



Provider Profile

Meet Alyssa Condon, PA

Alyssa Condon is originally from North Texas. She attended AT Still's University in Mesa, Arizona, where she graduated from PA school in August of 2009. AT Stills University emphasizes service in rural, underserved communities. There she met her partner, who moved to Bethel in 2009, and she followed to Bethel in 2011.

Alyssa was trained by YKDRH's own Dr. Kathleen Pelkan, who was involved in the build, testing and launching of RAVEN. When RAVEN went live in 2013, Pelkan went back to her clinical role. Alyssa became involved with the clinical aspects of RAVEN summer of 2013, as a representative and liaison for the providers who use the RAVEN system.

Colleague and nurse Mona Whiteside, RN, says, "Alyssa is a great team member. She listens to users' frustrations and she gets to working on viable, incredible tasks, right away." One of those is the upcoming transition to ICD-10, the coding protocol all health care systems must be in compliance with before October 1, 2015. Alyssa says, "I enjoy working with my coworkers. YKHC providers care deeply about our patient population and RAVEN department works closely with our clinical staff to achieve high a quality of care."

Specifically, Alyssa is working with a majority of solutions that have gone live. RAVEN system allows for documentation of provider notes, registration, medications, lab results, and summary of care for each patient to our online patient-portal system called MyYKHealth where patients can view, download, and request prescription refills from their smartphone or home computer.

One of the things Alyssa loves most about RAVEN is having the "patient information more accessible for the providers." On a paper chart this was a challenge with multiple clinics within our large region. RAVEN allows for all the information in one area and allows our providers to provide better care."

While she continues to work in clinic and see patients, she puts in many hours working on RAVEN. Whiteside says, "She gives 100 percent of her attention at what she's working on. She is making our system better for our providers to deliver better patient care."

How does she balance the work/home life outside of her duties with RAVEN? "Working out, watching a movie and having a personal phone separate from a work phone is helpful," Alyssa said. When she isn't working, you can sometimes find her at Bethel's new pool facility, or socializing with her colleagues outside of work.



Alyssa Condon, PA..

Frieda Returns



Frieda Bean has rejoined YKHC as Finance Administrator over Support Services, Administration, and Construction. Frieda brings many years of experience in the YKHC Family, serving previously as Finance Administrator and Controller. In her more than 25 years she helped shape YKHC Finance through some tremendous growth. Welcome back, Frieda!

Corbin Ford Comes to Safety

YKHC's Support Services team welcomes Corbin Ford as the new Director of Safety and Security. Corbin, who joined YKHC three years ago as a manager at Behavioral Health, brings eight years experience in Emergency Management and Safety. His background and understanding of YKHC and his passion for safety and training make him a valuable addition to the corporation. Corbin will oversee compliance with The Joint Commission, OSHA, and others. Much of his time will be on developing safety programs and training.

O'Brien Hits 25

Congratulations to EMS Instructor Bill O'Brien on his 25 year milestone! Bill got a surprise party at the office Feb.

23, which included special home made cupcakes, pizza, and some of Bill's closest friends and family at his side. Along with jokes and memories was plenty of praise for Bill's dedication. Co-worker Theresa Markham said Bill has likely taught "thousands" of people about basic life-saving techniques over the years. Bill's own praise was for the Health Aides he's instructed: "Our system would be lost without them. They are truly my heroes, and I am continually impressed with the work they do."



Alyssa initially became interested in medicine through physical therapy and orthopedic surgery with take your daughter to work day. After graduating from high school, she did more research. “I spoke with individuals who pursued orthopedic surgery and met a physician assistant. She was very influential and had a very positive attitude about her career and future of the PA program...I am very happy with becoming a physician assistant and working at YKHC.”

22nd Tribal Unity Gathering March 31-April 2, 2015 Yup'it Piciryarait Cultural Center

TRIBAL GATHERING



Every year over the past two decades we have come together to address critical issues for improving health care services in the YK Delta. Because of the direction given to us by our Tribal Gathering participants over the years, YKHC's services have improved, with focus on culturally relevant health care closer to home.

The theme of this year's Tribal Gathering is Our Health, Our Family, Our Community—*Wanguta Assilraigun Naulunritlerkarput* in Yup'ik.

We will focus on YKHC's updated strategic plan and share incredible news about the proposed Joint Venture Community Program with the Indian Health Service to renovate YK Delta Regional Hospital and build a new Primary Care Center.

We welcome Tribal input in helping sustain, protect and keep our Tribal Health Care System intact and growing for generations to come. Furthermore, we hope our region's tribal leadership and delegation will take home valuable information to share with their communities.

Two Tribal Member delegates from each community are invited to participate in developing our annual Tribal Health priorities and hear reports from YKHC staff on innovative health practices that have been put to use in our region. The deadline to register for the Tribal Gathering is March 15, 2015. Register online at www.ykhc.org/tribalgathering.

This year's Gathering is a two-and-a-half day conference. We will start on the evening of Tuesday, March 31, with award-winning Native American architect John Paul Jones, who will take input

on what our tribes would like to see in a new hospital and primary care facility. On April 1, the agenda will include reports from Medical Director Dr. Joe Klejka and other staff and leadership on health status, services and initiatives. We will finish our conference on April 2 by establishing health care priorities for the coming year.

Joint Venture with IHS would enhance hospital, clinic capacity

Last year, YKHC submitted a proposal to the IHS to construct a new outpatient clinic and renovate the Bethel hospital. We recently learned the application was rated number one out of the 37 applications IHS received from across the country.

Acting IHS Director Yvette Roubideaux said, “The IHS JVCP is a partnership in which a Tribe pays for the construction of a health facility and IHS agrees to request additional staffing for the facility from Congress once the facility is completed.”

YKHC President/CEO Dan Winkelman said, “This is great news but is only one of many steps necessary towards ultimately signing an agreement that would allow construction to begin.”



Artist's rendering of how the new facility may look.

Plans call for doubling existing hospital space and include a primary care clinic and additional emergency room beds.

The IHS promise to fund staffing is a significant component. About 200 new positions for providers and support staff are in the proposal. “We are overcrowded and understaffed now and this may be our only chance for many years to meet current and future needs with the support of substantial additional funding,” Winkelman said.

Health Services Administrator Jane Russell said it will “significantly expand our capacity for village travel when we are able to increase our numbers of providers. So the benefit will be to our entire region.”

The Joint Venture agreement is not a done deal, “Nevertheless, we are extremely pleased with our progress to date, and look forward to continue working with the IHS and our other partners on this very important project,” Winkelman said. The goal for completing the agreement is the end of this year, just the first step in the journey to eventual construction.

Chevak Clinic Grand Opening

Chevak's Tribal and community members welcomed YKHC Senior Leadership and Village Operations staff in celebrating the grand opening of the village's new health clinic on January 28.

A ribbon-cutting ceremony and dedication of the Thecla Friday-Tuluk Health Clinic was followed by speeches of gratitude and excitement, blessings, and a community potluck where the local youth group helped serve food.



Cutting the ribbon at the Chevak Clinic grand opening.

Construction of the \$3.1 million facility began in October, 2013. Indian Community Development block grant funds were secured as well as additional funds from the Denali Commission, Alaska Mental Health Trust, and the Indian Health Service.

Dennis M. Jones, City Administrator for the City of Chevak said, "this is a day that has been a long time coming. The leaders of Chevak would like to thank all those that have worked on getting a new clinic for the community of Chevak. Every entity in Chevak worked to ensure that this would come to fruition."

YKHC President/CEO Dan Winkelman added, "YKHC's construction team has worked hard to maximize cost share funding and completing clinic projects under budget. Chevak is another example of our tribes and workforce working together to ensure the people of our region have access to updated clinic facilities."

Diabetes Program Announces Community Activity and Garden Awards

Application Deadline April 1, 2015

Over the past few decades many of our Native people living in the YK Delta have become less physically active, are eating less Native food, and have been developing more chronic health diseases like diabetes, cardiovascular disease, high blood pressure, cancers and obesity.

STAYING HEALTHY

Diabetes—ARE YOU AT RISK?

Diabetes in American Indians and Alaska Natives

- American Indian and Alaska Native people suffer from some of the highest rates of diabetes in the world
- In some American Indian and Alaska Native communities adult diabetes prevalence is as high as 60 percent
- The diabetes rate in American Indian and Alaska Native adults is 16.1 percent, which is almost twice the rate of the total U.S. adult population (8.3 percent)
- Once found mainly in older adults, diabetes increasingly affects younger American Indian and Alaska Native people, threatening the health, well-being, and quality of life of future generations
- From 1994-2009, prevalence rates of diagnosed diabetes increased by 110% in American Indian and Alaska Native youth from ages 15-19 years and 161% in American Indian and Alaska Native young adults ages 25-34 years

YKHC's Diabetes Prevention and Control Program is available Monday to Friday, 8 am to 5 pm. Please feel free to contact the department for information on the following:

- Preventing Diabetes
- Pre-diabetes
- Type II Diabetes
- Gestational Diabetes
- Diabetes testing supplies
- Nutrition Education
- Collaborate with village leadership to secure Community Grant Awards
- Monthly support group
- Monthly radio show

Complete the "Diabetes Risk Test" available at www.ykhc.org/diabetes/managing-diabetes to see if you are at risk for developing diabetes and contact the Diabetes Prevention and Control Department for more information. 800-543-6133.

References: Department of Health and Human Services, Indian Health Service Division of Diabetes Treatment and Prevention (<http://www.ihs.gov/medicalprograms/diabetes>)

YKHC's Diabetes Prevention & Control Program is currently inviting all communities in the YK Delta to apply for our 2015 Community Activity and Garden Award funds. We are encouraging city and tribal government and other non-profit agencies to partner with us to develop long-term activity programs that will help prevent diabetes and other chronic health diseases by increasing healthy lifestyle choices.

You can find the application and other information about the community grants on our website at www.ykhc.org/diabetes or call Diabetes Prevention at 907-543-6133.

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

Health Aides Complete Preceptorships

Recently, CHAP instructors have flown to different villages to complete preceptorships for Health Aides. The preceptorship is the final stage of the Health Aide's education; it takes place after the Health Aide completes their Basic Training and has worked several years in a village clinic. The Health Aide and the instructor work together at least 30 hours side-by-side and see a minimum of 15 patients. Completion of preceptorship means the Health Aide becomes a "Certified Health Practitioner."



Instructor Chester Mark congratulates Esther Vaska on her final day of preceptorship in Russian Mission. Also pictured, baby Kourtney Nick and her mother (in back) Katie Nick with Health Aide Charlene Askoar and office assistant Elena Shorty.

In the photo Chester Mark, a veteran Basic Training Instructor with CHAP, left, congratulates Esther Vaska on her final day of preceptorship. Esther has been working as a Health Aide In Russian Mission for more than four years. Next to her is her co-worker and recently-selected Health Aide of the Month, Charlene Askoar (holding baby). Elena Shorty is their reliable office assistant. Esther just saw the baby, Kourtney Nick, for a well child visit and several immunizations. After the well child visit with Esther, the mother, Katie Nick, (in back) stated that Russian Mission has the "awesome-most" Health Aides!

The completion of preceptorship is a major accomplishment a Health Aides. It is the culmination of Basic and Emergency Training in Bethel, many years of dedicated patient care, endless hours at night and weekends taking care of emergencies, and a commitment to the health of their people. Their work is formally recognized each year at the May KUC graduation when each Health Aide "walks" the stage and is presented with their University of Alaska, Fairbanks, Certificate of Completion as a Community Health Practitioner.

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/>



*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.*

Patient Centered Excellence

Sobering Center eases ER load

"The Sobering Center here in Bethel is continuing to improve resources and level of care for the patients that are served. This facility is a great asset to not only the community but also to the YKHC Hospital and the YKCC Correctional Facility."

—Kevin Tressler, Sobering Center Program Director

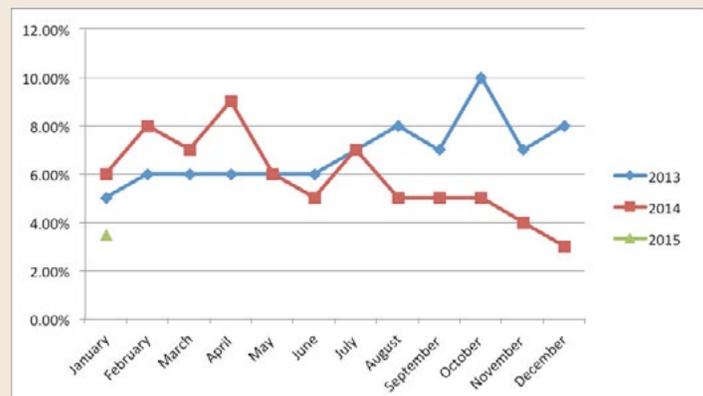
The YKHC Sobering Center Program provides sleep-off and other services to intoxicated individuals through close collaboration with the Bethel Police Department (BPD), Yukon Kuskokwim Correctional Center (YKCC), YKHC Emergency Department and YKHC Behavioral Health.

A goal was set when the Sobering Center opened in 2011 to reduce the number of intoxicated individuals to the ER to less than four percent. The goal was achieved for the first time in November, 2014, and continues to be met. These reductions have resulted in increased customer satisfaction and care in the Emergency Department.

The YKCC jail has experienced significant reductions in Protective Custody cases. Prior to the Sobering Center, YKCC Protective Custody encounters averaged well over 100 per month. Now that number averages in the teens or twenties.

A new goal for the Sobering Center was set in October to provide 50 percent of our patients with SBIRT (Screening, Brief Intervention, and Referral to Treatment) within six months. That goal was exceeded—61 percent of patients were provided SBIRTs on the fourth month of tracking this data. SBIRT's use has shown nationally to reduce heavy drinking by almost 40 percent at 6-month follow-up appointments.

Percent of ETOH individuals admitted to ER



EMS Week at the Alaska Legislature

Alaska EMS regional coordinators and directors gathered from the seven EMS regions across the state, meeting in Juneau, the week of Feb. 2-6 to collaboratively work on statewide EMS issues.

One of those days was held at the Alaska State Capital Building, offering free blood pressure checks, stress dots, AED training, and health education.

“Participants look forward to the blood pressure checks and eagerly compare their stress dots with each other. This is a great opportunity to give back to the community and stimulate positive EMS awareness,” said Teresa Markham of YKHC’s Injury Control & EMS Dept.



EMS Week: Marvin Deacon, YKHC Board Member; Samantha Cunningham, Southern Region EMS Council Sub-Area Coordinator; Teresa Markham, YKHC Injury Control & EMS; Aggie Jack, Maniilaq Association EMS Director; Dan Winkelman, YKHC President/CEO.

Board and Leadership meet with Legislators

YKHC President/CEO Dan Winkelman visited with the Alaska Legislature in February to advocate for YKHC and Tribal health initiatives that will be under discussion during the session.

Among the big topics being discussed throughout the state, tribal health and legislative bodies are Medicaid Expansion, how the legalization of marijuana will take shape in the coming months as well as the state deficit and low oil prices.

Besides visits with legislative leaders, YKHC staff, including the PR Department’s Donna Bach, also participated in the Alaska Native Health Board’s annual Mega Meeting during which updates are provided by the Indian Health Service, the Alaska Department of Health and Social Services, Veteran’s Affairs and the Alaska

Primary Care Association, among others.



President/CEO Dan Winkelman, State Senator Lyman Hoffmant, Board Member Marvin Deacon.

**Free Dental Screenings!
Free Oral Health Aids!**

Wear Your Native Regalia to Camai and enter the Smile Alaska Style Competition!

Those who choose to enter the Smile Alaska Style Competition will be asked to submit a release for photography and will have their picture taken. *You must have a dental screening to enter the competition.*

**Bethel Regional High School
Saturday, March 18, 2015
NOON to 3 P.M.**



SAVE THE DATE!

**Tribal Unity Gathering XXII
April 1-2, 2015**

Wanguta Assilraigun Naulunritlerkarput
Our Health, Our Family, Our Community
Yupit Piciryarait Cultural Center, Bethel

**REGISTRATION DEADLINE MARCH 15
www.ykhc.org/tribalgathering**

Lifetime Honorary YKHC Board Member Dr. Paul “Kangrilnguq” John passes on

Yukon Kuskokwim Health Corporation will always remember Paul John for the legacy in helping name YKHC’s strategic plan as Napartet. Napartet is a Yup’ik word that can mean a post or pillar; a trail marker; or even a mast on a boat.

As many within the YKHC already know, Paul John helped name YKHC’s strategic plan after telling a story about how he and his father used Napartet to safely sail their commercial fishing boat in Bristol Bay in Alaska’s territorial days.

Napartet continues to serve as YKHC’s strategic plan and YKHC is grateful for Paul John’s visionary leadership in helping this organization and improving the health of the region’s people as a result.

Paul John was born on October 24, 1928, in Cevvarneq, the original name for the current village of Chefornak. His Yup’ik name is Kangrilnguq. He is one of the original board of directors since YKHC’s incorporation in 1969 and has held this position as an honorary lifetime board member up until his illness through 2014.

Paul John’s board service includes representation on numerous boards, including the Calista Elder’s Council, Nunakauyak Traditional Council, Bering Sea Fishermen’s Association, Association of Village Council Presidents and many more.

He graduated from the University of Alaska Fairbanks with an honorary doctorate alongside his daughter, Theresa John in 2009, for his tireless advocacy and work in Yup’ik language preservation and the sharing and teaching of many stories and traditions of his coastal people. Many of them are published in partnership with other advocates of Yup’ik ethnography and anthropology by long-time friend and scholar Ann Fienup-Riordan.

Paul John encountered health troubles in 2014 and was surrounded by his family, never tiring in his mind and spirit, passing away on March 5, 2015 in Anchorage. A memorial service was held in Anchorage, and his final resting place will be in Toksook Bay. A service was held March 14, 2015.

YKHC President/CEO Dan Winkelman said, “Paul had too many accomplishments to list. Instead, I will always remember Paul

Dr. Paul Kanrilnguq John

1928-2015



as one of our greatest educators. He often taught fellow directors on the board, me and others, through storytelling. Paul frequently reminded us to stay true to our traditional values and was always optimistic for YKHC’s future and for the people of the Yukon Kuskokwim Delta. He will be deeply missed and we are all strengthened for having known him and for the wisdom he shared with us. Quyana to the Paul John family.”

On behalf of the Yukon Kuskokwim Health Corporation family and board of directors, Chairman Esai Twitchell said, “We send our deepest sympathy and condolences to Martina John and the extensive family members of Chief Paul John in hearing of his passing. YKHC Board members and senior administration pay our respects to a remarkable individual we honor as a visionary, and a person we are all so grateful to have come to know and learn from.”

The following quote is an excerpt from Paul John’s book *Qulirat Qanemcit-llu Kinguvarcimalriit – Stories for Future Generations*, the oratory of Yup’ik elder Paul John, published in 2003.

“This book? I was just thinking about how these papers, and it seems that I am passing them on to all of my children’s children, and I am also thinking about my great grandchildren. It seems that when I die, I will pass this onto them. It is like I am keeping them in mind.

It seems as though God wanted these papers to be passed onto His people, to all of the world’s inhabitants. . . I am not educated, smart, or wise. When I am expected to speak, no matter where I am, I always pray to Him to speak using my voice and my tongue. Do you understand Anna?” – Paul John, October 2000

—prologue to book *Qulirat Qanemcit-llu Kinguvarcimalriit: Stories for Future Generations the oratory of Yup’ik Eskimo Elder Paul John* as translated by Sophie Shield, edited by Ann Fienup-Riordan