FYI

Board names Health Aide House for Jesse Gunlik

On Thursday, Apr. 20, the YKHC Full Board of Directors named the new Health Aide House, located behind the Bethel hospital, the Jesse Gunlik Elitnaurista Health Aide House. This naming is a way to honor Jesse for his service to Health Aides and YKHC. Jesse has been a Health Aide since the 1970s and continues to work as a Health Aide Basic Training Instructor Assistant.

YKHC’s celebration of nurses during National Nurses Week May 6–12 included a chili cook-off, photo contest, ice cream socials and breakfasts. Molly Boyle, RN, (left) won the chili cook-off contest and Justine Chamberlain, RN, (right) won the photography contest. Congratulations and thank you to ALL nurses!
Message from the President/CEO

Stay safe this summer!

Happy summer to everyone! As the seasons change and everyone readies for fishing, it is important to ensure everyone wears a personal flotation device (PFD) when boating.

It is just as important to ensure helmet use on all terrain vehicles (ATVs). Although deaths from unintentional injuries in the Yukon-Kuskokwim Delta have trended down over the last 30 years, depending upon the year, it is still the number 1 or 2 cause of death.

In an effort to reduce drowning, the State of Alaska and its partners offer the “Kids Don’t Float” program that offers boating education and a loaner board of PFDs in most villages. YKHC also offers a variety of PFDs, float coats, helmets and lockable gun cabinets at cost. If you are interested in purchasing one of these items, stop by YKHC’s Coffee Shop in Bethel’s Community Health Services Building or, if you are in a village, call us at 907-543-6556.

Have a great summer and remember, PFD and helmet use along with wise decision-making helps each of us get home safely to our loved ones.

Sincerely,

Dan Winkelman,
President/CEO

OEHE intern Brandon Parker installs a Kids Don’t Float station where children can borrow life jackets.
Deanna Latham, VP Support Services

I am pleased to announce that Deanna Latham has accepted the position as Vice President of Support Services.

Deanna is originally from Quinhagak. Her background is in civil engineering and she has worked for YKHC for nearly eight years as the Director of Capital Projects and has served as the Interim Vice President of Support Services since July 2016.

She assisted in the planning and construction of six village health clinics, various facilities in Bethel and multiple projects within the hospital, including the upcoming Paul John Calricaraq Project.

Prior to her healthcare career, Deanna was a design engineer for a consulting firm in Fairbanks, Alaska. She enjoys outdoor and subsistence activities, as well as spending time with her family.

Please join me in welcoming Deanna into her new position.

—Sincerely, Dan Winkelman, President & CEO

Health Aide Recognized

On May 2, YKHC leadership and CHAP managers traveled to Nightmute to recognize Eleanor Charlie, YKHC’s February 2017 Health Aide of the Month.
Food Safety

Whether at home or on the river, food is something we handle every day. Improperly handled food can quickly grow harmful bacteria that can cause foodborne illness. Foodborne illness can cause headache, nausea, gastro-intestinal distress, dehydration, cramps, hospitalization and even death.

The CDC estimates that each year one in every six Americans gets sick, 128,000 are hospitalized, and 3,000 die from foodborne illness. People at increased risk for foodborne illness include children under one year old, elders, pregnant women, and the immuno-compromised.

It is important to know how to handle food safely both at home and when traveling. Here are a few prevention basics to keep your food safe:

- Always wash hands with warm water and soap for 20 seconds and dry them with a disposable paper towel or clean hand cloth before and after tasks. This includes tasks related to food preparation, eating, bathroom use, self-care, touching garbage, and touching animals.
- Prevent cross-contamination by separating cooked foods from uncooked foods. Use different bags, boxes, cutting boards, shelves and utensils. Do this while you’re shopping, fishing, cooking, preparing and storing.
- Cook foods thoroughly and use a thermometer to make sure the correct temperature has been reached. If it hasn’t reached the correct temperature the food can still grow harmful bacteria.
- Keep food out of “The Temperature Danger Zone.” The temperature danger zone is a range of temperatures between 41 and 135°F. In this range the bacteria count can double in as little as 20 minutes. Never leave food out of the refrigerator or cooler for more than two hours. Make sure coolers can keep food at 40°F or less.

Recipe of the Month

**Basil’s Barbecued Smelt**

**Ingredients**

- 2 lbs. smelt
- barbecue sauce
- ¼ cup chopped onion
- 1 clove finely chopped garlic cooked until tender in
  - 2 ½ Tbsp. butter
  - 2 ½ Tbsp. chopped green pepper
  - 1 Tbsp. tomato sauce
  - 1 Tbsp. sugar
  - ¼ tsp. pepper

**Instructions**

2. Marinate fish in sauce for 45 minutes, turning once.
3. Place fish on broiling rack, broil for 5 to 10 minutes, basting with sauce.
4. Turn and repeat, until the fish flakes easily or until the internal temperature is 145°F. Serves 6.

*Recipe adapted from seagrant.umn.edu. Image source: thespruce.com*

**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.

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Healthy Community Visit to Holy Cross

Members of the Diabetes Prevention & Control department, Tobacco Prevention department, and WIC department traveled to Holy Cross on April 21 to provide education to the community and assist Aniak practitioner Ayanna Galloway, PA-C, in a Group Medical Appointment (GMA).

Information about diabetes prevention and tobacco use was given to students at the Holy Cross School while a WIC representative and clinical educators of the DP&C department worked with Ayanna and Community Health Aides at the Health Clinic and Community Hall.

GMAs offer an ideal format for patients with chronic diseases because they allow health care practitioners to provide care to 12–15 patients in one appointment and enable patients to interact with people who share their condition.

—Kathryn Kenes, PharmD, Diabetes Prevention & Control

Who Can Get Breast Cancer? ANYONE!

Shocking as it sounds, even children can get breast cancer, although it is so rare that until 2009 when a 10-year-old girl in California was diagnosed with breast cancer, the belief was “no, children do not get breast cancer.” Also rare—men and boys getting breast cancer—but it happens.

Be informed; pick up a free booklet at your local clinic or hospital called Weaving Breast Health Into Our Lives.

There are two kinds of mammograms, screening and diagnostic:

Screening is when we think there is nothing wrong with the breasts, and are looking at the tissue with X-ray for anything that appears abnormal. That will be at least two views of each breast, for a set of four.

Diagnostic is when something, such as a lump, is suspected, which may result in any number of views taken of one or both breasts.

During the summer, YKHC will be sending the Mobile Mammography Machine to the five sub-regional clinics. There will be three days of exams at each. These will be screening mammograms only. Contact your local SRC for details.

Anyone who is having breast health problems should contact Women’s Health at 907-543-6990 or 6296 to schedule a mammogram in Bethel where breast ultrasound is also available for a complete diagnostic exam.

Women, Be Safe

Once the breasts are fully developed, use the booklet mentioned above to see how to do the self-exam each month. We have the technology available to save ladies’ lives, but you must first find the abnormal area yourself, so it can be treated while it is small.

Saving Lives Through Education

My daughter lost a very dear friend to breast cancer. When she called me, she said, “Mother, I knew to be checking because you told me to. Maybe if I had talked to my friend, she would still be alive.”

Spread the Word!

Aniak SRC will conduct a Screening Mammography Clinic June 13–15. If you are not having breast issues and would like a mammogram, please call: 675-4556.

Ladies having breast issues should call Women’s Health 907-543-6990 to schedule an appointment in Bethel.
Boating Safety

by the YKHC Injury Prevention Program

Summer is the season for boating. Whether you are traveling, fishing, logging or just going for a boat ride, be mindful of the dangers involved.

Prepare for your boat trip:
Before going boating, check the weather forecast, and river conditions. Weather can make your boating experience a pleasure or a disaster. Learn your limits for operating in unfavorable circumstances.

Tides and currents affect water conditions and where you can safely travel, beach, or anchor. Do your research before a trip, and know what type of conditions to expect.

Avoid river hazards by obtaining local knowledge. Learn about the channels and hazards from experienced local boaters.

Leave a float plan with a reliable person. Once your trip terminates, notify your contact so they know that you have arrived safely. Remember, if any or all of your plans change, notify the responsible person.

Be aware of these hazards when boating on the river:
Currents are the strongest over the deepest part of the channel. Currents are stronger during and immediately following rain; water levels may also rise dramatically during this period. Current affects the boat’s speed and direction. It may overpower the boat. Upstream travel takes more fuel and time. Strong winds against currents and incoming tides can create turbulence.

Sandbars can form on the inside of a bend, where two rivers join, near river mouths, and where water flow changes from rapid to slow. Sandbars, along with floating or submerged debris and rocks, can cause any of the following: grounding, capsizing, being thrown from the boat, and damage to the lower engine, prop, and hull.

Strainers, also known as sweepers, are obstructions in the water that allow water to pass through (e.g., trees, branches, and fences.) but are known hazards for boaters. These may cause boats to capsize or damage to the lower engine, prop, and hull.

“Widowmakers” are tree trunks extending over the river, near or at high water due to a collapsing riverbank. Be prepared for trees to fall from a bank in front of you, especially when the current is behind you. Widowmakers can sweep people out of the boat, hold and trap the boat and/or people, and capsize the boat.

Maintain control of the boat at all times while operating it. Drive at an appropriate speed, enough to maintain steerage, but slow enough to see ahead and respond to unexpected situations. Look ahead and plan your route. Take action in sufficient time; currents can sweep you into hazards. Expect the unexpected, any and all possible hazards. Stay sober.

Boating is a way of life in Alaska. Be prepared every time you go out!
Be Prepared Before You Boat

You never know how your day is going to end on the water. Before you go, take time to:

• Check the weather.
• Gather together and take along the proper equipment.
• Make sure your boat is loaded properly.
• Put on your personal flotation device.
• Tell someone your float plan.

Have a Float Plan

Before you begin your trip, tell a responsible person what your plans are. If you end up missing, he/she can get help.

Make sure the person knows:

• Who is going
• Where you are going
• When you expect to arrive there and when you expect to return
• What you are carrying for survival gear
• A description of your boat
• And remember when you change your destination tell the responsible person.

Drowning & Safe Boating Practice

Did you know that drowning is the second leading cause of injury death in the YK Delta? Don’t become a drowning statistic.

• Wear a personal flotation device that will keep you afloat and help you stay warm if you end up in the water.
• Alcohol is a risk factor for drowning. Don’t drink and drive and don’t ride with someone who has been drinking!
• Make sure the weather and water conditions are safe for boating. If they aren’t, don’t go. Or stop and wait until they improve.

Float Coats, PFDs, and More at the IP Store!

The Injury Prevention Store and Coffee Shop has summer-time outdoor gear in stock. Check out the store for all of your PFD, float coat, and other summer safety needs.

With a wide variety of styles and sizes, there is sure to be something for every member of the family!

We also carry ATV helmets, 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.

Costs of Traffic Crashes

Every 12 minutes, someone dies in a motor vehicle crash, every 10 seconds an injury occurs and every five seconds a crash occurs. Many of these incidents occur during the workday or during the commute to and from work. Employers bear the cost for injuries that occur both on and off the job.

Motor vehicle crashes cost employers $60 billion annually in medical care, legal expenses, property damage, and lost productivity. They drive up the cost of benefits such as workers’ compensation, Social Security, and private health and disability insurance. In addition, they increase the company overhead involved in administering these programs.

Transportation related accidents are the leading cause of healthcare worker fatalities.

Rabies: Always a danger, especially in summer

With summer break here, more kids are playing outside. And that means more children are likely to be bit by dogs. This is a concern because of rabies. Rabies is a virus that can be transmitted to humans and dogs from other rabid animals such as foxes.

In the Yukon-Kuskokwim Delta, rabies will always be present in the fox population. Rabies can be spread from a bite or a scratch. If a person contracts rabies and does not seek treatment, death will result.

Fortunately, rabies is easily preventable. Getting your dog(s) vaccinated is a great way to prevent rabies. YKHC’s Office of Environmental Health & Engineering (OEHE) provides free rabies vaccinations throughout the year in the YK Delta.

OEHE also offers free training to certify lay vaccinators to provide rabies vaccinations in their communities. In 2016, OEHE and lay vaccinators throughout the region provided more than a thousand rabies vaccinations.

Dog Bite Prevention Tips

OEHE would like to remind everyone the importance of dog bite prevention. Follow these tips, and teach children these tips as well.

- Ask the dog’s owner for permission before approaching an unknown dog.
- Walk slowly and carefully, and talk to the dog in a low, calm voice.
- Before petting a dog, let the dog smell your hand.
- Learn to read dogs’ body language. Look to see if a dog is happy to see you. Dogs that are wagging their tail or jumping up and down are happy to see you. Dogs that are not happy to see you may be growling, curling their lips, putting their ears back. They may be angry and do not want to be bothered.
- Do not approach loose dogs.
- Do not approach or pet dogs that have puppies. Dogs with puppies may become protective over their puppies and may bite anyone who comes too close.
- Do not approach dogs that are sick or hurt.
- Do not tease a dog. Do not hit, poke, pull on, or throw anything at dogs.
- If dogs are fighting or growling at each other, don’t put your hands or body between them.

Are you interested in volunteering to protect your community from rabies as a lay vaccinator?

Call OEHE at (907) 543-6429 or toll free at 1-800-478-6599.
PJCP Design
Interior design colors, patterns, finish options were selected and will be presented to the Steering Committee and the Arts & Cultural Committee June 5. Architects Bettisworth North, ZGF, and Jones & Jones will lead a construction documents workshop in Bethel June 6–8. During this workshop, YKHC and the design team will review the dental equipment list, preliminary furniture plans, near final medical equipment lists, long-lead items and revised floor plans based on changes made during the 65 percent design review process.

Dental Equipment
Burkhart Dental was contracted to provide planning and design for the dental department. They are reviewing utility infrastructure needs and preparing a complete dental equipment list and layout.

Non-Medical Equipment
A kickoff meeting was held to review project scope and goals. The goal is to have preliminary furniture plans with the focus on spaces requiring mechanical/electrical plumbing infrastructure for the next workshop.

PJCP Construction
The project, construction and design teams continue planning the construction phasing. ASKW/Davis is developing an updated phasing plan and will provide a revised procurement schedule to reflect the timing and amount of material purchases. YKHC received an independent cost estimate from HMS Inc. based on the 65 percent design submittal. This estimate was within one percent of Davis’s Guaranteed Maximum Price.

Piling installation and pile cap welding is complete. Building ground cabling and horizontal cooling loops have been installed and backfilled.

The Department of Transportation (DOT) conditions for the conditional use permit will be reviewed by the City of Bethel’s planning commission on June 1. CRW is developing a new separated bike path option in the DOT right-of-way, which will be provided to Davis/Mass-X for their estimating. YKHC is working on their DOT agreement.

YKHC Staff Housing
Piling has been installed and cut to proper height. Module construction is underway in South Dakota and Anchorage with regular inspections being performed at both sites. Mechanical, electrical and plumbing work has begun. YKHC is in the process of procuring housing furnishings.

Non-medical furniture, fixtures and equipment were selected and presented to the design team for review.

Safety and Security at the Construction Site
Only those who are required or have a specific need to be at the construction site are allowed there. Exceptions may include scheduled tours or events that may occasionally occur with prior approval by YKHC’s PJCP Steering Committee and coordination with ASKW-Davis. In those instances, an escort would be provided to those groups as well as personal protection equipment (PPE) such as hard hats.

• Prior arrangement for site visitation is required.
• Visitors/deliveries must check in at ASKW-Davis Project Office upon arrival to project site.
• Proper PPE is required onsite at all times.
• Hard hats/safety glasses can be made available, on a limited basis, at the project office.

Talking Wall Question of the Month:
What traditional quotes would you like to see in the new PJCP?
Write on the Wall, or call into our suggestion line: 907-543-6600 or send an email to ykhcproject@ykhc.org.
March Health Aide of the Month

Daniel Clark, CHP, Kwigillingok

On the January night he was on-call, Kwigillingok Health Aide Daniel Clark received a call from a patient who needed medical attention. After Dan did his exam and reported to the doctor, a medevac was activated.

He spent all night at the clinic waiting for the medevac with this patient (who had a possible stroke). After being with the patient for the night, his coworker relieved him for a few hours so he could get some rest.

Once Dan awoke, he went directly back to the clinic and spent a second night with the patient. The weather and runway lights and urgency of other patients in other villages made it difficult for the medevac team to get to Kwigillingok, but Dan was patient. He kept his SI updated with his patient’s condition and whether or not the medevac was going to arrive.

Dan showed that he is willing to do whatever it takes to help patients. He and his coworkers showed excellent teamwork. His community benefits from this team of hard-working health aides by having health care providers who work together and are committed to their jobs and the wellbeing of others. On behalf of YKHC and CHAP, thank you, Dan and Kwigillingok health aides, for your hard work. It is definitely appreciated!

Health Aide Forum

On April 24–28, 10 Health Aides from the YKHC CHAP program attended the Health Aide Forum held every year at ANTHC. The Forum provides opportunities for Health Aides all over Alaska to hear speakers and receive updates to their professional practice, all while earning continuing education units and even college credit from UAF.

During the forum two CHAPs from YKHC were nominated to the board of the Alaska Health Aide Association and were selected to participate. Linda Davis will be vice president, and Wassilene Andrew will be secretary for the organization.

We are very proud of their accomplishments and willingness to serve fellow Health Aides.

—Asela Calhoun, CHAP Director

Health Aide Graduation 2017

On May 5, eight Community Health Aides earned their Certificate in Community Health from the University of Alaska Fairbanks. They have also reached the final level of training and have earned the designation as a Community Health Practitioner (CHP).

These CHPs will continue to work and provide much needed care to the people of the YK Delta. The Community Health Aide Program is very proud of these CHPs and we are thankful for their dedication.

From top left: Isaiah Rivers, CHA II, Marsha Frederick, CHP, Kimberly Beebe-Hoffman, CHP, Sophie Wiseman, CHP, Melody Deacon-Kueger, CHP, Evangeline Phillip, CHP, Wassilene Andrew, CHA III, Linda Davis, CHP and Candace Nelson, CHP.

Celebrating our Nurses!

Nurse’s Week was a fun filled event with lots of laughs, good food and fun times.

The two breakfasts were extra special since our nursing managers sported their cooking talents. The ice cream socials were a huge hit with nursing staff. With seven different flavors of ice cream and many toppings it was a sure taste bud delight. The chili cook-off started out slow but ended big with Molly Boyle’s moose chili as number one. Molly was the winner of the round trip ticket to Anchorage. Justine Chamberlin RN, ER nurse won the photograph contest. Her winning picture will be matted, framed and hung in the hospital for all to view.

I would like to personally thank everyone for their contribution to a very fun nurses week. It is a pleasure for me to serve such a great group of nursing providers. Tundra Nurses are truly a special group of dedicated, compassionate caregivers. In my 33 years of nursing experience, this is the most wonderful experience I have had.

—Cindy Christian RN, MHA, Chief Nurse Executive

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.
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.