



On Wednesday, June 7, YKHC was honored to host Rear Admiral Chris Buchanan, who briefly served as Acting Director for the Indian Health Service, in Bethel, Marshall, and St. Mary's. In this photo Gail Alstrom, St. Mary's Sub-Regional Clinic (SRC) Operations Manager, offers Rear Admiral Buchanan a tour of the trauma room in the St. Mary's SRC. Earlier in the day, IHS staff toured the Bethel hospital, construction site for the Paul John Calricaraq Project, and met staff in the Marshall Village Clinic.

On June 19, the IHS announced the appointment of Rear Admiral Michael Weahkee as the new Principal Deputy Director. Rear Admiral Buchanan will continue to serve as the IHS Deputy Director.

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FYI

Elders Home Request for Donations

The YKHC Long Term Care Center is respectfully seeking various types of donations, including:

- Old equipment for hunting, fishing, trapping and berry picking.
- Furs, leathers, beading supplies, yarn and fabric.
- Volunteers to visit, play music, and help with activities.

These items provide support in offering dementia care activities as well as helping our elders maintain fine motor and cognitive skills. These items do not need to be in working order. In fact, it may be beneficial if they are not. However, we ask that the items be clean upon donation.

For more information about donating items or applying to volunteer, contact Sandra Ingvalson, ext. 6796, or Gerald Hodges, ext. 6780. Qu yana in advance for your generosity!

**Umyuarpeggun cakviuquvet
qayaagaurluten
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.

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

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

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Message from the President/CEO

Exciting Developments

I hope everyone is enjoying their summer time activities! If you have been to Bethel lately, or are from Bethel, you will have noticed the steel beams of the Paul John Calricaraq Project going up on the job site.

For those of you interested in viewing its progress, we also have a webcam at www.calricaraq.org/webcam.

While the construction of a new facility is exciting, the care delivered inside the new facility is even more important. That is why, in anticipation of our move-in, we have been testing a new model of care that is customer-centered and integrates all facets of primary care delivery.

I want to introduce you to Jim Sweeney, Vice President of Hospital Services, who is working closely with me to implement our new customer-centered, integrated model of care. Jim has been in his current role since April 2015 and before that was the Performance Improvement Administrator. Jim is originally from New Hampshire and lived in Aniak for eight years prior to moving to Bethel.

Sincerely,




Dan Winkelman,
President/CEO

YKHC's New Model of Care

YKHC is excited to let you know we are improving the way we offer health care. During the next two years we are designing, testing and implementing a new model of care for our patients. Traditionally, people come to see a provider for a specific problem. The issue is treated and the patient is sent home. While this process meets the need for the particular reason a person came for, it does little to address other health concerns or questions the person may have. The new model adopts a team-based patient-centered approach designed to serve the whole person versus a localized problem you may have. While our new facility is being built we will be testing different parts of our new model to determine how to ensure it works efficiently.

The new care teams consist of providers, nurses, care managers, care manager assistants, behavioral health, pharmacy and, most importantly, you as the patient. To ensure and improve the continuity of care, teams will be assigned to a specific group of villages. When village trips are scheduled, the providers from that team will travel to the villages in their area. This will help to ensure that you see the same provider in the village that you would in Bethel.

A big change from our current method is based on care managers and their assis-



Jim Sweeney,
Vice President
Hospital Services

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

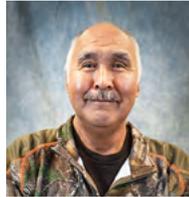


Unit 3 Seat Vacant



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

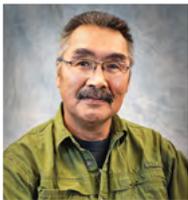


Dale Smith, Jr. Mekoryuk



James Sipary Toksook Bay

Unit 9



Patrick Tall Chevak



John Uttereyuk Scammon Bay

Unit 10



Joshua Cleveland Quinhagak

Unit 11



Marvin Deacon Grayling

Honorary Board Member



James Charlie, Sr. Toksook Bay

tants. These will become your contact point for care at YKHC. When an appointment is made, the care managers work with you to tailor the visit to your individual needs. They will work to ensure YKHC knows what you as the patient want to achieve from your appointment.

How do we do that? Prior to your appointment, the care manager will review your medical history, consult with the provider, and contact you to discuss your visit. During that discussion the care manager determines what you want to accomplish at your exam. If lab tests or radiology is indicated, the care manager will see that orders have been placed and advise you when and where to go. Advance notice allows time to have the tests completed and processed before the appointment. By doing this, the results are ready and available for the provider to review with you during your appointment. If you have not had a dental or eye appointment for some time, the care manager will coordinate getting these appointments set up for you. They will also check for any chronic illnesses, such as hypertension and diabetes, to ensure that all your testing is up-to-date.

In addition to coordinating appointments, care managers will periodically reach out to patients that require chronic care to see how you are doing and ensure lab tests are kept current.

We believe this new model supports YKHC's mission of Working Together to Achieve Excellent Health. Such a fundamental change will not be easy. We are working hard now with our providers and staff to develop this system so it will be operational when we move into the new facility in 2019.

Nutrition Label Reading

What is a nutrition label?

Nutrition labels tell you what nutrients are in one serving of a food product. There may be multiple servings per container. Nutrients include calories, fat, carbohydrate, protein, cholesterol, sodium, and some vitamins and minerals.

Where are they?

Nutrition labels are found on the package of every food product, usually on the back.

Why read nutrition labels?

Reading and understanding nutrition labels can help manage chronic diseases like diabetes, hypertension, obesity and overweight. It can help you avoid excess sodium, saturated fat, cholesterol, and added sugars. Conversely, it can also help build muscle and maintain energy by helping you find foods with good sources of protein, fiber, vitamins and minerals.

How do I read a nutrition label?

Start with looking at the serving size listed on the package and the portion size you normally eat. If the portion you normally eat is larger than the serving

size listed on the package, you are getting more nutrients and calories than what's on the label. How does one serving of the food fit into your daily calorie needs?

Next, use the % Daily Value column to help you understand the nutrients listed on the label. The % Daily Value is listed for each nutrient based on an average 2,000-calorie diet. You may need more or less than 2,000 calories a day depending on your age, gender and physical activity. If a food has 10% of your daily value of carbohydrates, this means you still have 90% of a daily 'allowance' left to reach 100% of your daily needs.

Vitamins and minerals can help us build strong bones, improve eye health, protect us from illness, and help us synthesize hormones. It is important to avoid excess sodium and to strive for 100% of our daily value of vitamins A, D, C, minerals potassium and calcium, and other vitamins and minerals included on the label.

Finally, looking at the ingredient list can help you choose foods wisely. Remember that foods on the ingredient list are listed by weight in descending order. This can help people with food allergies, sensitivities, preferences, and special conditions to stay informed.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Diabetes and Tobacco Prevention join Camp Fire Rural Program

In June, Elin McWilliams from Tobacco Prevention, Venassa Yazzie and Ray Petersen from the Diabetes Prevention and Control Department, began working alongside Camp Fire's Rural Program in 18 villages in the YK Delta.

Key staff traveled to Anchorage May 22–31 for the Rural Program training. A large part of the training consists of the Strong Kids and Wise Kids curriculum, a wellness program developed by Luz Smeenk from the ANTHC Diabetes Program, which provides a positive experience to promote and encourage healthy life choices.

Communities to be visited include Alakanuk, Kotlik, Napakiak, Napaskiak, Aniak, Kwigillingok, Kongiganak, Pitka's Point, and Bethel.

Mtn. Village Children's Health Fair



On May 27, the Mountain Village Tribal Office hosted a children's health fair. DHATs Bernadette Charles, Phylcia Wilde and Dental Assistant Kara Stevens volunteered their time to set up a healthy teeth booth. The kids who came to the fair were very interested and learned what causes a cavity on a tooth and things that they could do to help prevent getting any cavities on their teeth.

Recipe of the Month



Healthy Buffalo Cauliflower Bites

Ingredients

- 6 cups of fresh cauliflower florets
- 2 teaspoons garlic powder
- a pinch of salt
- a pinch of pepper
- 1 tablespoon butter, melted
- ¾ cup Frank's RedHot hot sauce

Instructions

- Preheat oven to 450. Spray a baking sheet with cooking oil, or olive oil. Set aside.
- Mix the garlic powder, salt, pepper, melted butter, and hot sauce in a small bowl.
- Add the cauliflower into a large gallon-sized bag, pour the buffalo sauce into the bag. Shake until the cauliflower florets are fully coated. Spread on a baking sheet.
- Bake for 20 minutes.
- Makes 6 cups; serves 6.

Recipe modified and image source from:
<http://www.galonamission.com>

Teamwork makes the dream work



YKHC's Well Child/Immunization Coordinator Julie Johnson plays a game of Simon Says with village youth in Akiak.

On June 7, CHAP's Well Child/Immunization Department partnered with Public Health Nurses to host the first mini village fair as part of the *Just for the Health of It – Get Immunized!* series. The project's goal is to increase immunization rates in the YK Delta.

Community members in Akiak brought their children to the village clinic to get caught up on immunizations and then headed over to the community center for some fun and games.

Adults played games and made a healthy version of akutaq by substituting plain yogurt for Crisco. Children were engaged in a series of physical activities and games.

More than 20 children in Akiak were vaccinated during the event. In the next few months there will be similar outreach events at six other YKHC communities.

Thank you to Health Aides, Office Assistants, Administrative Assistants, Health Aide Supervisor Instructors and Akiak community members!

2017 National Tribal Public Health Summit

During the 2017 National Tribal Public Health Summit in Anchorage, the YKHC Diabetes Prevention & Control Department educated attendants on the integrated care and diabetes prevention efforts provided by SDPI (Special Diabetes Program for Indians) Programs throughout the state of Alaska. Posters were also presented to attendants on the YKHC DP&C's Specialty Clinics, Group Medical Appointments, involvement with Camp Fire Alaska, and Diabetes Outreach.



Get to know YKHC's outpatient providers



Dr. Phillip Johnson works alongside a team of nurses in the Delta Clinic. (YKHC file photo)

It has been said that healthcare is a team sport. It takes many professionals – doctors, nurses, case managers, and many more – to provide the healthcare services an individual, their family, or our communities need in order to heal what ails them. Throughout the past several months, YKHC has been introducing our readers and social media followers to a few of the highly qualified individuals offering medical care in our health system. This month, we will be introducing our customers to the providers in the Outpatient Clinics of the Yukon-Kuskokwim Delta Regional Hospital in Bethel. In the coming months, we will be introducing our readers to providers working in other parts of our healthcare system as well as those placed in the Sub-Regional Clinics throughout the YK Delta. YKHC remains committed to being here for you and your family.

Yukon Clinic

Anne Komulainen, PA-C

Anne Komulainen studied in the Physician Assistant program at Nova Southeastern University in Ft. Lauderdale, Florida. She graduated in 2004 and has been in practice ever since. Anne moved to the YK Delta in July 2007. She enjoys reading and staying physically active.



Kimberly Fisher, MD

Kimberly Fisher attended the Ohio University College of Osteopathic Medicine in Athens, Ohio, and completed Pediatrics residency in Charleston, South Carolina, at the Medical University of South Carolina. Dr. Fisher has been a practicing pediatrician since 2009, relocating to Bethel with her husband in May 2017. Dr. Fisher likes to cook, knit, and travel. Her husband is a classical guitarist and likes to make homemade bread.



Alexander Judy, MD

Alexander Judy attended medical school at the University of Arizona College of Medicine in Tucson. Since completing his residency in 1997, he worked in ER and Family Medicine settings in Michigan. Dr. Judy was working for St. Francis Hospital & the VA in Michigan prior to relocating to Bethel with his wife Jessica in June 2016. He now works full time in the YKHC Outpatient Clinics.



Deborah Magnuson, PNP

Deborah Magnuson is a Primary Care Certified Pediatric Nurse Practitioner. She received her degree from St. Catherine University in St. Paul, Minnesota. Deborah practiced as a Registered Nurse (RN) for 16 years before graduating as a PNP in 2014. She began working at YKHC in February 2017. She likes reading, fishing, sewing, knitting and gardening. Deborah and her husband have three children and two dogs.



Kusko Clinic

Ann Glasheen, WHNP

Ann Glasheen has been a Registered Nurse for 40 years and a Women's Health Nurse Practitioner (WHNP) for 12 years. She has worked for YKHC for 25 years and spends her free time fishing, cooking, camping, or out enjoying photography.



Recently, the Executive Board from the American College of Obstetricians and Gynecologists (ACOG) voted unanimously to present Ann with the William H.J. Haffner Award, in recognition of her contributions to improving prenatal care for American Indian and Alaska Native women in the Yukon-Kuskokwim Delta.

Abigail Morgan, WHNP-BC

Abigail Morgan is a Women's Health Nurse Practitioner (WHNP) who has been in practice for 12 years. She received her Masters Degree at Vanderbilt University. Abigail is a newcomer to Bethel, moving to the community in spring 2017. Originally from Tennessee, she lived and worked as a WHNP in Botswana (Southern Africa) for two years. She is married with two toddler boys and enjoys spending time outdoors camping, hiking, and fly-fishing with her family.



Susan Dunbar, WHNP

Susan Dunbar received her medical training at Florida A&M University. She has been a practicing Women's Health Nurse Practitioner (WHNP) for six years. She recently arrived to join the YKHC team. Susan likes movies, bowling, travel and spending time with her family.



David Compton, MD, OB/Gyn

David Compton started his career with the U.S. Army in 1987, after completing medical school at Uniformed Services University of the Health Sciences in Bethesda, Maryland. He took his residency at Walter Reed Army Medical Center in Washington, D.C. Dr. Compton is board certified by the American Board of Obstetrics and Gynecology and has worked full-time for YKHC since December 2009.



Elizabeth Roll, MD

Elizabeth Roll is YKHC's Outpatient Clinic Service Unit Director. She grew up in the small town of Capron, Illinois. Dr. Roll attended Millikin University and received her doctorate from Southern Illinois University School of Medicine. She has lived in Bethel since 1999 with her husband and two daughters.



Delta Clinic

Phillip Johnson, MD

Phillip Johnson graduated from Loma Linda University School of Medicine in Loma Linda, California. Johnson took residency at Loma Linda Family & Preventive Medicine, completing his residency in 2015. Dr. Johnson joined the YKHC medical team in September 2015. His hobbies include rock hounding, camping, indoor gardening, and cooking.



Catherine Statham, FNP

Catherine Statham studied at Northern Arizona University in Flagstaff, Arizona. She has been in practice as a Pediatric Nurse Practitioner for ten years. Catherine lived in Kotzebue for six years, and came to the YK Delta in early 2017. Catherine spends her spare time quilting or practicing photography.



Robert Tyree, MD

Robert Tyree graduated from Miami School of Medicine in Miami, Florida. Dr. Tyree has been practicing medicine since 1990 and moved to the YK Delta to join YKHC in September 2015. In addition to offering care through the Outpatient Clinics, he also provides medical care at the Bethel Long Term Care Clinic. He enjoys playing guitar in his free time.



Cameron Mortensen, PA-C

Cameron Mortensen is a Physician Assistant (PA) who studied at the University of Washington, MEDEX Northwest. Mortensen has been a practicing PA for ten years. He's been in Alaska for 17 years and recently joined the Outpatient Clinic staff at YKHC. His interests include hunting, fishing, camping, boating—and anything outdoors.



Lean Success in St. Mary's

St. Mary's SRC Operations Manager Gail Alstrom provided an overview of the clinic's Napartet Visual Board during a site visit by the Acting Director of the Indian Health Service and his staff June 7.



St. Mary's SRC Operations Manager Gail Alstrom and President/CEO Dan Winkelman.

She described the Lean tools YKHC has implemented and offered background on the clinic's A3 project – improving the rate of control of high blood pressure in YKHC patients diagnosed with hypertension. In March 2017, the control rate of hypertension in patients of the SRC was 49 percent. Through increased focus on the goal, the St. Mary's SRC's control rate improved by 10 percent, to 59 percent, by the end of May.

“We are getting patients in, making sure their blood pressures are right, and setting up physicals or labs where necessary,” Alstrom said. “This improvement is directly related to staff using our A3. We are meeting about it and focusing on it so we can help our patients.”

Leadership approves 2018 capital budget

For the third year in a row YKHC Leadership has approved a capital budget for medical equipment, facilities improvements, and technology upgrades. Two million dollars in requests was prioritized and vetted by the Capital Projects and Equipment Committee.

YKHC will be updating medical equipment with new technology in several departments. Equipment upgrades include \$160,000 in endoscopy equipment, \$150,000 in radiology, and several hundred thousand more in the pharmacy and lab.

New dental travel equipment will allow more dentists and DHATs to have state-of-the-art portable equipment to work with in the villages.

Upgrades to fuel tanks in Aniak, St. Mary's, Hooper Bay, and Toksook Bay will result in significant cost savings with bulk fuel purchases for the sub-regional clinics. Repairs to the aging heating system in the Community Health Services Building will be taking place this summer as well as upgrades to aging computers and network equipment throughout the corporation.

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)

July, 2017

Dr. Paul John Calricaraq Project

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



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

PJCP Design

With the main spaces designed, the design team is refining details for the hospital and new clinic. In May, the team worked with YKHC to advance the meditation room, locker rooms, office spaces, treatment rooms and secured medicine storage. Bettisworth North architects presented final interior design colors, patterns, and finish options to the Steering Committee. The design team is also selecting exterior panels, curtain wall material and glass colors.

Cultural Design Integration: Jones & Jones architects led the first workshop with the Arts and Cultural Committee on May 22. Each floor in the clinic will represent different elements: first floor, water; second floor, land; and third floor, air. The first floor clinic exam rooms and care team spaces will be organized by region and geographic relationship to river: "upriver, downriver." The four seasons will be represented in the clinic exam rooms, beginning with spring at the clinic entry and moving towards winter as the exam rooms continue off the corridor. Lead contacts/subgroups were established for photography, display cases, and quotes/wisdom words (and signage). YKHC will be coordinating a local photo contest in Summer 2017 to collect a variety of photos from YK Delta villages for use in cultural display panels.

Other Program Elements

Non-Medical Furniture Planning & Design: An assessment of all the existing non-medical furniture in the YKDRH was completed. A preliminary design workshop was held on June 6 with the Steering Committee and Department Heads to design a standard furniture workstation for use in the team rooms and department offices. The goal was to orient workstations toward daylight/windows, support care team collaboration, minimize noise and maximize workstations in each room. The group also reviewed furniture options for gathering house/dining, waiting areas and children's furniture.

Dental Equipment Planning & Design: After weeks of meetings with the Dental Department to assess equipment needs and confirm selections, Burkhardt Dental presented the final dental equipment list to the Steering Committee for approval on June 5. YKHC's Mechanical Engineer and M/E Administrators are reviewing the drawings prior to the list being advertised for competitive pricing.

Medical Equipment Planning & Design: Arcadis and design team members met with each department to review and confirm near-final medical equipment lists and revised floor plans based on the 65% Design Development Review comments. The team will work with The Innova Group and ZGF to incorporate revisions and suggestions to advance the final medical equipment list and plans.

Warehouse/Materials Management: YKHC is working with St. Onge and Intalere to evaluate materials procurement, storage and supply processes in accordance with lean concepts.

PJCP Construction

ASKW/Davis completed the installation of ground insulation and backfill at the PJCP construction site. On May 25, 1,000 tons of structural steel were delivered to Bethel from Tacoma. As the steel is being erected for the new clinic, the site is rapidly changing. Webcam images of the construction site will be regularly posted on the project website for those interested in tracking the construction progress. Fill placement at Lot 9 and PJCP North has been completed. These lots will be used for construction lay-down area and project storage.



ASKW/Davis is erecting the steel for the new PJCP clinic

YKHC Staff Housing

The first of the housing modules were delivered to Bethel in May and are now being set in place. Pile cap installation is in progress. The furnishings have been ordered and will ship on the last barge of the season.

Talking Wall Question of the Month:

What non-craft items should be sold at the new gift shop?

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

April 2017 Health Aide of the Month: Shara Davis, CHP from Mekoryuk

Shara Davis, CHP from the village of Mekoryuk, has been recognized as Health Aide of the Month for April 2017. She is an outstanding health aide in and outside the clinic. Shara recently stepped up and helped purchase a basketball hoop for the village of Mekoryuk. She made arrangements for the basketball hoop to be delivered to the village so the kids in her community could stay active and healthy during the summer months. She is aware that diabetes is rising and wants children to stay healthy.

Shara's action is beneficial for her community of Mekoryuk, especially for the children who need to stay active. This shows that Shara is caring and compassionate for the wellbeing of the children of Mekoryuk. She is truly a role model for them. Thank you, Shara, on behalf of YKHC and CHAP. Keep up the great work!



New DHAT Graduate

Allison Ayapan successfully completed the two-year DHAT Training Program and will begin working for YKHC as a Dental Health Aide Therapist this July.



For graduation, Allison gave a presentation on tooth-colored fillings for front teeth. I spoke with several of her instructors at the graduation events who raved about the quality of fillings that Allison has been doing for her patients. One instructor said, "If I ever break one of my front teeth, I'm going to find Allison to fix it for me." We appreciate all the hard work and dedication that has gotten her this far and are excited to welcome her to the YKHC dental team.

—Judith Burks, DDS, DHAT Coordinator

Welcome Jonica!

Please help me welcome our new Executive Assistant Jonica Williams. Jonica will report to the Village Health & Workforce Development and Communication divisions and will be taking over for Melody Hoffman, who has been covering this position part time since January.



Jonica is originally from Napaskiak and has been living in Bethel on and off for three years. She's excited to start in this position and will be working with Melody over the next few weeks to get oriented.

—Rahnia Boyer, VP Village Health & Workforce Development

Congratulations on CHAP Training Center Review Success!

by Alan Shear and Asela Calhoun, CHAP

On May 22–24, CHAP underwent its five-year site review by the Review and Approval Committee (RAC), which is responsible for certifying Community Health Aide Programs and Training Centers for the State of Alaska.



Left to right first row: Asela Calhoun, CHAP Director; Alan Shear, Training Center Coordinator; Faith Walsh, RAC Review Team Member; Jamie Jenkins, CHP; Jacqueline Andrew, CHP; Candace Nelson, CHP. Top row: Carolyn Craig, RAC Review Team Member; and Sue Stewart, RAC Review Team Member.

They observed students and instructors and conducted many interviews with staff, students, and Village Operations administrators. Records, including curriculum, lesson plans, schedules, and student records, were examined.

A village trip to Napaskiak was also conducted where the team toured the clinic and interviewed the Health Aides working there. The RAC members concluded that the Community Health Aide Program met all of the standards required for a five-year recertification.

We would like to thank all the staff who participated in this review and the RAC team for confirming that the YKHC Community Health Aide Training Center continues to maintain the highest standards required by the state of Alaska.

Reflections: Achieving an educational milestone

by Katherine Evon

I previously attended the University of Arkansas and the University of Alaska, majoring in Biology and Psychology. Life happened and I did not finish what I started, deciding that I should work to support my family. I did not let my two children at the time stop me from pursuing the goals I set for myself. I attended Alaska Career College and graduated with my Certificate of Medical Assisting. That accomplishment gave me light to see what I wanted to do with my education and future.

My Health Aide career began in Akiachak in June 2013. I applied for the position knowing I had a great opportunity to help my community I could actually see patients. The health field has always been a big part of my life, seeing firsthand what a Health Aide does by watching my mother.

I became an Assistant Supervisor in June 2015, as a Session II Health Aide. To be qualified for a Supervisor Instructor (SI) position, you must be Session III or higher. I made the decision in August 2015, with the support of my husband Peter, that I was going to challenge myself to pursue a degree in healthcare administration. The next month, I enrolled and started classes with only one goal in mind, my Bachelors Degree. Now with five children, four years after my last college class, I began my college career. This time I told myself I would finish no matter what was thrown at me.

In January 2016, I was in the Session III class, which allowed me to transfer into the SI position. Traveling a week at a time for work, classes after work, family, praying daily, I was just thankful I had my husband there supporting me. I couldn't have done it all without him pushing me, supporting me, my children giving me motivation to work hard and strive for the best. Through all the struggles of balancing my family and work, late nights, and lack of sleep, I conquered it all with the help of my husband, children and prayer.

My motivation was imagining my family watching me graduate, especially my children. I wanted my chil-



Katherine Evon and her children.



Graduation Day.

dren to realize they could do so much more if you put your mind to it. I am now the Field Supervision Coordinator, with plans to pursue my Masters Degree.

I want to thank my husband Peter, my children, my family, and YKHC SI's. Mothers and Health Aides with big families, there is still hope. Having a big family shouldn't slow us down; it should give us motivation to want more.

Katherine Evon graduated in May 2017 with her Bachelor's Degree in Healthcare Administration from Kaplan University. She continues to serve the people of the YK Delta as a Field Supervision Coordinator for YKHC. She resides in Bethel with her husband and children.

“Since moving here in 1999, I’ve become involved in many ways, from visiting villages to attending potlucks and school events. *It’s so rewarding to see the commitment people here have to family.*”

DR. ELIZABETH ROLL

Dr. Elizabeth Roll is YKHC’s Outpatient Clinic Service Chief and Subregional Clinic Unit Director. She supervises about 30 providers and oversees operations at the Kusko, Delta and Yukon clinics. She grew up in Capron, Illinois, (population 300), one of three sisters. Dr. Roll attended Millikin University and received her doctorate from Southern Illinois University School of Medicine. She lives in Bethel with her husband and their two girls.



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