

During the dedication ceremony for the Dr. Paul John Calricaraq Project, held on April 5 at the project site in Bethel, Tribal delegates and other guests signed their names and well wishes on an interior wall panel that will be incorporated into the new primary care clinic.

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FYI

National Nurses' Week Celebration!

National Nurses' Week, May 6 – May 12, is dedicated to acknowledging and honoring nurses for all of their hard work and commitment to providing compassionate care.

YKHC will be celebrating our nurses, beginning May 8 with a breakfast for all RNs, LPNs, CNAs, NAs, Techs and Unit Clerks. Each day we will hold a special celebration that will include ice cream socials, chili cook-off, photo contest with fun gifts and a round trip ticket to Anchorage for the grand prize.

During the week of May 6-12, if you see a nurse, please remember to thank them for all they do to provide care to those we love most. Thank you Tundra Nurses for the role you play in delivering the highest level of quality care to our patients!

Umyuarpeggun cakviuqvet qayaagarluten ikayuastekavnek
 Call for help if you're having a tough time
543-6499
or toll-free 844-543-6499
 YKHC BEHAVIORAL HEALTH

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

Aniak675-4556
 Emmonak949-3500
 St. Mary's.....438-3500
 Toksook Bay427-3500
 Hooper Bay758-3500

SERVICES

Inpatient (North Wing)543-6330
 Pharmacy.....543-6382
 Physical Therapy543-6342
 Women's Health543-6296
 Irvivik Birthing Center.....543-6346
 Behavioral Health Services.....543-6100
 Substance Abuse Treatment.....543-6730
 Sobering Center543-6830
 Developmental Disabilities543-2762
 Emergency Room543-6395
 Office of Environmental Health &
 Engineering, Injury Control & EMS...543-6420

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

ATTENTION: If you speak Yup'ik, free translations services are available to you. Call 907-543-6603.

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.

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

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Message from the President/CEO

Health Aides are Outstanding

The birds are back and many people are busy with late spring subsistence activities and getting ready for fishing! As we change seasons, it is also important to reflect on the good work our employees do every day to care for our customers. We recently recognized two Health Aides for their outstanding customer care.

Every month we recognize one Health Aide who exemplifies YKHC's values by caring for our customers. At the end of the year, and from the list of 12 Health Aides of the Month, we then choose one Health Aide who becomes our Health Aide of the Year. I want to introduce you to Rahnia Boyer, Vice President of Village Health and Workforce Development, who will share with you the story of two Health Aides that YKHC recently recognized for their hard work and dedication.



Dan Winkelman, President/CEO

Because Community Health Aides/Practitioners have a challenging job, it's very important to provide support and recognition to them. One way YKHC accomplishes this is by selecting a Health Aide of the Month and Health Aide of the Year, giving us the opportunity to highlight how they excelled in their role.

The Health Aide of the Month is selected from a number of nominations submitted by Health Aide supervisors each month, which emphasize how a Health Aide has gone above and beyond to ensure that the healthcare needs of their community have been met.

This may include a heroic event that they acted professionally and calmly in, taking initiative to increase child immunization or exam rates, providing round the clock care in difficult circumstances to care for patients, and often saving lives.

Nathan Lake, a Health Aide from Chevak, was selected as the 2016 Health Aide of the Year by a committee that reviewed all 2016 Health Aide of the Month selections. He stood out as



Rahnia Boyer, Vice President Village Health



Rahnia Boyer, Katherine Evon, Dan Winkelman & Asela Calhoun congratulate Health Aide of the Year Nathan Lake at the Tribal Gathering April 5.

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

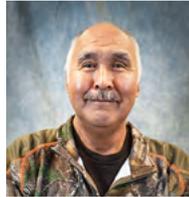


Billy Jean Stewart Kalskag



Betty Turner Lower Kalskag

Unit 4



Phillip K. Peter, Sr 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



Dale Smith, Jr. Mekoryuk



James Sipary Toksook Bay

Unit 9



Patrick Tall Chevok



John Uttereyuk Scammon Bay

Unit 10



Joshua Cleveland Quinhagak

Unit 11



Marvin Deacon Grayling

Honorary Board Member



James Charlie, Sr. Toksook Bay

New Dentist Arrives



Dr. Sean Davis, with a new friend.

Please welcome Dr. Sean Davis to the YKHC Dental Staff. Dr. Davis relocated to Bethel from Colorado where he ran a private practice.

He's very excited about working in the public health system. He says one of his goals is to assist the Dental Clinic in improving systems and processes to provide more efficient care to the community.

He has a varied dental experience including implant placement and denture fabrication.

Before becoming a dentist, he was a baker and a math teacher. Formerly a vegetarian, Dr. Davis said, "A new adventure requires a new diet."

We are happy to have him supporting our mission to improve oral health here in the YK Delta!

Retirement Celebration!

Elizabeth Andrew, Tuntutuliak Clinic office assistant, retired April 21, having given 15 years in service to YKHC and the people of her community. Thank you and congratulations!



Elizabeth Andrew

Alcohol and Diabetes

The Centers for Disease Control defines drinking in moderation as no more than one alcoholic drink per day for women and no more than two alcoholic drinks per day for men.

One drink is equal to a 12-ounce beer, a five-ounce glass of wine, or 1.5 ounces of liquor.

It is recommended to avoid alcoholic beverages if you are pregnant, if you are less than 21 years old, planning to drive or operate machinery, taking medications that can interact with alcohol, or have certain medical conditions including diabetes.

Alcohol has several effects on the body

Cognitive function – Alcohol is absorbed into the blood stream and then metabolized by the liver. It's estimated that the liver can metabolize one alcoholic drink every two hours. When consumption is greater than this, alcohol moves to other parts of the body, including the brain, causing delayed reaction time, impaired decision-making, and memory impairment.

Self-management – Excess alcohol intake interferes with diabetes self-management behaviors like getting enough exercise, tobacco cessation, adherence to a healthy diet, and taking medications as prescribed.

Hyperglycemia – Alcoholic drinks often contain carbohydrates. A moderate intake of alcohol can raise blood sugar.

Hypoglycemia – Excess alcohol intake can lead to low blood sugars or hypoglycemia. This is related to the liver's inability to 'multitask'. Under normal circumstances, the liver works with the pancreas as a blood sugar regulator. While the pancreas provides insulin to lower blood sugar, the liver releases stored sugar to prevent low blood sugars. When the liver is processing alcohol, it neglects its role in blood sugar regulation, causing blood sugars to decrease to dangerous levels. Risk for hypoglycemia is increased with the use of medications that also lower blood sugar. Untreated hypoglycemia can result in coma, seizure, and death.

Blood pressure – Alcohol is a vasodilator, which means it widens your blood vessels and temporarily decreases blood pressure. There is then a 'rebound effect' resulting in hypertension.

Weight regulation – Alcoholic beverages add calories to the diet which makes it more difficult to manage body weight.

Recommendations

The effects of alcohol can be dangerous without proper precautions. The following are recommendations for alcohol and diabetes.

Know your limits – Limit your intake to the recommended servings—no more than one drink a day for women and two drinks a day for men.

Never drink on an empty stomach – Having alcohol with a meal slows the absorption of alcohol and decreases the likelihood of a hypoglycemic event.

Bring your meter – If you have diabetes, it is important to check your blood sugars before, during, and after drinking to prevent hypoglycemia. Since the effects of alcohol last several hours, it may be necessary to continue monitoring several hours after you stop drinking.

Have a bedtime snack – A small bedtime snack with carbohydrates which raise blood sugar may help prevent hypoglycemia in the night. Examples of small snacks with carbohydrates are a glass of milk, a piece of fruit, a half cup of berries, a piece of cheese, or half of a pilot cracker.

Tell your friends – Since the symptoms of hypoglycemia are very similar to the symptoms of excess alcohol intake, consider telling a friend or family member if you have any medical conditions, like diabetes, before you start drinking.

Never drive – Always avoid driving and operating machinery when drinking.

Stay inside – Because of alcohol's vasodilating effect, it can make the temperature feel warmer than it actually is. It is important to drink in a safe, temperature controlled environment to avoid environmental damage like frostbite and hypothermia.

Tell your provider – It is important to be honest with providers about alcohol intake. This can help providers give accurate healthcare recommendations.

Diabetes Group Medical Appointments

The Diabetes Prevention & Control Department offers group medical appointments (GMAs) for patients with pre-diabetes, diabetes and gestational diabetes. A GMA is an appointment designed to help maintain or improve blood sugars by focusing on medications, diet, exercise, and self-care. Patients are seen in a small group by the diabetes team and a provider to have their health reviewed and discussed in the same way it would be during an individual appointment. To refer yourself or someone you know for services, please call 543-6133.

Smiles for Tobacco Prevention



Tobacco Prevention partnered with the Dental and Diabetes Departments during this year's Smile Alaska Style event at the Camadance festival. Outreach specialist Elin McWilliams demonstrated the impact of tobacco use on lung health and oral health to captivated youth who attended the event.

Champions of Wellness

In February, fifth grade students from Ayaprun Elitnaurvik, Gladys Jung Elementary, and Aniak's Auntie Mary Nicoli Elementary School were given an optional assignment to write an essay or create an art project which depicts their way of living a healthy life.

For the students who participated in the project, Pete Kaiser and Richie Diehl provided an in-depth look into the realm of dog mushing in their hometowns on April 14 and 17.

All participating students received Champions of Wellness certificates, limited edition shirts, and had the opportunity to share their projects with their peers and their hometown musher.



World No Tobacco Day May 31

YKHC's Tobacco Prevention Program will be hosting an "Airing Tobacco's Dirty Laundry" art display featuring t-shirts and other laundry items decorated with information to raise awareness about the tobacco industry.

The display is intended to engage the public in a new way of learning information about the harmful effects of tobacco. Look for installation on display in Bethel on May 31.

Recipe of the Month

The Fully Loaded Baked Potato

Ingredients

- 4 medium potatoes (about 6 ounces)
- 1 large onion, chopped (about 2 cups)
- 3 cups spinach coarsely chopped
- 1 head cauliflower, cut into small florets
- 1 red pepper, seeded, cored, and chopped
- 1 garlic clove, crushed
- 1 tablespoon fresh lemon juice
- Olive oil
- 1½ teaspoon sodium free seasoning
- Condiments: butter or olive oil and sour cream



Instructions

1. Preheat oven to 375 degrees F.
2. Wash and scrub potatoes. Pierce with a grill fork or knife. Place in oven and bake for 1 hour and 15 minutes or until done.
3. Wash and prepare all the vegetables. Mix 2 tablespoons olive oil, sodium free seasoning, and garlic in a small bowl. Toss cauliflower in mixture and spread on baking pan. Bake for 30 minutes.
4. Heat 1 tablespoon of olive oil in a skillet over medium high heat. Add the onion, and red pepper to the pan. Cook for 5 minutes. Add spinach and cook for 3 minutes more. Remove from heat. Drizzle with lemon juice.
5. Open potatoes and fluff insides with a fork; dress with vegetables. Serve with a 4 oz moose steak or other protein side. Enjoy The Fully Loaded Baked Potato with the skin on for more fiber and nutrients.

Recipe and image adapted from shescookin.com



Tribal Unity Gathering XXIV

Delegates from throughout the YK Delta came to Bethel April 5 and 6 for the 24th Tribal Unity Gathering. Along with setting healthcare priorities for the coming year, delegates and guests were shuttled to the Dr. Paul John Calricaraq Project construction site for a dedication ceremony, officially blessing the inauguration of the \$300 million hospital expansion and clinic construction project.

This year's theme, "Elluarillerkamentun Calirrlainarluta: Continually Working to Improve Healthcare" highlighted YKHC's increased focus on improving the customer experience—from developing an integrated model of care to constructing a new state-of-the-art facility that will serve the region for years to come.

YKHC's leadership provided updates on the programs and initiatives supporting this effort. President and CEO Dan Winkelman discussed the company's adoption of Napartet Strategies to guide and concentrate the vision of becoming the healthiest people. The strategies focus on four areas: Healthy Community for environmental concerns like water-sewer projects and solid waste management; Healthy People emphasizing prevention efforts to curtail tobacco use and dental disease; Care Delivery for health clinics and hospital programs; and Corporate Capability and Culture for the health of the company itself, without which the rest of it would not be possible.

Vice President of Hospital Services Jim Sweeney gave a presentation on how efforts to improve appointment availability and a new model of care will impact the Care Delivery component. Teams of care managers and care manager assistants will work with patients and their providers to ensure appointments meet the patient's expectations and address overall health as well as specific complaints.

Vice President of Village Health and Workforce Development Rahnia Boyer, with members of her team, provided an update on the Community Health Aide Program and explained YKHC's new policy of having a totally tobacco-free campus starting next year.

Putting these efforts into perspective: Dr. Joe Klejka's Health Status Scorecard update points to cancer as the number one killer in the region, with lung cancer still the biggest of them. Other leading causes of death include heart disease and injuries.

Taking the presentations into account, delegates—tribal council representatives from communities throughout the region—voted to prioritize focus on training and hiring more health aides, better evaluation of patients before discharge and improving cancer screening.

As the event ended mid-afternoon April 6, Winkelman congratulated the delegates for their work in setting priorities and thanked staff, volunteers and local businesses who donated door prizes, calling this year's gathering "the best ever."



Board Vice Chair Gloria Simeon and President & CEO Dan Winkelman welcome delegates.



James Sipary of Toksook Bay with Unit 8 delegates.



Setting priorities in small groups.



Willie Tobeluk of Nunapitchuk reports Unit 6 priorities with Dr. Joe Klejka.



Despite the chill, the dedication ceremony for the Dr. Paul John Callicaraq Project on April 5 at the new construction site was well-attended by Tribal Gathering Delegates, Board Members, funding representatives, company leadership and community members.

Dr. Paul John Callicaraq Project Dedicated

Joined by tribal delegates at the 24th annual Tribal Unity Gathering in Bethel, YKHC leadership dedicated the construction site of the Paul John Callicaraq Project. President & CEO Dan Winkelman, Board Chair Esai Twitchell, Jr. and Honorary Board Member James Charlie, Sr. led the dedication of the \$300 million project, which will expand and improve health care services.

Tribal delegates and guests had the opportunity to participate in the ceremony by signing interior sheetrock panels that will be built into the structure. Various YKHC staff and board members also left their marks on this historic project.

The project is being built under the Indian Health Service's Joint Venture Construction Program, which provides funding for additional staff as long as the organization finances the construction. The final pieces of the financing packages have fallen into place and the dedication ceremony on April 5 celebrated the "go-ahead" for construction of the new clinic and hospital renovation.

After the ceremony at the site, project funders and partners congratulated YKHC Board and leadership and expressed their excitement and enthusiasm in being able to be a part of the project.

The project is scheduled for completion in 2021. To learn more about the project and the new facility, visit www.callicaraq.org.

Acknowledgments

Because of the advocacy, partnership, and generosity of several individuals and organizations, in 2016 YKHC made progress on historic initiatives that will advance the health and well being of residents in the Yukon-Kuskokwim Delta for generations to come. We would like to take a moment to acknowledge many of these significant contributions...

Our **Congressional and State Delegations** for support in the drafting and passage of legislation that made progress of the Paul John Callicaraq Project possible.

The **Indian Health Service**, for signing of the Joint Venture Agreement that brings the Paul John Callicaraq Project to life.

The **U.S. Department of Agriculture Rural Development Alaska Office**, the **Alaska Municipal Bond Bank Authority**, the **Alaska Industrial Development and Export Authority**, and the **First National Bank of Alaska** for partnership in financing the project.

Sonosky, Chambers, Sachse, Miller & Munson for a generous \$200,000 gift to YKHC for the Paul John Callicaraq Project.

All the firms who have worked with YKHC to determine size, scope, design and cost of the project. Though too many to name, we see the product of your investment in our project every day that we continue to work on it. We wouldn't be where we are without you.

The **YKHC Board of Directors** and our region's **Tribes**, for continuous and steadfast leadership, with a vision to see our region become the healthiest people.

The **employees of YKHC**, for committing every day to work together to achieve excellent health.

Getting to know Patient Access – The Face of the Patient Experience

In the face of our quickly changing healthcare environment, there is one constant: the Patient Access department. The first interaction patients have often begins with the Access department, which makes it so necessary to have a friendly face to connect with.

“We look for a positive representative with a friendly demeanor when hiring. Our access team has goals centered on the Exceptional Patient Experience,” says Access Manager Rosa McCabe. “It has been proven that skills can be trained, but kindness and warmth must be present for the first impression. Our job is to ease their concerns in a caring and efficient manner.”

Patients sometimes feel apprehensive and need support. “When people aren’t feeling well we need to be fast, accurate and friendly,” Access staff member Freda Andrew noted. “If we don’t do our job right, the problems echo throughout the hospital.”

In an average day, the Access Department handles a variety of requests from many persons including physicians, nurses, and patients. The Access department staff must also be familiar with the procedures of various insurance companies. Many Access departments are also responsible to provide financial counseling and point of service cash collections.

Be heard!

The blue customer comment boxes are for compliments, suggestions or complaints.

The boxes are in several locations on YKHC’s campus: Hostel, CHSB, Entrance to the West Wing, and three at the Hospital: the emergency waiting room, North Wing, and Outpatient Clinic.

These boxes are checked daily and monitored by the Performance Improvement Department. If you have any question please call Sandra Abdiu at 543-6199.



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)

May, 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 Dedication Ceremony

As part of YKHC's 2017 Annual Tribal Gathering in Bethel, a dedication ceremony for the PJCP was held on April 5 at the project site. Delegates from the 58 tribes in YKHC's service area, project funders, State and Congressional leadership, design and construction team members, and residents of the community were in attendance to celebrate this milestone.



Well-wishers gathered at the PJCP site April 5 to dedicate the Project.

A model of the PJCP clinic is on display at the hospital near the security desk.

PJCP Design

The Art/Cultural committee held an introductory kick-off meeting during the YKHC Tribal Gathering to review the committee's purpose/role to advise the cultural and artwork decisions for the project.

In March and early April, YKHC, Arcadis, Indian Health Service (IHS) and USDA thoroughly reviewed the 65 percent Design Development (DD) documents and submitted more than 1,000 comments for the design team's review and response. On April 12-13, the entire project and design team met in Anchorage to address all the comments and responses.

A workshop was held to review access control door and hardware design options. The team also reviewed several design options for cultural features of the gathering space ceiling.

Other Program Elements

A list of all the medical equipment (existing and new) that will be needed for the clinic and hospital is being reviewed by the design

team. The team is working to categorize any non-medical items and address space, quantity or power/data issues. The CT scanner procurement is time-critical as it must be ordered about a year in advance of shipment.

PJCP Construction

On March 29, the project, construction and design teams participated in a workshop to review the project phasing plan and discuss how to best optimize the construction phasing. Davis will provide an updated phasing plan to the team for review.

YKHC signed an amendment with ASKW/Davis Constructors for the Guaranteed Maximum Price (GMP) for \$211,495,000 for PJCP construction services.

Pile cap welding began April 1. QA Services is performing pile cap welding inspections. Thermistors were installed to monitor ground temperature on the PJCP site.

The DOT conditions for the Conditional Use Permit will be reviewed by the City's Planning Commission on May 20. Five improvement options were offered by DOT; Davis Constructors provided a cost estimate for three preferred options. YKHC chose the option to create a separate bike/pedestrian trail parallel with the site. DOT will construct a turn lane when they re-pave the highway. YKHC will pursue approval and funding.



Aerial view of the construction site in early April.

Talking Wall Question of the Month:

What would most improve your next clinic visit?

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

Health Aide of the Month

February 2017—Eleanor Charlie, CHA III, Nightmute

In February, Eleanor was called to see a young patient from another village that was seen for severe frostbite to left the foot and both hands. Eleanor stayed with the patient for three days in the clinic because weather was down and planes were not flying.



During that time Eleanor monitored the patient and kept changing dressing every hour. Eleanor is the only health aide in Nightmute, which meant she had to stay with the patient day and night with no relief. Eleanor works hard to take care of the village, and it shows in her work ethic. The community of Nightmute is fortunate to have Eleanor as a caring, diligent, devoted and courageous community health care provider.

Eleanor is a great example of a Health Aide who works tirelessly to care for the patients who need urgent care. On behalf of YKHC and CHAP, thank you, Eleanor for your hard work and dedication as a Health Aide. Keep up the great work!

someone who not only acted professionally in an emergent and difficult situation when a pregnant woman went into labor early, but he has continued to be someone his supervisors, co-workers and community can rely on. He shows compassion, enthusiasm, and deep commitment to his work. He provides care to high acuity patients with confidence, while remaining pleasant and engaged with his patients. His courage and perseverance allows him to respond to emergency situations with a calm and caring attitude, often saving the lives of his patients. Furthermore, Nathan is a role model for his peers, goes above and beyond expectations in his role as a Health Aide, and is a valuable asset to YKHC.

In March, leadership traveled to Tuluksak to celebrate the January 2017 Health Aide of the Month, Anastasia Jones. Anastasia was selected because of her continued hard work, compassion and dedication to her community and their needs, and for effectively and professionally ensuring that the needs of two emergent patients were taken care of. It is apparent she cares very much for the wellbeing of her community and people.

Rahnial Boyer, Vice President of Village Health and Workforce Development

Three Generations at Emmonak Clinic



Lori Redfox, Lisa Redfox, Norma Shorty

Emmonak Subregional Clinic is honored to have three generations of strong, intelligent and caring women from one family as members of the Health Aide Team.

Norma Shorty, CHP, started her career as a health aide in Emmonak more than 40 years ago. Her daughter, Lori Redfox, CHA II/III, has been a health aide intermittently for more than 13 years, and returned to a full-time health position in 2014. Lori's daughter, Lisa Redfox, CHA/TNA, joined the team this year, and has just completed her pre-session health aide training.

We are very grateful for and appreciative of their commitment to our villages, clinic, and corporation. Quyanacak'neq, Norma, Lori and Lisa, for serving the Lower Yukon villages with dedication and love.



20 Years and Counting!

Archie Morris, Aniak SRC maintenance supervisor, celebrated 20 years with YKHC at the end of March 2017. Thank you Archie for all your hard work and dedication at the subregional clinics for all these years!

—Roberta Charles, Aniak SRC

Smile Alaska Style Winners

We would like to thank Grant Aviation, RAVN Air, Bethel Native Corporation, AC main Store, Alaska Dental Society, AVCP, ID Variety, Sammy's Market, Lumber Yard, YKHC Injury Prevention and YKHC Optical for their generous donations to the 28th Annual Smile Alaska Style.

Two winners for Best Smile were selected. Patton Brink won a Spin Brush and RAVN one-way Bethel to Anchorage ticket. Kendall Chaney won a Spin Brush and a 50 percent off regular seat fare anywhere Grant Aviation flies.

The two winners for Best Oral Health, Holly Jordan and Isabell Kerr, both won a Spin Brush and 50 percent off regular seat fare anywhere Grant Aviation flies.

The two winners for Best Native Attire were Aiden Nerby and Constance Samuels, who both won a Spin Brush and 50 percent off regular seat fare anywhere Grant Aviation flies.

Gwendolyn Street and Bethany Samuelson were the Grand Prize winners and both won a Spin Brush, two movie tickets and two 50 percent off regular seat fare anywhere Grant Aviation flies.



Dental Department now offering Silver Diamine Fluoride

YKHC is now offering a new dental service for our patients. We can paint a liquid, called Silver Diamine Fluoride (SDF), onto our patients' teeth that stops cavities from getting any bigger and helps prevent decay from starting anywhere else in the mouth.

The only downside, which is not a very big one, is that it stains cavities dark black. People may start seeing patients with teeth that have cavities stained dark black and wonder what is going on.

Products that protect teeth, like fluoride rinse and fluoride varnish, have been around for many years. Now, silver has been added to fluoride products to create an even more powerful cavity-fighting tooth protector.

When we may use it

- Patients with many cavities that cannot be treated at once.
- Young patients who may not be able to cooperate with a dentist or DHAT.

Who cannot have this product put on their teeth?

- Patients with an allergy to silver or patients with certain gum conditions.

Important Facts

- Decayed teeth will darken as the cavity is stopped.
- The part with the cavity will turn black or brown.
- SDF may stain gums and skin for 2-3 weeks.
- SDF may need to be placed on teeth two times a year, until the tooth can be filled.
- Silver Diamine Fluoride is as safe as water to treat patients with cavities.



Aiden Nerby



Bethany Samuelson



Gwendolyn Street



Holly Jordan



“ I investigate complaints and concerns reported about possible breaches in confidentiality. Health information is private and personal. We take privacy very seriously.”

EDWARD CORP, PRIVACY OFFICER



Edward Corp was hired as YKHC's Privacy Officer in December 2016. A 2007 graduate of Bethel Regional High School, Corp is the son of Stan and Cecilia Corp. Edward is an Eagle Scout and has two sisters and a brother. He was first hired by YKHC in 2012 to work in Patient Financial Services, where he worked for nearly five years and was promoted numerous times.



ykhc.org

YKHC Scholarship Program

YKHC offers various scholarships for students enrolled in health-oriented programs at accredited schools. If you need financial assistance in pursuing your interest in a nursing, dental, medical, or other healthcare career, please contact us!

Who should apply?

- Members and their descendents of tribes served by YKHC
- Employees of YKHC who are in good standing
- All Alaska residents

Who is qualified?

- Student must have completed all prerequisites for the program of study. Prerequisites vary by health occupation program.
- Students applying for funding of a health program at a graduate level must have completed their Bachelor's Degree.

Apply for the scholarship by May 26, 2017

The priority for funding will be in line with P.L. 93-638, the Indian Education and Self-Determination Act. All candidates will be selected based on the YKHC scholarship applicant scoring sheet. Candidates applying to the program must be enrolled or admitted as a fulltime student at an accredited program leading to licensure or certification as a health professional.

Visit www.ykhc.org/scholarship for more info on how to apply!

Do you have any questions?
 Call (907) 543-6060 or 1-800-478-3321 ext. 6060 or email Greggory_Navitsky@ykhc.org

Undergraduate Programs

1st year	\$2,000
2nd year.....	\$2,500
3rd year.....	\$3,000
4th year.....	\$3,500

*Not to exceed \$11,000 total

Graduate Programs

1st year	\$4,000
2nd year.....	\$4,500
3rd year.....	\$5,000
4th year.....	\$5,500

*Not to exceed \$19,000 total