



## The CHPs of Napakiak

These fine CHPs proudly serve the community of Napakiak. Jackie Andrew and Candace Nelson celebrate the achievement of co-worker Jaime Jenkins, who completed her preceptorship on March 18.

Jaime consistently demonstrates enthusiasm, commitment and excellence in her work with patients. She brightens each room she enters with her positive attitude and caring gestures. Her compassion for each patient is recognized and so appreciated. Congratulations, Jaime, on becoming a Community Health Practitioner!

—Rita Kalistook FNP, Community Health Aide Training

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### SAVE THE DATE

April 6–7 ..... Tribal Gathering XXIII  
 April 15.....Next Messenger Deadline

### Calling it Quits



Caleb Aguchak, a 10th-grader from Scammon Bay, stopped by the Tobacco Prevention office with his mom to see Counselor Henry George and report that he's successfully been tobacco free for one month.

*"I'm Caleb Aguchak from Scammon Bay. I was chewing for four years. I wanted to quit tobacco for my teeth and to be healthier overall. I used patches and gum, it took me a week and a half to quit. There were some moments when I was grouchy or had cravings but it is worth it overall. I'm now one month tobacco free. I feel better and it's easier to play basketball. My message to others is, 'if you set your mind to it you can do anything.'"*

## RESOURCES

### YKHC Website: [www.ykhc.org](http://www.ykhc.org)

YKHC main switchboard ..... 543-6000  
Toll Free ..... 1-800-478-3321

### APPOINTMENTS

Outpatient Clinics (Yukon, Kusko, Delta) ..... 543-6442  
Dental ..... 543-6229  
Optometry ..... 543-6336  
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 Therapy ..... 543-6342  
Women's Health ..... 543-6296  
Irnivik 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  
Office of Environmental Health & Engineering  
    Injury Control & EMS ..... 543-6420

### ADMINISTRATION & SUPPORT

Administration ..... 543-6020  
Human Resources ..... 543-6060  
Public Relations ..... 543-6038  
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

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 907-543-2232. E-mail: [michael\\_faubion@ykhc.org](mailto:michael_faubion@ykhc.org).

Deadline is the 15th of the month, or the preceding Friday if the 15th is on a weekend, for publication on the First of the next month.

The Messenger is also available for download on our website at [www.ykhc.org/messenger](http://www.ykhc.org/messenger).

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## Message from the President/CEO

This month's Messenger spotlights our village operations.

Our village providers are great in number and spread across the entire Yukon-Kuskokwim Delta from Kotlik to Russian Mission on the Yukon River and across to Stony River to Napakiak on the Kuskokwim River, then up along the Bering Sea coast out to Mekoryuk and throughout the tundra villages. We have hundreds of dedicated and talented Community Health Aide/Practitioners (CHA/Ps), Physician Assistants (PAs), Nurse Practitioners (NPs), Dental Health Aide Therapists, Behavioral Health Aides and numerous support staff that I have met personally over the years.

The CHA/Ps are the backbone of our village health care delivery system. The federal government developed CHA/Ps as a provider type in the 1960s. They are located in our 41 village clinics and five subregional clinics and respond to emergent and primary care needs. We have about 200 CHA/Ps and are currently recruiting for several more village clinic positions.

A day in the life of a CHA/P can range from giving immunizations to suddenly working on a life threatening trauma case. Joe Okitkun is a CHA/P from Kotlik and he recently had one of those days. Joe examined a patient that hit the ice at about 20 mph who complained of shoulder pain. Joe completed a thorough evaluation and detected signs of a skull fracture. Joe relied on his extensive training and immediately consulted with a Physician. The patient was sent to the Bethel hospital Emergency Department which confirmed a large bleed that required a medevac via LifeMed for advanced care. Although the patient had only complained of shoulder injuries Joe carefully examined the patient and it resulted in saving the patient's life.

The Kotlik clinic is busy and Joe works tirelessly and professionally without complaint. Joe expertly handles emergencies in his home and other communities, maintains his professional work goals and upholds his positive attitude. YKHC and his community are fortunate to have a CHA/P so competent and dedicated to serving the needs of our people.

Also located at our subregional clinics and the Bethel hospital are PAs and NPs, advanced health care professionals who diagnose and treat illnesses, prescribe medications and work with our Physicians at the Bethel hospital. PAs and NPs were created in the 1960s in an effort to increase access to health care. We have about 30 of these provider types and are also recruiting to fill vacant positions.

Anne and Matthew Willard are an NP and PA from Toksook Bay. Both began working at the Toksook Bay Subregional Clinic in 2005 when it opened. Anne is a Family NP who received her bachelor's degree from the University of Florida and her master's degree from the University of Texas. Before



Dan Winkelman,  
President/CEO



Joe Okitkun

# YKHC Board of Directors

## Unit 1



Mary Ayunerak Alakanuk



Michael Hunt, Sr. Kotlik

## Unit 2



Geraldine Beans St. Mary's



James C. Landlord Mtn. Village

## Unit 3

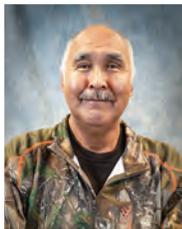


Billy Jean Stewart Kalskag



Betty Turner Lower Kalskag

## Unit 4

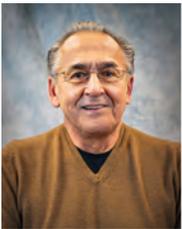


Phillip K. Peter, Sr Kwethluk



Mildred Evan Akiachak

## Unit 5



Stan Hoffman, Sr. Bethel



Gloria Simeon Bethel



Hugh Snyder Bethel



Chris Larson Napaskiak

## Unit 6



Esai Twitchell, Jr. Kasigluk



Robert Enoch Tuntutuliak

## Unit 8

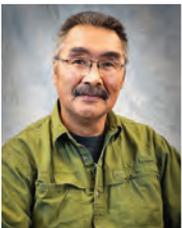


James Charlie, Sr. Toksook Bay



James Sipary Toksook Bay

## Unit 9



Patrick Tall Chevak



Maria Theresa Friday Hooper Bay

## Unit 10



Joshua Cleveland Quinagak

## Unit 11



Marvin Deacon Grayling

## Welcome Tiffany Zulkosky

—by Dan Winkelman, President/CEO

Tiffany is our new Vice President of Communications (VPC). As VPC, Tiffany reports to me and will be a member of the senior leadership team. Tiffany will improve YKHC's communications with our customers, staff, tribes and other partners. Tiffany will also assist me with governmental relations and day-to-day operations in human resources.



Tiffany Zulkosky

Tiffany is of Yup'ik and Polish descent and returned to the YK Delta after college and went into public service. She won an election to the Bethel City Council, became mayor, and served on the Chamber of Commerce Board of Directors.

Tiffany's day job in 2008 was the public information officer for YKHC. In 2009, Tiffany was appointed by U.S. Senator Mark Begich (D-Alaska) to serve as his Rural Director. In November 2011, she returned home to Bethel to serve as the West Area Director for the U.S. Department of Agriculture Rural Development. In 2013, she assumed the role of Executive Director for Nuvista Light and Electric Cooperative—where she navigated the organization through a successful re-branding campaign, closed out a large hydroelectric feasibility study and managed various multi-million dollar energy grants.

Tiffany holds a Bachelor's Degree in Organizational Communication and a Master's Degree in Public Administration. She was selected by Alaska Journal of Commerce as one of Alaska's Top 40 Under 40 in 2012, and by Northwest University as their 2011 Alumnus of the Year.

Please join me in welcoming Tiffany to our team.

## Injury Prevention in Action – Pedestrian Safety

by Zachary S. Tarleton, EMS Instructor, Injury Control & EMS

It's winter, it's dark, and you're driving to work. All of a sudden, a dark figure catches your eye on the side of the road just as you speed by. Was it a dog, a bag of garbage, maybe Sasquatch? You check your mirrors to see the object that came out of nowhere. No, just a pedestrian bundled up in dark winter clothing on their morning commute as well. "I didn't even see them until I passed by. I could have hit them," you think to yourself. "They should be wearing something more visible!"

Dark winter nights, limited available sidewalks/crosswalks, and multi-use shoulder areas can make the roadways around Bethel particularly dangerous for pedestrians. One YKHC employee and KuC student has taken it upon herself to increase pedestrian safety in Bethel. Injury Prevention Activist Staci Smart is a 22-year-old Cup'ik originally from Chevak. She has been working in the YKHC Behavioral Health Department for three years, and is currently enrolled part-time in KuC's Rural Human Service (RHS) program. As a component

of the RHS program, Staci has chosen to focus her community-based practicum on the issue of pedestrian safety.

"My project is to distribute reflective tape to a variety of population in Bethel, some of those people who are homeless, those who live in group homes, and youth," Staci explains. "I want to make Bethel aware of the importance of using reflective tape to improve pedestrian safety. This will decrease accidents, make pedestrians safer because of reflectors, and drivers more aware of people who are walking."



**Injury Prevention Activist Staci Smart cuts pieces of iron-on reflective tape for distribution to Bethel community members.**

Using donated materials from YKHC's Injury Prevention Program, Staci's initiative will target a subset of the Bethel community who may not typically have access to pedestrian safety resources and information. A big thank you to Staci for making Bethel pedestrians safer!

**If you would like to become an Injury Prevention Activist please contact YKHC Injury Prevention Program at 543-6420 or call the Injury Prevention Store at 543-6556.**

**The Injury Prevention Store (TIPS) also sells reflective tape at cost for 50 cents per foot, as well as ice cleats, helmets, goggles, FXR snowmobile suits, life vests, float coats, coffee, and pastries! Come check us out on the first floor of the CHSB ("New YK") if you haven't already!**

**SHOW UP**  
**with reflective tape**  
More than  
65 percent of  
pedestrian accidents  
happen at night.  
Be safe. Be seen.  
Wear reflective tape.  
**call 907-543-6556**

### Dental Lessons From Eggs

YKHC Dental Department participated in Community Science Night at Gladys Jung Elementary School. Kelly Nance, a dental hygienist, put together an EGGsperiment where she dropped hard boiled eggs into jars containing plain water, soda and acid (vinegar). She let the eggs sit in these solutions overnight and brought the eggs/containers to the science night event. She was able to show the participating children what happened to the eggs and relate it to what happens in someone's mouth when they are not brushing properly or are drinking a lot of soda. children stopped by and were very interested in listening, touching the eggs and learning. Several students even filled out results forms showing what they learned. Overall, we can call this EGGsperiment a success!



**Kelly Nance, RDH, and Janet Lamont, Dental Assistant, explain to a group of children about the effects of sugar and acid on teeth.**

## Yupiiit Schools Outreach

During the last week of February, three YKHC departments traveled to the villages of the Yupiiit School District to share information about healthy life styles and careers in the health profession. On Feb. 23, Chelcy Kinegak of YKHC's Area Health Education Center (AHEC), Dental Assistant Mary Michael, and Sara Stockton of Tobacco Prevention traveled to Akiak to share information with students about health careers, tobacco prevention and dental hygiene.

On the 24th, they took the messages to Tuluksak. Ray Petersen from Diabetes Prevention also came along and encouraged students to make healthy choices to prevent diabetes. The next day Mary Michael, Sara Stockton, Agnes Roland and Melanie (Plucky) Roland went to Akiachak.

Agnes is the Healthy Pregnancies Research Coordinator. She shared her personal story of quitting tobacco with the students and talked about the Healthy Pregnancies research project, which studies tobacco use in pregnant women. Plucky Roland, Department Secretary for CHW, shared the message of a healthy lifestyle, including tobacco and diabetes prevention, with the students.

## Recipe of the Month

For a Meatloaf *packed* with veggies try...

### Tundy's Meatloaf

- ½ onion finely chopped
- 1-2 carrots finely chopped
- 1-2 stalks celery finely chopped
- 1 egg
- ½ cup plain oats or 1 packet of Quaker instant original oatmeal
- 3 pounds of ground meat (try muskox!)
- 2 tsp Johnny's Seasoning Salt

Combine all ingredients and bake at 350 for 90 minutes.

Serve with side salad and fruit.

Recipe by Stanley "Tundy" Rodgers



## Diabetes Program Quarterly Health Tip

"Working TOGETHER to achieve excellent health."

This is the YKHC mission statement. Here at YKHC, we know that with the help of our friends, neighbors, and co-workers anything is possible.

This month's healthy topic is on the importance of **community support**. To teach us about this topic, we'd like to introduce to you Ms. Esther Rodgers. She has given us permission to share her story.

In September of 2015, Esther was diagnosed with type

II diabetes. She had the information on *what* to do, but she had to figure out *how* to do it in her everyday life. Where did she turn for support? Her family. Husband Stanley and daughter Tauni held Esther's hand every step of the way on her journey towards better health. Phone calls, posters, watching her intake and physical activity—you name it! Her family was there.

After just four months of this great family support and YKHC clinical guidance, Esther's blood sugars came down to a 'pre-diabetic' range. She had gained control of her diabetes! At this time, Esther was even advised by her provider to stop taking one of her diabetes medications. Esther's success story is one that continues to inspire us each and every day.

What does this mean for all of us? It means with community support, we too can reach our goals.

Do you feel like you have the support you need?

Here are some ways you can find community support here in the YK Delta.

- Take a family walk
- Phone a friend
- Go to a basketball game
- Participate in a community garden
- Attend City Council
- Join in the Cama-i Dance Festival
- Listen to our "Wellness Wednesday" radio show (April 13<sup>th</sup>)
- Come to our monthly Diabetes Support Group (April 14<sup>th</sup>)
- Talk to a YK counselor

**Questions on getting support? Give us a call at 907-543-6133 for more information.**



(Stanley and Esther Rodgers with daughter, Tauni, and grandchildren Isabella and Duke)

Spotlight: Village Health

# Meet the DHATs!

A Dental Health Aide Therapist, or DHAT, is a dental team member similar to a physician assistant (PA). They focus on a limited number of much needed procedures and go through a rigorous educational program. YKHC has supported their training and has been employing DHATs since 2005.

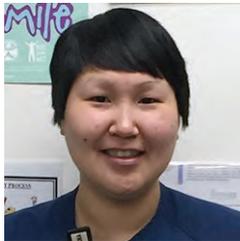
## Angelica Afcan, DHAT

Angelica is Yup'ik Eskimo from Nunam Iqua. She graduated from Mt. Edgumbe High School in 2008. She was accepted into Southcentral Foundation's Dental Assistant Training Program and started her dental career in August of 2010. When she learned about the DHAT program from prior students, her dream to brighten the smiles of her people was born. Angelica graduated from the Alaska DHAT program in June of 2014. She now lives and works in Hooper Bay, also serving the communities of Scammon Bay and Chevak. Angelica's mission is to ensure that every child has the opportunity to have a healthy, happy smile.



## Bernadette Charles, DHAT

Bernadette is from Mountain Village. She was accepted into the two-year DHAT training program in 2008. She lives in Mountain Village and helps with all the villages in the St. Mary's subregion, but primarily focuses on Mountain Village, Pilot Station and Marshall. Her mission is to help lower the amount of cavities and help stop the progression of dental disease in her communities.



*"I like being a DHAT because I get to help those who are in need of dental care in the village that they are from. It is not easy for everyone to get to Bethel ... and trips from Bethel to the villages by dental providers are not frequent enough to provide the care that is needed."*

## Bonnie Johnson, DHAT

*"I am Inupiat Eskimo, raised in Unalakleet. We were privileged to have a dentist live and work in my village when I was young. My Aunt Aurora Johnson became a Dental Health Aide Therapist (DHAT) and showed me a way that I too could provide dental care for a community in need. I was educated and trained through the ANTHC DENTEX Program in Anchorage and the Yuut Elitnaurviat Dental Training Clinic in Bethel. I currently*



YKHC operates five subregional clinics, which provide extended services for surrounding villages, as shown by the color coding of the map.

*practice in Emmonak and have been (here) for almost five years. I serve Kotlik, Alakanuk and Nunam Iqua. I enjoy working with children. Our goal is to improve oral health and prevent dental disease in the next generation. I love being a Dental Health Aide Therapist and being a part of a team that works together to achieve excellent health for our people."*

## Carrie Tikiun, DHAT

Carrie is three-quarters Yup'ik Eskimo and is from Atmautluak. She recently finished her two years of training and her six-month preceptorship working alongside dentists in Bethel. Her plan is to live in Napaskiak and provide care for the villages of Oscarville, Napakiak, Atmautluak, Kasigluk and Nunapitchuk. It is important to her to be a good role model for kids in the small communities like the one where she grew up and also to help the people she serves live a happier, healthier life.



## Charles Redfox, DHAT

Charles is a Yup'ik Eskimo from Emmonak. He worked as a Dental Assistant and a Primary Dental Health Aide (PDHA) in Emmonak from 2011–2013. Charles has completed the two-year DHAT training program and is currently completing his preceptorship in Bethel. Charles plans on moving to Toksook Bay so that he can provide care on a more consistent basis to the people of Toksook Bay, Mekoryuk, Tununak, Newtok, Nightmute and Chefnak.



*"Being a DHAT provides me with the opportunity to not only focus on prevention with patients, but also to take care of needed fillings and extractions. Being able to provide these higher level*

*services means that I can play a bigger role in getting our people the healthy smiles they deserve.”*

**Melanie Kerschner, DHAT**

Melanie lives and works in Aniak, providing dental care at the subregional clinic. She routinely serves the villages of Shageluk, Sleetmute, Stony River, and Crooked Creek. She was born and raised in Bernville, Penn. She has been working with YKHC for six years and has 13 years experience in the dental field. Her passion is working to improve the oral health of new babies and their mothers as well as elementary age children.



*“Besides my own two children, I devote my whole heart to the children in my region with compassion, tenderness, and love. Thank you for allowing me to serve you and your families.”*

**Phylicia Wilde, DHAT**

Phylicia is originally from Mountain Village. She is currently based in St. Mary’s and travels to the villages of Marshall and Pilot Station. She has been working as a DHAT for four and a half years.



*“It used to be extremely difficult for people in my region to get access to dental care. They often had to wait a very long time for a dentist to come out. When they did come out, there was such a long waiting list that sometimes they still didn’t get seen. I love working as a DHAT because I get to be part of the solution.”*

**Renee Cheemuk, DHAT**

*“I am Yup’ik Eskimo, raised in Kotlik. I currently live in Emmonak and provide dental care at the Emmonak Subregional Clinic and travel to the villages of Alakanuk, Nunam Iqua and Kotlik. The experience of being a DHAT has been more rewarding than expected and I am so grateful to have the opportunity to be a part of caring for my people. I love that my career is based on prevention.”*



**Conan Murat, DHAT**

Conan is originally from Bethel and has been Aniak’s DHAT for more than 11 years. He graduated from the University of Otago in New Zealand as part of the first class from Alaska to complete the program. Until October 2013, Conan was the single dental provider for 13 villages. He now shares that responsibility with fellow DHAT Melanie Kerschner.



**Shawn Martin, DHAT**

Originally from Bethel, Shawn became familiar with the dental field while he worked as a dental assistant. He applied for a DHAT scholarship and was accepted into the program. Upon completion of his training in Anchorage and Bethel and successful completion of his preceptorship, Shawn moved to Toksook Bay to work as a certified DHAT. He travels and provides care for Newtok, Chefornak, Mekoryuk, Nightmute and Tununak as well as Toksook Bay.



*“I love being a DHAT because I get to help serve specific communities. I am looking forward to having DHAT Charles Redfox join our team so we will be able to provide even more care to help meet the needs of the people we serve.”*

**SESSION 3 HEALTH AIDES**



Back: Faith Attatayuk, Akiak; Justina Jones, Chevak; Miki Charles, Toksook Bay; Joanna Nicholai, Float. Front: Katherine Evon, Bethel; Amber Jones, Float; Nathan Lake, Chevak.

Becoming a health aide is a big commitment, involving not just seeing patients during clinic hours, having to often leave their families/meals/sleep to respond to an emergency and long training sessions in Bethel, away from home and family. Health Aides are an invaluable part of the health care team in the Delta. Health Aides take care of the sick, the injured, the frail.

**Their job is the toughest in the Delta.  
THANK YOUR HEALTH AIDE TODAY!**

# VAX FACTS: Dispelling Myths About Vaccinations

Vaccines are the easiest way to protect your child from many dangerous diseases. At the subregional clinics, we want all the children in our villages to be safe and protected from these diseases, and we're working really hard to make sure your children receive all of their vaccinations on time. There are several myths about immunizations that parents frequently ask us about, so we want to make sure everyone has accurate information.

**Myth:** Vaccines can't be given when my child comes in for a sick visit.

**Truth:** It's tempting to postpone a vaccination during an appointment when your child is sick, but vaccines can be given even when your child has a low grade fever, an ear infection, or other mild illness. Actually, there is no health benefit to waiting to vaccinate your child if they are sick. Deciding not to give your child a vaccine because they are sick puts them at a greater risk for getting a much more severe preventable disease. It's better to have a couple seconds of extra discomfort while the shot is administered than to wait and potentially get a life-altering disease.

**Myth:** Vaccines make illnesses worse.

**Truth:** Vaccines don't make symptoms of illness worse. They may cause a little soreness where the shot was given. To help with this discomfort, you can put a cool wet washcloth on the area.

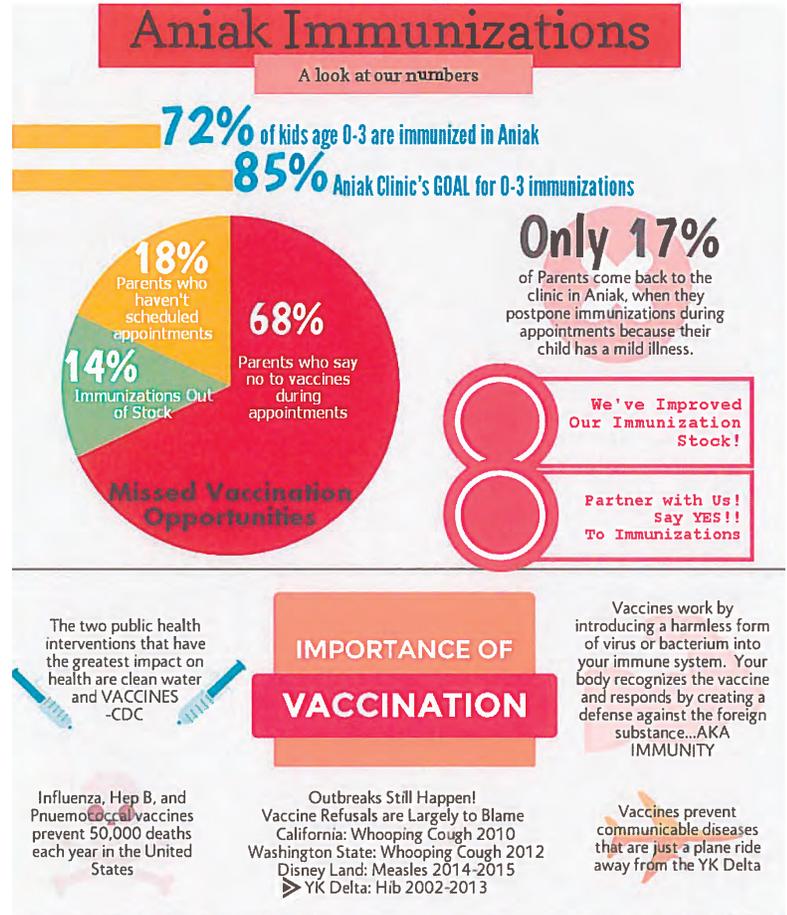
**Myth:** Vaccines given while my child is sick are less effective.

**Truth:** Mild illness or fevers don't affect how well the body responds to a vaccine. Vaccines actually build up protection against dangerous diseases in a child who is mildly ill just as well as they do when a child is healthy.

**Myth:** Children on antibiotics can't get vaccines.

**Truth:** Antibiotics fight bacteria. Because vaccines are not bacteria, they will not be made less effective by antibiotics. Your child can and should still get vaccinated even if they are taking antibiotics for mild illnesses like strep throat, or ear aches. The opposite is also true. Vaccines won't make the antibiotics your child is taking less effective at fighting bacteria.

**Myth:** Giving many vaccines at once will overwhelm my child's immune system.



**Truth:** Infants encounter trillions of bacteria, viruses, and other environmental challenges all the time. These challenges are already very well managed by their immune systems. The vaccines children receive in the first two years of life are nothing compared to what their immune systems are capable of handling. Vaccines protect children from the more severe preventable diseases that will overwhelm their immune systems.

**Myth:** Spacing out vaccines makes them safer for my child.

**Truth:** Spacing out vaccines actually extends the time period that your child is susceptible to potentially life-threatening illnesses. By getting all vaccines on the recommended schedule (by the time they are two years old), you decrease the time period that your child may be susceptible to these preventable diseases.

The subregional clinics want to be your partners in health, especially when it comes to keeping our children healthy. We hope this information helps you better understand how beneficial vaccines are so that when vaccines are offered, you say "Yes" to partnering with us to better protect your children!

## CEO MESSAGE, from p. 2

working for YKHC she was a flight critical care nurse and worked for Veterans Affairs practicing primary care, internal medicine and urgent care. During her free time in Toksook Bay she likes to read, garden and travel.

Matthew is a PA who received his degree from Hahnemann University and is an alumnus of the National Health Corps. Prior to working at Toksook Bay he practiced primary and elder care in North Carolina. In his free time Matthew enjoys sailing and learning about new cultures.

Along with providing care at the Toksook Bay Subregional Clinic, Anne and Matthew travel to the surrounding villages of Chefornek, Tununak, Nightmute, Newtok, and Mekoryuk. In fact, several months ago, Anne happened to be on one of her numerous visits to Mekoryuk and I had a chance to briefly visit with her between seeing patients. When I arrived she was busy treating a child, which she does quite often. During village travel both Anne and Matthew focus on prenatal patients, children, chronic care management and immunizations. Their hard work and effort is reflected in their immunization rates for the region, which continue to be one of the highest in the State of Alaska. They help organize flu clinics at schools and men's health nights. Anne and Matthew love Toksook Bay, its people and culture.

YKHC has many providers across the YK Delta like Joe, Anne and Matthew. They are not alone in providing professional, competent and compassionate care to a region and people they love.



Anne and Matthew Willard

Joe, Anne and Matthew have all 1,300 YKHC employees standing behind them with our full support.

I salute all of our providers and support staff for a job well done in a challenging and remote environment.

Quyana,

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



### Community & Partner Satisfaction

**2016 Goal:** *By September 30, 2016, we will engage with all 58 tribes on the PJCP to ensure it represents the region's cultures and identities.*

One of the guiding principles of the proposed Dr. Paul John Calricaraq Project is that the new facilities "represent the YK region's culture and identity." Throughout the past year, we have sought the comments and suggestions of people all over the region in meetings and workshops with our Cultural Architects, Board Members, Leadership and Staff. We've put "Talking and Listening Wallboards" up in our hospital and village clinics as a convenient way for people to leave a message about how we might represent culture in a facility.

That might seem like an odd notion when so many of the public structures in our communities are strictly utilitarian—walls and a roof on a sturdy foundation to stand up to a harsh climate.

But whether it's in the shape, color, fixtures and furnishings of a building, or the quality and comfort of the health care provided inside, we seek to realize our Vision of becoming the healthiest people through "Native Self-Determination and Culturally Relevant Health Systems." The PJCP is an opportunity as well as an obligation towards fulfilling that vision.

We will continue to seek and value your input throughout the design, construction, and celebration of the project. Please join the conversation. Leave a message at 907-543-6600, email [ykhcproject@ykhc.org](mailto:ykhcproject@ykhc.org) or write a note on your local Talking Wall.

## How to get your medications delivered **DIRECT TO YOU**—

**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

April, 2016

# Dr. Paul John Calricaraq Project

For more information about PJCP, visit our website: [www.ykhc.org/pjcp](http://www.ykhc.org/pjcp)



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

## PROJECT UPDATE

### Board Chooses Design Concept for Clinic Construction

#### New Building Includes Inpatient Unit

At its March meeting, YKHC's Executive Board settled on their preferred building plan for the proposed new clinic and hospital renovation that would be part of PJCP.

The new building layout includes an inpatient unit on the top floor of the clinic building, six outpatient clinic team areas on the second floor, Dental, Behavioral Health, Lab and Pharmacy. With a new entrance, public spaces and other service units, the cost will be less than \$300 million.



“We couldn’t be more pleased that our general contractor, architects and our team put their heads together to find a solution that allows YKHC to build a new inpatient unit along with the new clinical and hospital renovation,” said Newton Chase, Vice President of Support Services for YKHC.

### “Schematic Design” Phase Comes Next – Making it Real

The “Schematic Design” phase of the project, which builds upon the Concept Design illustrated above, is slated to start April 11, if final approval and financing come through as expected.

During the schematics phase, the actual design of the building starts. Teams of architects will be working with YKHC managers and key staff in each department that is being affected by the new project. During these meetings, the architects will be seeking detailed information about how departments will work with each other in the new integrated Model of Care—such as getting supplies, referring patients, passing along information, where equipment/supplies will need to be most effectively stored, etc. This information will allow them to plan the most effective and efficient design for each and all departments.

At the end of Schematics—a four-month process—the floor plan will be set and we’ll know where toilets, sinks, counters and major equipment will be. YKHC will also be given an updated cost estimate to make sure everything will be within the established budget.

### PJCP Cultural Report Released

Central to the design of the new clinic and hospital is the PJCP Cultural Design Report. This report describes the breadth of



cultural values, traditions and practices that YKHC has insisted be reflected in the new clinic and hospital design. This report is built upon the input from hundreds of people across the YK Delta who came to cultural community meetings, sent in emails or provided notes on the “Listening/Talking Walls” in all YKHC facilities for the past year.

“This is a great report,” said Deanna Latham, Assistant Project Director. “But we are not done. We still need everyone to take an interest and provide their good ideas as we go into detailed building design. watching the ‘Listening and Talking Walls’ in our facilities for new questions and topics. We need everyone’s ideas.”

### More About PJCP on Website

The Cultural Design Report, along with background information, all the back issues of the PJCP update, and more, can be accessed on our website at [www.ykhc.org/pjcp](http://www.ykhc.org/pjcp). You’ll find a link there to our comment email. Please send us a note and let us know what you’re thinking about the Dr. Paul John Calricaraq Project.

### Talking Wall Question of the Month:

**How does your community prepare for and celebrate the seasons?**

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

# NEW BEHAVIORAL HEALTH CRISIS RESPONSE NUMBER **844-543-6499**

YKHC has a new **Crisis Response Line** for Behavioral Health Emergencies. Local in Bethel: 543-6499, Toll-Free Statewide: 844-543-6499.

Using either the 907 or the 844 area code will work from all types of phones: cell phones, land lines and pay phones.

We have had 24/7/365 coverage established for years, where a trained Behavioral Health Clinician would respond to being paged. Now the way to access this life-saving service is clear and direct throughout the YK Delta, and phone calls will be answered by a clinician.

**For any and all Behavioral Health crises, from suicidal ideations to concerns regarding how a person is acting, 543-6499 is the number to call.**

Also, the main hospital line at 543-6000 has a new call tree. Pressing “9” will take you to the Behavioral Health Outpatient Department. And pressing “#” will take you to Behavioral Health Emergency Services, just as though you were calling 543-6499.

Please help spread the word about this new number. We are now easy to reach.

**Umyuarpeggun cakviuquvet  
qayaagaurlutten ikayuastekavnek**

**Call for help if you're  
having a tough time**

**543-6499  
or toll-free 844-543-6499**

YKHC BEHAVIORAL HEALTH

## Sobering Center Hosts Visitors from Fairbanks

On Tuesday, March 15, the Sobering Center welcomed two visitors from Fairbanks. Michael MacDonald, Superior Court Judge, and Ronald Woods, Area Court Administrator, visited the Sobering Center and learned about the program.

The community of Fairbanks is very interested in starting a similar program. The visitors met with team members and learned of the many benefits of the Sobering Center.

These benefits include providing a safe place for people who are unable to care for themselves, reducing emergency room use by those that do not need it, providing screenings, brief intervention, and referrals for treatment (SBIRT), and keeping people out of jail who do not need to be there. The Sobering Center helps save lives and reduces harm to those incapacitated by alcohol.



Kevin Tressler, Sobering Center Manager; Thor Williams, Sobering Center Technician; Michael Kanuk, Sobering Center Technician; Michael MacDonald, Superior Court Judge; Ronald Woods, Area Court Administrator; Rick Robb, Director of Residential Services.

## Village Clinic On-Call Emergencies

*Health Aides do not work after hours for non-emergencies*

### **EMERGENCIES...**

...are those conditions that if not treated very soon could result in placing the person's health at serious risk, serious harm to bodily functions, serious harm to any bodily organ or part.

### **NON- EMERGENCIES...**

...can wait until the next working day.

### **Please Note:**

**For your safety and ours, no emergency medical provider is allowed to respond to an unsafe situation which involves alcohol, drugs, weapons or violence.**

## Try the Quitline

Alaska's Tobacco Quit Line is a free service that provides Alaska adults ages 18 and over with confidential support services to help them quit tobacco. Those thinking about or trying to quit can call the Quit Line as often as they like and are eligible to receive four support calls from a quit coach. Alaska's Tobacco Quit Line also offers free nicotine replacement therapy to all eligible Alaskans who enroll in the program.

Enrollment is easy and can be done over the phone at **1-800-QUIT-NOW** (784-8669) or online at [www.alaskaquitline.com](http://www.alaskaquitline.com).

## Welcome Tribal Delegates & Guests



# Tribal Unity Gathering XXIII

Yupiit Piciryarait Cultural Center • Bethel, AK • April 6-7, 2016

For more than two decades we have come together to address ways to improve our health care services and access to care for patients in the YK Delta. Because of the direction our tribes have given during our Tribal Gathering conferences over the years, YKHC's services have grown and improved.

This year's Gathering is a two-day conference. We will start on day one to review the region's overall Health Status Report Card, as well as updates about important health program services and initiatives. We will finish our conference by establishing health care priorities for 2016/2017.

*Working Together  
to Achieve Excellent Health*

*Through Native Self-  
Determination and Culturally  
Relevant Health Systems, we  
shall be the healthiest people.*

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