

WELCOME NEW YEAR BABY!



YKHC is happy to announce the first birth of 2017 in the YK Delta! Bella Jasmin Frederick was born at 8:02 a.m. on January 2, weighing 8 pounds, 8.8 ounces. Parents Andromeda and Willie Frederick of Akiachak welcome this new addition to their family as Bella joins siblings Reylene, 10, and Eamon, 8.

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RESOURCES

YKHC main switchboard543-6000
Toll Free 1-800-478-3321

APPOINTMENTS

Outpatient Clinics (Yukon, Kusko, Delta) 543-6442
Dental543-6229
Optometry543-6336
Audiology.....543-6466

SUBREGIONAL CLINICS

Aniak.....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 Therapy543-6342
Women's Health543-6296
Irnivik Birthing Center.....543-6346
Behavioral Health Services.....543-6100
 Substance Abuse Treatment.....543-6730
 Sobering Center.....543-6830
 Developmental Disabilities.....543-2762
Emergency Room.....543-6395
Office of Environmental Health & Engineering
Injury Control & EMS543-6420

ADMINISTRATION & SUPPORT

Administration.....543-6020
Human Resources543-6060
Public Relations.....543-6013
Travel Management.....543-6360
Facilities & Maintenance543-6203

BETHEL & REGIONAL RESOURCES

Public Health Nursing543-2110
Tundra Women's Shelter543-3444
Alaska State Troopers..... 1-800-764-5525

The Messenger is a monthly publication produced by the Yukon-Kuskokwim Health Corporation's Public Relations Department as a report to Tribal Members.

For questions, comments, submission of articles, or subscription information, write to Messenger Editor, Yukon-Kuskokwim Health Corporation, P.O. Box 528, Bethel, Alaska 99559; or call 907-677-2232.
E-mail: publicrelations@ykhc.org.

Deadline is the 10th of the month, or the preceding Friday if the 10th is on a weekend, for publication on the first of the following month.

The Messenger is also available for download on our website at www.ykhc.org/messenger. Please ask permission to re-print articles or pictures.

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Message from the President/CEO

LifeMed Alaska— Saving Lives Year-Round

As we begin 2017, I reflect on the past year's operations, its opportunities for improvement and the many challenges that remain to delivering health care in the Yukon-Kuskokwim Delta. I also reflect on the good work we have provided. One such area is saving lives.

YKHC is 50 percent owner and operator of the air ambulance company LifeMed Alaska. Together with our 50 percent partner Providence Alaska, LifeMed provides a service that goes beyond words and is core to YKHC's mission and values. LifeMed provided over 500 medevac missions last year in the YK Delta alone. Unlike all other rural Alaska health organizations, YKHC stations its own aircraft in-region on a 24/7 basis. I want to introduce you to LifeMed Alaska's CEO, Scott Kirby, who will share LifeMed's story.



LifeMed has a deep history of providing Medevac needs for Alaskans.

In November 2008, LifeMed started as a joint venture business, combining the medevac programs of Aeromed International, owned by YKHC and Life Guard owned by Providence Alaska. Both programs flew about 1200 flights annually and each had their specialty areas like high risk pregnancies and premature babies. By combining the companies we are able to provide care for all age groups and customer needs.

Today, LifeMed has 6 bases of operation around the state. The Bethel base continues its long standing service to the YK Delta. Many of the paramedic staff have worked in that base for years. Our bases in Fairbanks and Anchorage are staffed with 2 teams of nurse, paramedic and pilots in each base 24/7. We have 2 helicopter bases, one in Soldotna and one in Wasilla, both staffed with a nurse and paramedic. The helicopter bases respond to car accidents and off road accidents not serviceable by airplanes. Our last base is Dutch Harbor and is staffed seasonally for the crab fishery. In our first year of business LifeMed completed 2349 flights. This year we are on track to complete 3200 flights.

LifeMed is committed to high quality and safe service to all Alaskans. Additionally, the commitment to have a strong and stable company which is fiscally sound so that we can provide the lifesaving service to all, regardless of ability to pay, has



Dan Winkelman,
YKHC President/CEO

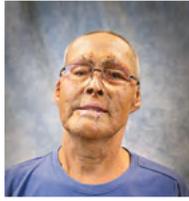


Scott Kirby, LifeMed CEO

Unit 1



Mary Ayunerak Alakanuk



Michael Hunt, Sr. Kotlik

Unit 2



Geraldine Beans St. Mary's



James C. Landlord Mtn. Village

Unit 3



Billy Jean Stewart Kalskag



Betty Turner Lower Kalskag

Unit 4



Phillip K. Peter, Sr Akiachak



Mildred Evan Akiachak

Unit 5



Stan Hoffman, Sr. Bethel



Gloria Simeon Bethel



Hugh Snyder Bethel



Chris Larson Napaskiak

Unit 6

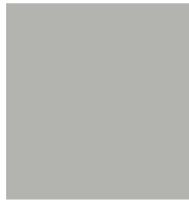


Esai Twitchell, Jr. Kasigluk



Adolph Lewis Kwigillingok

Unit 8



Vacant



James Sipary Toksook Bay

Unit 9



Patrick Tall Chevak



John Uttereyuk Scammon Bay

Unit 10



Joshua Cleveland Quinagak

Unit 11



Marvin Deacon Grayling

Honorary Board Member



James Charlie, Sr. Toksook Bay

LIFEMED, from p. 2

been the hallmark of the business and that of its owners.

Years ago when I was hired as a flight paramedic by YKHC I had no idea where this journey would take me. Now I find myself as the CEO of LifeMed. Over the last five-plus years in this role, we have made great progress and are positioned for future growth opportunities that increase our business base and strengthen our company. If you would like more information about LifeMed, please visit our website at www.lifemed-alaska.com.

—Scott Kirby CEO LifeMed Alaska

Rahnia Boyer to oversee Workforce Division

Since July 1, 2016, Rahnia Boyer, Vice President of Village Health, has overseen Human Resources, Risk Management, and Legal for the interim and I am pleased to announce that she has agreed to permanently oversee the Workforce division.



Rahnia Boyer, VP Village Health

Rahnia is originally from Bethel and her family roots are in Kipnuk. She has been working with YKHC since August 2010, first as Nicotine Control Program Manager, then as the Community Health Aide Program/Education Director and, since June 2015, as the VP of Village Health.

In the last six months, she has learned and worked with the Human Resources departments, continued important projects, and hired an HR Director, Deborah White, who has years of experience not only as an HR Director, but in the healthcare field and with Tribal Health Organizations. Rahnia has expressed her appreciation in the opportunity to expand her management and knowledge.

—Dan Winkelman, CEO

SMART Goal Setting for New Year's Resolutions

Why are so many New Year's Resolutions quickly forgotten? One reason may be that the resolutions weren't made using SMART guidelines. SMART goal setting is an important part of healthy living and can help guide your present actions towards future success. Let's go through the SMART guidelines to make 2017 your year of achievement! A SMART goal is:

S – Specific: Make your goal as specific as possible by answering all of the “W” questions. This goal should also be something that you want to do!

- Who will be involved?
- What will be needed to accomplish the goal?
- When will this take place?
- Where will you be?

M – Measureable: Make sure to have ways to measure your success towards goal achievement. You can do this by setting dates, numbers, and times to your goal. Ask yourself questions like, “How many?” and “How much?”

A – Attainable: This means the goal is acceptable for you. Consider the time, resources, and effort this goal will need from you. There is always room to modify a goal to make it more attainable for you.

R – Relevant: This means that the goal will eventually lead to your desired future outcome or objective. If not, consider revising to help you better achieve the objective.

T – Timely: Finally, the goal should be grounded with a time frame. The time frame should also be realistic and flexible to help keep moral high.

Example:

Objectives: Get exercise and spend time with family.

SMART Goal to achieve objective: “I will play with my grandchildren for 20 minutes, three times per week, on Monday, Wednesday and Friday between the hours of 3 and 6 p.m. I will do this at my house or outside if the weather is good. I have the resources and the time to do this. I will do this for a month.”

If you set some 2017 New Year's Resolutions, make sure they include the SMART criteria! And remember, SMART goals can be made all year round to help you achieve better health and wellness.

Call the Diabetes Prevention & Control Department to schedule your diabetes appointment today at 907 543 6133

Recipe of the Month

Teriyaki Green Beans

Quick easy side dish to boost your vegetable intake and add great flavor to your plate!

Ingredients:

- 4 cups green beans
- 1 large red onion, diced
- 4 tablespoons minced garlic
- ¼ cup teriyaki sauce
- Oil for cooking
- Optional:
garnish with 1 tablespoons of sesame seeds

Instructions:

1. Lightly oil cooking pan.
2. Sauté green beans over medium/medium high heat. Add onion and cook about 2 minutes.
3. Add garlic and cook 1 minute.
4. Add teriyaki sauce and evenly coat.
5. Garnish with sesame seeds and serve immediately. Enjoy!

Recipe modified from food.com. Image source: keystothecucina.com



Check out the Injury Prevention Store!

The Injury Prevention Store and Coffee Shop has wintertime outdoor gear in stock. Check out the store for ice cleats, float coats, helmets and more. With a wide variety of styles and sizes, there is sure to be something for every member of the family!

We also carry gun cabinets and, of course, delicious Kaladi Brothers Coffee! The Injury Prevention Store is conveniently located on the first floor of the CHSB building (“New YK”) and can be reached at 543-6556 or 1-800-478-6599.

All injury prevention gear ships FREE to YK Delta villages!

Tobacco Prevention gears up for more outreach

by Sara Stockton,
Tobacco Prevention
Program Manager

The past few months have been rather busy for the Tobacco Prevention Department. Following the recent hire of the new community outreach specialist, Elin McWilliams, the department has been able to increase its outreach efforts.



Elin McWilliams talks about the effects of tobacco on teeth with village students.

Since October, Tobacco Prevention has conducted outreach in Aniak, Quinhagak, Chevak, Upper and Lower Kalskag, and Russian Mission, as well as several sites in Bethel.

Through classroom presentations, one-on-one conversations with kids and parents, interactive booths at health fairs, and a tobacco-themed story time at the Bethel Public Library, awareness of the Tobacco Prevention Department is growing, and knowledge of its resources for tobacco users is spreading.

Staff Update

Congratulations to Moses Ayagalria who completed his Certified Tobacco Treatment Specialist training in November. The CTTS training is a rigorous curriculum covering the harmful health effects of tobacco, nicotine replacement pharmacology, and motivational interviewing techniques.

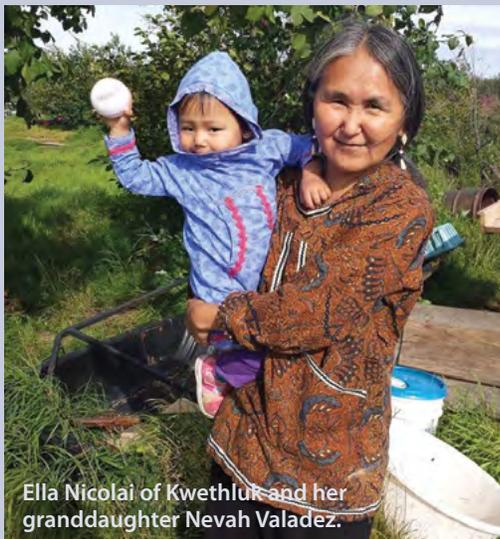


Moses Ayagalria completed the Certified Tobacco Treatment Specialist training.

The department would also like to welcome Elin McWilliams, our new Community Outreach Specialist and Jerrilyn Andrew, our new Tobacco Cessation Counselor. Elin is originally from Bethel and has returned to her home community after college. She has already jumped in to leading outreach events in Bethel and across the Delta. Jerrilyn is originally from Kasigluk and has recently relocated to Bethel. She brings with her a strong commitment to helping others quit tobacco and remain tobacco free.

We are excited that our team continues to grow and look forward to great things in the future.

Your Flu Vaccine Protects Me



Ella Nicolai of Kwethluk and her granddaughter Nevah Valadez.

My Flu Vaccine Protects You

The flu vaccine is safe. You can't get the flu from a flu vaccine. Pneumonia and flu are a leading cause of death among Native elders. Even healthy people can get the flu, and it can be serious. Everyone 6 months and older should get a flu vaccine.

Please get a flu vaccine each year to protect you and your family.

Want to quit tobacco?

If you would like to make a positive change in your life and stop using tobacco, YKHC's Tobacco Prevention Dept. is available to help. Our Tobacco



Cessation Counselors **Jerrilyn Andrew (left) Moses Ayagalria (center) Henry George (right)** All are bi-lingual in Yup'ik and are available from 8 a.m. to 5 p.m. Monday through Friday to help you take advantage of our services.

The program offers counseling support for quitting tobacco as well as optional Nicotine Replacement Therapies including nicotine gum, nicotine patches, nicotine lozenges and prescription aids with your provider's approval.

Counseling services are available in both Yup'ik and English, and you can enroll by walking in, asking your provider to make a referral, or calling 907-543-6312 or 1-800-478-3321 ext. 6312.

Improvements are coming to Medicaid Paid Travel

In an effort to improve the experience for patients who are traveling to receive healthcare paid for by Medicaid, YKHC will soon begin the process of obtaining the authorization, or approval, for travel as well as making the air travel arrangements for the patient. Keeping this process internal at YKHC is expected to improve communication and result in more timely arrangements for patients.

YKHC’s Travel Management Center will be implementing the new process on a region-by-region basis, starting with Chevak, Hooper Bay and Scammon Bay in January.

Patients will still work directly with their healthcare provider to start the Medicaid paid travel process. The only change for the patient is who to contact for air travel reservations.

Once a healthcare provider has obtained approval for Medicaid paid travel, patients will contact **YKHC Travel Management Center (TMC) at 1-855-543-6625** to set up air travel plans. It is important that patients contact YKHC TMC *directly* instead of air carriers—in order to avoid duplicate reservations, prevent delayed travel arrangements, and ensure seating availability.

Medicaid policies about the need for an escort have not changed. Medicaid only authorizes the travel of escorts with patients that have a *medical necessity* for an escort. If there is a medical necessity, escort travel is arranged when the patient’s travel is arranged.

Medicaid Travel Authorization Rollout

Date	Community	Date	Community
11-Jan	Chevak	15-Feb	Shageluk
18-Jan	Hooper Bay	15-Feb	Anvik
18-Jan	Scammon Bay	15-Feb	Grayling
25-Jan	Toksook Bay	15-Feb	Chuathbaluk
25-Jan	Newtok	15-Feb	Red Devil
25-Jan	Mekoryuk	15-Feb	Stony River
25-Jan	Nightmute	15-Feb	Sleetmute
25-Jan	Tununak	15-Feb	Crooked Creek
25-Jan	Chefornak	22-Feb	Bethel
1-Feb	Emmonak	22-Feb	Nunapitchook
1-Feb	Alakanuk	22-Feb	Kasigluk
1-Feb	Nunam Iqua	22-Feb	Atmoutluak
1-Feb	Kotlik	22-Feb	Napakiak
8-Feb	St. Mary’s	22-Feb	Akiak
8-Feb	Mountain Village	22-Feb	Tuluksak
8-Feb	Pilot Station	22-Feb	Kwethluk
8-Feb	Marshall	22-Feb	Akiachak
15-Feb	Aniak	22-Feb	Napaskiak
15-Feb	Upper Kalskag	22-Feb	Eek
15-Feb	Lower Kalskag	22-Feb	Kipnuk
15-Feb	Russian Mission	22-Feb	Kongiganak
15-Feb	Holy Cross	22-Feb	Kwigilingok
		22-Feb	Quinhagak

Dates are subject to change

Questions?

About Medicaid coverage: Please contact the Medicaid Recipient Hotline at 1-800-780-9972 or access www.medicaidalaska.com.

About medical necessity or approval: Please contact your healthcare provider.

About air travel arrangements or approved lodging facilities: Please contact YKHC Travel Management Center at 1-855-543-6625.

Travel Tips for Alaska Medicaid Patients and Escorts

Before you Travel

Prior Approval

Travel for Medicaid beneficiaries and their medical escorts must be approved ahead of time. The patient’s healthcare provider will request necessary travel to obtain approval through YKHC Prior Authorization.

Plane Reservation

Once your travel is approved, make airline reservations by contacting the YKHC Travel Management Center (TMC at **855-543-6625**, Monday–Sunday, 8:30 a.m. – 5:30 p.m. (Alaska time). It is important patients contact YKHC TMC, instead of air carriers, to avoid duplicate

reservations, prevent delayed travel arrangements, and ensure seating availability.

Lodging

To make lodging arrangements contact an Alaska Medicaid enrolled hotel or motel. A list of available hotel providers is available through the YKHC TMC or your village clinic. Medicaid expects patients and escorts to share a room during travel.

Preparation/Paperwork/Information

Get all approved travel vouchers from the YKHC TMC or village clinic.

Be sure to write down your appointment dates and times.

Make sure that you arrive at the airport in time to check in and proceed through security.

Except in extreme, unavoidable situations, Medicaid will not pay to rebook a missed flight.

This means patients may be responsible to pay their own way home if they do not make their flight times.

At your Destination

Transportation

Use taxi vouchers with an Alaska Medicaid enrolled taxi provider to travel from the airport to your place of lodging, medical appointments, back to your place of lodging, and to the airport. Patients are only given enough taxi vouchers to travel to and from appointments and the airport. Medicaid does not authorize use of taxi vouchers for personal travel (such as visiting family, friends, or shopping)

Meals

Meal vouchers may be used at the in-hotel restaurant only.

Remember

Pay close attention to flight reservations. Escorts may be transported home and then back again for the patient's return trip depending on trip duration and cost effectiveness.

Don't Forget to Take Along

- All patient and escort travel vouchers from the health care provider.
- Money for items not covered by Medicaid (room service, tips, phone calls, movies, etc.)
- Personal identification for patient and escort.
- The patient's Medicaid card or coupons for all appointments.

If your travel plans change

- The patient's health care provider must contact **YKHC Prior Authorization** for updated authorization and to arrange for a travel extension.
- If weather or mechanical issues delay your plans, the patient's **health care provider** must call YKHC Prior Authorization for approval of additional lodging, meals, or transportation, if required.
- Update your airline reservations with the YKHC Travel Management Center at **855-543-6625**. Do not contact air carriers directly.

Staff Profile

Meet Rosy Garza, TDY Nurse

by Mitchell Forbes, YKHC Public Relations

Rosy Garza, a nurse assigned to the Yukon Kuskokwim Delta Regional Hospital on temporary duty, has been in Bethel since August 2016.

"Alaska was always on my bucket list," Garza, who is originally from Austin, Texas said. "Bethel is such a tight-knit community; everyone cares for each other."

Garza played her part as a member of the community, even if temporary, in late December when a young boy stopped breathing while Garza was at one of the Bethel airport terminals. Garza took action immediately and began performing CPR.

"I was simply in the right place at the right time," Garza said. "I didn't realize what was going on until I saw a crowd forming around me."

Garza was at the Yute Air terminal to drop off keys for one friend and pick an item up from another; Garza was not even flying the day she helped save the boy's life.

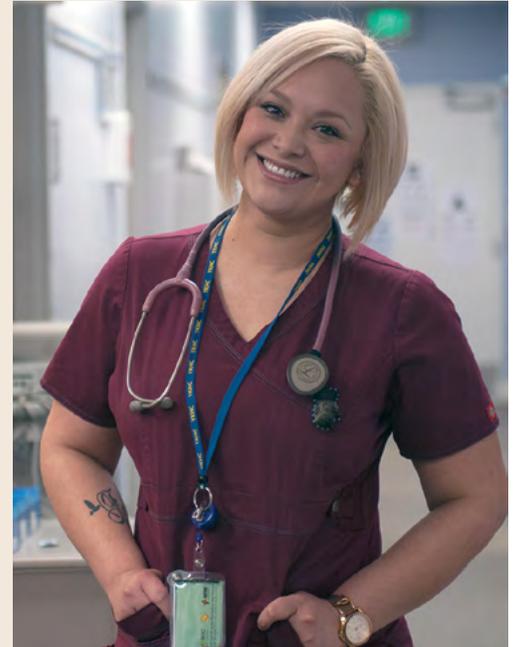
Investigative corporal Eric Pavil with the Bethel Police Department was one the officers who responded to the call for service.

"When I arrived on scene, Rosy was already kneeling over the child to make sure he kept breathing," Pavil said. "There's no question she saved his life."

Since coming to Bethel in August 2016, Garza has extended her contract with YKHC twice; she was initially scheduled to finish her temporary service with the corporation in November.

"I chose to stay longer because I felt that I was part of the community," Garza said. "Bethel felt like more than just a job."

Garza entered the nursing field over 11 years ago as she looked to fill time on a break between education programs.



Rosy Garza, TDY Nurse.

January, 2017

Dr. Paul John Calricaraq Project

For more information about PJCP, visit our website: www.ykhc.org/pjcp



Guiding Principles: Represent the Y-K region's Culture & Identity | Promote Customer Centered Care | Affordable Cost & Sustainable Operations

PJCP Design

Bettisworth North Architects and Planners (BNAP) continued to refine the PJCP Clinic and Hospital design as part of the 65% Design Development (DD) phase. The second DD workshop was December 12 -15. Full-size room mock-ups were reviewed. Workshops are key opportunities for the design team to collaborate with YKHC, medical staff and stakeholders to advance the project design, ensuring the design continues to meet project goals.

The Structural Steel design package was submitted November 22. BNAP is submitting the "Stop and Print" Design Documents in December. These documents will be used to generate ASKW/Davis Constructors' Guaranteed Maximum Price (GMP) for the project.

The Innova Group (TIG) is planning a site visit to Bethel in January 2017 to review existing medical equipment and provide recommendations to YKHC for new, re-used and leased medical equipment for the new clinic/hospital renovation.

Arcadis is working with YKHC to develop an RFP for non-medical furniture, fixtures and equipment planning, design and vendor services to be advertised in December 2016.

A low-voltage committee meeting was held to review the low voltage systems list and categorize/prioritize equipment items. YKHC staff will identify specialized electronics locations on floor plans. Stantec is designing the structured cabling system to support security, audio/visual, communication, and data systems.

PJCP Construction

ASKW/Davis cut off steel piling for the PJCP Clinic foundation. Davis has installed about half of the thermo-probes and work will continue in January. Seventy-five percent of pile caps have been tack-welded in place. The construction worker "camp" construction is now set up. Utility connection work has started.

The team is working on the ADOT&PF driveway permitting. Highway upgrade designs were provided to ASKW/Davis to develop construction cost information. Cost sharing options will be reviewed with ADOT&PF.

YKHC Staff Housing

Bethel Services Inc. (BSI) has developed the design for the 54-unit staff housing project. YKHC has completed review of the 50 percent design documents. The housing project will be prefabricated modules. Construction is scheduled to be complete and ready for occupancy in November, 2017.

Talking Wall Question of the Month:

How can we best incorporate Native community values into our patient care services?

Write on the Wall, or call into our suggestion line:
907-543-6600 or send an email to ykhcproject@ykhc.org.

Piling work progresses



Installation of thermo-probes



Cutting off piling to proper elevation

FUTURE MILESTONES

- Finalize "stop and print" design set (50% design)
- Begin GMP estimate development – December
- Pile cap installation is 75% complete
- 3rd Design Development Workshop – January
- 4th Design Development Workshop – February
- 65% Design Development Completion – March



Health Aide of the Month November, 2016

Rosemary John, CHP, Newtok

Rosemary John is a hard-working health aide where there are currently two health aides—a CHP and a CHA-II. They work efficiently and diligently together by helping each other with emergencies even when they are not on-call.



Rosemary John, CHP.

Rosemary takes calls one week at a time and never complains about her job or requirements as a health aide. She does as she is asked in a timely manner and makes sure it is done correctly. Rosemary shows up to work on time every day even when responding to urgent patients late in the night. She was scheduled for PTO for one week in December, then unforeseen circumstances made it hard for her to get her time off. Her coworker had to be out of town and the float did not make it. Rosemary offered, without being asked, to take the on-call phone while her coworker was away. Rosemary showed amazing teamwork and dedication to her job.

Her coworkers have an unselfish team member who put her community before herself by taking call for emergencies. Her community has a health aide who is dedicated to her job and takes the community's health seriously. Rosemary's WCC goals are met, she helps her coworkers when needed and completes her tasks in a timely manner.

Thank you, Rosemary, for your wonderful work in Newtok.

—Amber Jones, Supervisor Instructor

“Nursing chose me,” Garza said. “I saw lots of job postings for RNs; I applied without knowing an RN was a nurse!”

She had plans to become a chef, but after applying to be a registered nurse, she found herself on track to enter the healthcare field.

Garza attended nursing school in her home state of Texas and has since worked in many parts of the country. Her assignment with YKHC was her first time to Alaska.

“I got to drive on the frozen river,” Garza said, reflecting on new experiences she has had while visiting the Delta.

Garza's temporary duty in Bethel will run through January, but she is grateful to the community for giving her such a warm welcome.

Please notify YKHC Pharmacy if you have...

- ▶ **Changed** your mailing address
(update with registration)
- ▶ **Changed** your phone, message, or cell number
- ▶ **Changed** your insurance
(new policy or to see if we have added your current insurance)
- ▶ **Any new medication** prescribed by ANMC or another hospital or doctor other than YKHC

YKHC pharmacy refill line
543-6988 or toll free 1-877-543-6988

Airport Shuttle Schedule

RT #	DEPART HOSPITAL	DROP OFF YUTE	DROP OFF RAVN	DROP OFF GRANT	PICK UP YUTE	PICK UP RAVN	PICK UP GRANT	RETURN TO HOSPITAL
1	10:00 AM	10:08 AM	10:16 AM	10:24 AM	10:30 AM	10:38 AM	10:46 AM	10:55 AM
2	1:00 PM	1:08 PM	1:16 PM	1:24 PM	1:30 PM	1:38 PM	1:46 PM	1:55 PM
3	2:00 PM	2:08 PM	2:16 PM	2:24 PM	2:30 PM	2:38 PM	2:46 PM	2:55 PM
4	4:00 PM	4:08 PM	4:16 PM	4:24 PM	4:30 PM	4:38 PM	4:46 PM	4:55 PM

OB using Nitrous Oxide

The OB department at YKHC, also known as Irnivik, is happy to announce that we now have Nitrous Oxide gas available for labor pain relief.

The process to add this feature to our hospital has been ongoing for some time, and in October, the Alaska State Board of Nursing approved our expanded scope of practice to allow us to offer this as an alternative method of comfort care during labor and delivery.

Nitrous Oxide has been in use for more than 100 years in various medical and dental settings and is considered one of the safest methods of pain relief for mothers-to-be. Our department has been trained by the representative from the equipment company and is ready to provide this newest option upon request.



Nitrous Oxide gas is now available in OB for pain relief.

When there is a concern for Suicide... 543-6499

What to do

- Get involved and become available—show interest and support—make a connection
- Ask directly if they are thinking about killing themselves
- Talk openly and freely about suicide
- Actively listen, without judgment
- Allow for honest expression of feelings
- Offer hope—alternatives are available
- It's okay to normalize brief thoughts of suicide, especially following the suicide of others (it's normal for a second or two)
- Call our Crisis Response Line toll free **844-543-6499**—They are staffed by trained people who want to help you, as well as the person in crisis

What not to do

- Don't normalize plans for suicide, or dwelling on suicidal thoughts—these are not normal
- Don't say that everybody is killing themselves—it's just not true
- Don't get into debates about suicide, such as the rightness or wrongness
- Don't lecture on the value of life
- Don't dare them to do it
- Don't ask "Why?"—it encourages defensiveness
- Don't act shocked
- Don't swear to secrecy

Common Occurrences Surrounding Suicide

- Being drunk—even without any depression or other indicators of suicide
- Previous suicide attempts increase a person's risk
- A recent significant loss (such as a relationship ending), or sometimes the threat of a loss
- A recent death of a loved one or close friend—sometimes even if it was expected from old age
- Sense of hopelessness about the future
- Drastic changes in behavior or personality
- Unexpected preparations for death, such as making out a will or giving away prized possessions
- Uncharacteristic impulsiveness, recklessness, or risk-taking
- Increased use of marijuana or other drugs

For any and all Behavioral Health crises, from suicidal ideations to concerns about how a person is acting, call 543-6499 (toll free: 844-543-6499)



Welcome to
myYKHealth!

Immediate, online access to your medical information!

Sign up to get on-the-go access via your smart phone or home computer.

Get convenient access to many myYKHealth services

It's easy – get started today

Visit registration staff at the hospital, or any village or subregional clinic to sign up.



RSV: It's not just kids—Adults get RSV too

Rosalyn Singleton MD MPH, Leisha Nolen MD, PhD, Joseph Klejka MD

YKHC, Arctic Investigations Program and CDC launch new study

Respiratory syncytial virus, also known as RSV, causes nearly two-thirds of lung infections in babies around the world. We know that YK Delta babies get sick with RSV more often than other U.S. babies but we don't know how often YK adults get sick with RSV. Adults in this region often get winter colds leading to lung infections and have to be admitted to the hospital. It is possible RSV causes many of these illnesses. New RSV treatments and vaccines are just a few years away. Knowing how many adults are hospitalized with RSV will help us prevent and treat pneumonia. This can also prevent people with chronic lung problems from being hospitalized.

YKHC is joining the Center for Disease Control's Arctic Investigations Program to study RSV in YK Delta adults. We are checking adults hospitalized with pneumonia or lung problems to find out how many are hospitalized because of RSV. We will also check to see how many adults are infected with two other viruses—influenza (Flu) and metapneumovirus. We want to find out if long-term lung problems, heart failure, or immune problems increase an adult's risk of getting hospitalized with RSV.

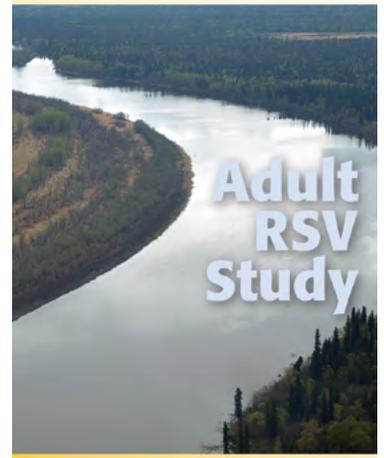
We are asking YK adults who are hospitalized with a lung infection to partner with us. For adults who agree, we will do a nose swab to test for viruses. We will ask the patient some health questions and check their medical charts for previous hospitalizations and medical conditions. We will also do nose swabs on household members who are visiting the patient if they're interested. This will help us understand how the virus is passed around. Everyone who takes part will get \$25 for their time.

This study will help us find out how many adults are hospitalized with RSV. Flu or metapneumovirus. We will learn what symptoms adults have with these viruses and how sick the virus makes them. We will also learn how the virus is passed between people. This information will help doctors know how best to use future treatments and vaccines for RSV.

We hope that our work on RSV can improve health as much as our past work on pneumococcus. In 2008 pneumococcus bacteria was a big cause of meningitis, pneumonia, and blood infections in YK babies. We studied pneumococcus bacteria in the YK Delta—many people had nose swabs to look for pneumococcus bacteria and we tested the vaccine to make sure it worked well in YK babies. This work has paid off. Pneumococcus infections in YK babies are at an all-time low. In the last half of 2015, there were no pneumococcus infections in YK babies. This study will help us lower RSV infections in the same way we have lowered pneumococcus infection. Our goal is to prevent RSV hospitalizations in both YK children and adults.

YKHC is fighting lung infections in Alaska

We need your help!



New Nurse Triage Line for after-hours emergencies

During the Annual Tribal Gathering in April of 2016, it was agreed that the Health Aides were in need of after work relief and support due to high volumes of after-hours calls to the village medical emergency line often for non-emergency questions. The solution was to enact a triage system where the Health Aide would only be contacted for an actual urgent or emergent call that meets the "What is an Emergency" guidelines. An emergency is a situation where loss of life, limbs or physical well being is the outcome without immediate medical care.

From April to September, 2016, the Triage Line was successfully piloted in seven clinics with excellent results. As of

October 17, all village clinics are now using this service after-hours and on weekends. Subregional clinics will soon follow.

How the Nurse Triage Line works

During clinic off hours and weekends the village phone line is automatically forwarded to the Nurse Triage Line. When a community member calls the clinic phone they will hear a short message then be connected to a nurse to assess the medical issue, give advice as needed for non-urgent care, or immediately contact the Health Aide on-call to respond to the clinic if the situation is an emergency as described above. The Nurse Triage Line can also escalate to the CHAP on-call or the Emergency room in Bethel as needed.

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1 CALL US at the Pharmacy **7 days** before you run out of medicine **1-877-543-6988**

2 TELL US...

- Your full name (Please spell it)
- Your date of birth or medical record #
- What village you are calling from
- **Name of the medication**
- **Prescription number**
- **Prescription expiration date**
- Your phone number



3 PICK UP your medication at **YOUR** Post Office Box in 1–3 days