and stared directly into her eyes and practically shouting "how can anyone do this job?" and without blinking, she responded very confidently and with a smile, "because I love it, that's why."

Mary Devlin, RN, was nominated as Nurse of the Year for March of Dimes in 2012. Below is a summary of excerpts written by her supervisor and 2014 Rural Nurse of the Year recipient, Lauryl Torkelson, RN, who feels strongly that Mary is more than deserving of an honor, without question.

"Mary holds an intricate blend of knowledge and intuition, understanding and generosity, a highly regarded value in Yup'ik tradition. She is a tremendous asset to the OB department because of her ability to communicate with patients in a way nurses from other parts of the country or world may not. She is willing to educate other staff about aspects of the Yup'ik culture that nurses and providers can use to better care for the region's patients.

"Mary is highly respected by all hospital staff and is described as an excellent teammate and is also a lot of fun to work with. After transitioning from the role of support staff to Registered Nurse, (she completed the UAA nursing program and received licensure in 2009) she continues to work hard to fine tune skills and build confidence. It wasn't long before Mary was able to direct care in the OB unit as a Charge Nurse. She has built a reputation as a strong leader who demonstrates good judgement and consistently makes sound decisions.

March of Dimes names OB Nurse Manager Rural Nurse of the Year

Lauryl Torkelson, YKHC's OB Nurse Manager, was named Rural Nurse of the Year as the Alaska Chapter of the March of Dimes celebrated excellence in nursing at a gala event in Anchorage Nov. 21.

The award recognizes outstanding nurses throughout Alaska. According to the March of Dimes, a nominee must be an RN or LPN practicing in Alaska and exemplify the highest standards of nursing practice and professional performance. A nominee enhances and elevates the image of nursing and is a leader and change agent in the workplace, community or profession through his/her employment or volunteerism.

Lauryl "Tork" Torkelson does all that and more. She came to Bethel in 2001 with 12 years of varied nursing experience, looking for a new challenge in "the bush." It has been a boon to patients throughout the YK Delta, especially since she became nurse manager of the OB Dept. in 2010.

Her colleague in women's health, Ann Glasheen, NP, who nominated Torkelson for the award, said, "With her can-do attitude and let's-work-as-a-team approach, good things were in the making." Some of her priorities for the unit were to foster a team-centered environment, recruit and retain quality staff, work on interdisciplinary teams to improve patient care, and ensure the nursing unit's regulatory compliance.

In working with the mostly Yup'ik population, she wanted to make sure that care delivery was sensitive to the culture. "Breastfeeding is strong culturally and Lauryl has been involved in an ongoing task force to promote breastfeeding and to make the hospital a baby friendly place," Glasheen said.

Another admiring co-worker, Women's Health Nurse Practitioner Claire Lewis, said, "Besides being a phenomenally awesome nurse, she also has natural leadership skills and a good repertoire with her staff and management colleagues." As evidence of this, Lewis says she, along with Chief of Staff Dr. Ellen Hodges, OB/GYN Physician Dr. David Compton and many others, developed policies and procedure to have clearly delineated guidelines to follow in the OB unit, including when to induce labor or do a cesarean section. "This P&P development has allowed the OB nursing staff and medical staff to be on the same page for many OB procedures, all to ensure patient safety and health."

She also has longevity, and is a recognized face to many women having repeat deliveries at the Bethel hospital, "which is extremely comforting to our clients, to see her familiar smiling face!"



Lauryl Torkelson, RN, above left, is the March of Dimes Rural Nurse of the Year. Pictured with her is Dr. Elizabeth Roll, who, along with Devon Jeppson, right, was also a March of Dimes award nominee from YKHC.



“It is because of Mary’s growing strength in nursing and obvious commitment to the people of the YK Delta, that I feel Mary deserves recognition. Mary is an inspiration to the people she works with as well as young people in our region who are able to see how it is possible to stay near home and do great things”

Next group of nurses graduates

The Bethel nursing students completed their four-semester clinical nursing program and were honored at a pinning ceremony at the cultural center on Sunday December 14, followed by a potluck.

Upon graduation they will earn an Associate of Arts Degree in Nursing and are eligible to take the State of Alaska Licensing exam to become Registered Nurses.

They have taken most of their clinical at YKHC hospital and at many other Bethel health care agencies and departments. They have also participated in several community projects including two health fairs and several community immunization projects. In addition they left Bethel for two 3 week intensive clinical experiences in Anchorage and Fairbanks. Over the four semesters they have received so much support from YKHC and the Bethel community. The students want to invite the community to share in this celebration of their achievement.



The six students are Alison Angaiak, Catherine Crews, Elizabeth Lee, Marissa Rankin, Wileina Rhodes, and Wyatt Rogers.

Woman Of the Year



The National Association of Professional Women honored Barbara Jacobson MSN RN into the VIP Woman of the Year Circle, 2014–2015, for excellence, leadership, and commitment to her profession, while encouraging the achievement of Professional Women

Don't drink and drive and don't ride with someone who has been drinking!

STAYING HEALTHY

What is your New Year's Resolution Plan?

It's resolution time again. If one of your New Year's resolutions is to get fit and healthy, you'll need a rational strategy to reach your diet and weight loss goals. Extreme dieting can put you on the fast track to diet sabotage, so make sure you are committing to some diet resolutions that will actually work for you in the long run. Here are eight tips that might help your diet resolution come true.

Start each day with nutritious breakfast. Studies have shown that people who eat breakfast everyday are less likely to be overweight.

Get rid of those big plates and big bowls. Using a smaller serving plate to control your portion size and resist the temptation to go back for seconds.

Eat frequent small meals throughout the day. Eating 5 to 8 "mini" meals throughout the day will keep your metabolism running in high gear and prevent your body from going into fat storage mode.

Make your meals look like a rainbow. Aha, I'm not saying M&M or food coloring, what I mean is to fill your plate with colorful fruits and vegetables. They are rich in phytonutrients which may help decrease risk for certain chronic diseases.

Increase whole grain intakes. Compared to refined grains, whole grains have more fiber which is a high satiety factor. In addition, whole grains fill your tummy with richer vitamins and minerals.

Focus while eating your meals. Try not to multitask (reading, watching television, surfing internet, chatting on phone) while you eat. Instead, sit at a table and savor every bite of your foods.

Control your surroundings. Spend time with people who support and encourage you. Stock your house with nutritious foods and keep away from the high-calorie temptations. Avoid buffets, and choose restaurants that offer healthy options.

Exercise, exercise and exercise. Get some kind of physical activity each day after meals, even if it's only for 20-30 minutes. During the winter season, shoveling snow is a sure way to work up a sweat and burn off some of those holiday pounds!

by Zhi Ting Tai, Registered Dietitian

When not working and busy giving wonderful care to the women of the Delta, Torkelson volunteers with the Bethel Rotary Club doing community service events.

Glasheen says she has had to wear many hats and be as flexible as possible, filling in when there was not enough help and generally being a creative improviser. "She always asks herself, are we giving the best care possible to the women of the Delta? The answer is yes and that is why she was nominated for and received the March of Dimes Rural Nurse of the year."

\$200 Tribal Member Fuel Card Winners

The Napartet Goal Team, in conjunction with the Community Partner Satisfaction Pillar sponsored an incentive for the launch of the Tribal Member Satisfaction survey recently.

There were 22 lucky winners from 11 of YKHC's service units. Winners will receive a \$200 fuel credit at their local fueling station. Here are the winners that have been contacted so far! Congratulations and thanks for participating in YKHC's Tribal Member satisfaction survey!

Service Unit 1

Gerald Lamont, Emmonak
Miranda Moore, CHP Emmonak

Service Unit 2

TBD— non-claimed
Janelle Lamont, St. Marys

Service Unit 3

Julie Sakar, Chuathbaluk
Margaret Mute, Upper Kalskag

Service Unit 4

Mark Kasayulie, Akiachak Tribe
Marsha Frederick, Akiachak Tribe

Service Unit 5

Harvey Anvil, ONC Bethel
Loretta Coffee, ONC Bethel

Service Unit 6

Earl Chase, Nunapitchuk Ayunin
Angaiak, Nunapitchuk

We value our tribal customers' feedback and encourage everyone to participate in future YKHC Tribal Member Satisfaction surveys. Preliminary results of the survey demonstrate 229 of 341 responses are Tribal Members who reside across the YKHC service area. A large percentage of respondents lived or resided in Bethel, but there was participation from the majority of villages in the region.

Survey results for Sept 11–Oct. 31, 2014: The Top Three Average ratings (Where YKHC is doing well)

1. Quality of LifeMed (medevac) services 4.06
2. Quality of YKHC Health Aides 3.84
3. Quality of YKHC Physician Assistants 3.63

Low Three (Where Tribal Members have communicated where YKHC can improve)

1. Quality of scheduling appointments at YKHC 2.85
2. People often say good things to me about YKHC 2.94
3. Quality of follow-up care by YKHC 3.05

Overall Tribal Member Satisfaction rating considering all ways in which (Tribal Members) have dealings, how satisfied Tribes are with YKHC—average rating is 3.37

—Donna Bach, Chair of Community Partner Satisfaction Team CPS
Team members: SammiJo Smith, Ray Daw, Ray Peterson, Newton Chase, Jay Gandy, Abby Zito, Brian Berube, Jean Simon, Robin Marks

Service Unit 7

Raylene Beaver, Kongiganak
Darlene Daniel, Kongiganak

Service Unit 8

Genevieve Anthony, Nightmute
Ray Amos, Mekoryuk

Service Unit 9

George Smith, Scammon Bay
Denise Hale, Hooper Bay

Service Unit 10

Anastasia Jones, CHAI Quinhagak
(Tuluksak Tribal Member)

Service Unit 11

David Whitley, Holy Cross
Rebecca Elswick, Holy Cross

FY15 GOALS

YUKON-KUSKOKWIM HEALTH CORPORATION

Patient Centered Excellence

Increase "Strongly Agree" score from 15% to 25% for the question "I feel I have received excellent care today"

Employee Focus

Increase Employee Satisfaction with Recognition by 5% of current score from 57.3% to 60.2%

Alaska Native Workforce Development

Pilot middle manager competency based skills and abilities program by July 2015 with cohort completion by October 2015

Community and Partner Satisfaction

4,000 employee community volunteer hours completed

Financial Viability

Collect \$70.7 million in Net Patient Care Revenue

Working Together to Achieve Excellent Health

Photo by Matt Scott



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. Each year, corporate leadership and the board of directors determine a new set of goals to further our strategic plan for continuous improvement.

Beneficiaries may claim Affordable Care Act exemption

The Internal Revenue Service (IRS) has released the final version of the form and instructions that may be used to report or claim the Exemption for American Indians and Alaska Natives and Other Individuals who are Eligible to Receive Services from an Indian Health Care Provider.

Visit our website for links to the forms and instructions on how to claim the exemption.

<http://www.ykhc.org/2015/01/06/irs-exemption-forms-for-ihs-beneficiaries/>

McCann Tundra Swan Academy: Stand-out Community Volunteers

Did you know that the students at McCann's Tundra Swan academy contribute more than 2,500 volunteer hours of community service to the YK Delta region?

These students go above and beyond by working with many community groups such as the Bethel Lion's Club, AVCP, K-300, Clean-Up Green Up, Friends of the NRA, Veteran's Memorial Park, and more.

The students and staff were instrumental in YKHC's liquidation summer sales, helping with moving furniture, doing set-up, selling hot coffee and vending snacks.

YKHC's Senior Leadership Team, along with the Napartet Goal Team, hosted a special party for this outstanding group at the Bethel pool in mid-December to thank them for all they do!

McCann facility director Jaimie Kassmann explains, "Their efforts in the community give the students a sense of belonging and raises their self-esteem. People giving them compliments is encouraging for them and community involvement exposes them to alternative coping skills as part of their rehabilitation as well as encourages social interactions. It is very powerful watching them grow from



Tundra Swan Academy students take the plunge at the Bethel Pool in December. YKHC leadership honored the young men with a special party to thank them for their many hours of community service.

interactions, especially with elders in the community. They thrive when they know they have contributed to making an elder happy."

In addition to the numerous community activities the teens are involved with, they also engage in many traditional activities such as fishing and trapping. They save up their tanned furs and hides and raise money at the annual Anchorage Fur Rony.

"I have seen kids get involved in community volunteer efforts after they graduate our program. One former client joined Ducks Unlimited in their home village after graduating from our program and that is inspiring to our staff to know that these efforts leave a lasting impression," Kassman said.

Thank you McCann students and staff for all that you do for the YK Delta!

Calricaraq Conference explores historical trauma



The Third Annual Calricaraq conference took place the first week of December with more than 100 participants. This event was organized by the YKHC Behavioral Health Preventative Services Team under the guidance of Director Rose Domnick.

"The best thing to be able to stay grounded, is to make sure your entire population is taught tools and skills. What to do when we come upon losses and disappointments. We need to have tools," said Domnick in a KYUK radio broadcast of the three-day event.

In Partnership with AVCP's TANF (Temporary Assistance for Needy Families) recipients, Tribal Villages and their LYSD/LKSD Staff and Students, as well as State agencies, YKHC's Prevention Department has been promoting "Calricaraq" (living in ultimate purity) since May of 2012.

Calricaraq is a holistic approach to addressing cultural methods used to instill the necessary tools and skills for survival and living in balance in which all of the stages from pregnancy to eldership are addressed. The participants are briefed on the impacts and effects of Historical Trauma, then on describing how emotional/spiritual pain can be appropriately expressed in traditional ways—for example, talking to someone, something, or released out in nature.

Great grandparents, grandparents, and parents of today have learned to suppress emotional and spiritual pain due to mixed messages that contribute to domestic violence, sexual and substance abuse, suicide and suicide attempts. Calricaraq presents a gateway to addressing current issues, showing how Yup'ik ancestors used traditional methods appropriate for each developmental cycle throughout their lifespan.

Many of the conference participants expressed gratitude at the end of the event to go back to their respective communities to continue sharing the importance of this model in helping heal their own villages of the cyclical aftermath of historical trauma.



Participants enjoy a lighter moment at the Third Annual Calricaraq Conference in December.

Thank you to Rasmuson Foundation

As the year 2014 comes to a close, YKHC would like to acknowledge and thank the Rasmuson Foundation for their continued generosity and support in awarding grant funds in the Yukon-Kuskokwim Delta and throughout Alaska.

The Rasmuson Foundation has been a long-time friend and supporter of YKHC's key initiatives and programs. They dedicated \$25,000 in funds for the new Prama-ternal Home's customized stained glass windows as well as dining supplies, exercise and furniture for our beautiful new facility.

Rasmuson Foundation played an even larger role in helping the Atmautluak Tribal Council secure nearly \$150,000 in funds to pay for medical equipment for dentistry, such as a rotating patient's chair, cabinetry and industry-standard mobile dental equipment, including lighting, air and water syringes, suction, and a nitrous oxide apparatus. Additional medical equipment—exam tables, stretchers, medical refrigeration and waiting room furniture—was also supplied for the Atmautluak Clinic.

Quyana cakneq (Thank You) Rasmuson Foundation for your support in 2014. Your contributions make a difference in improving the lives of the people in our region. Your support embraces the YKHC mission in "Working Together to Achieve Excellent Health."

Compass graduate reports on value of program

Sophie King Moses addressed the Full November Board, acknowledging her participation in the 2014 Compass training program, an initiative by the Alaska Native Workforce Development pillar.

The Compass Program was an exciting and challenging experience for me. Like any classes offered at colleges we had assignments, papers, journals, projects and deadlines due every week. Although it was only two days out of each week, we still had our regular job duties to perform as well.

We had many guest speakers throughout this program. Directors, managers and even our CEO, made the time to speak with us and each had valuable information to share with us.

From this program I have learned that you will run into problems, big, small, and personal. You may have rough roads, obstacles to work around, but at the end, it is you and only you who can accomplish what you need done. I have applied what I have learned from this Compass program to my daily work at YKHC, to look at situations very differently, to solve problems, approach employees in a whole different manner that is professional.

Our most successful project was the Volunteer Opportunity Cache. This was a huge project and required a lot of teamwork from our Compass Cohort team. The Volunteer Opportunity Cache brings awareness to YKHC employees to volunteer their time to our community in events such as school activities, the K300 Sled Dog Race and the Camai Festival, just to name a few.

My personal goal is to still provide the best customer service to our region, people, and employees of YKHC. And I do believe in YKHC's Vision, to be the Healthiest People.

EXCITING OPPORTUNITY!

The Dental Health Aide Therapist Program is expanding!



*Do you like working closely with people?
Travel? Village life? A good full-time indoor job?
Are you skilled with your hands?
Would you like a key role in building a better
future for our children?*

Two full scholarships will be awarded by YKHC for the two year DHAT education program beginning July, 2015

Qualifications:

- High school diploma or equivalent
- Interest in working with children
- Hard working and ambitious

Benefits, stipend, and 4-year payback obligation apply.

**Apply online at
ykhc.org/careers
Application Deadline:
February 20, 2015**

Call Trisha Patton at 907-427-3500
for more information or visit ykhc.org/DHAT