FYI

Colorectal Cancer Survey Coming

Alaska Native people have higher rates of colorectal cancer than other populations. But screening and early detection can save lives.

To help decrease colorectal cancer in our region, the YKHC Board, in partnership with the Alaska Native Tribal Health Consortium, has approved a survey to learn what people think about different types of colorectal cancer screening methods, including a new screening method, the stool DNA test (Cologuard).

If you are between 40 and 75 years of age, you may receive a letter in the mail with this survey and a postage-paid reply envelope. Please fill out and return the survey so we can learn which colorectal cancer screening tests might be best to use in the YK region. Participants will be entered into a drawing for a $250 VISA gift card.

Questions? Contact Diana Redwood (ANTHC) at 907-729-3959 (dredwood@anthc.org) or Dr. Joseph Klejka (YKHC) at 907-543-6028 (joe_klejka@ykhc.org).

William Kelly, a Community Health Aide Trainee in St. Mary’s, fishes on the shore of the Andreafsky River. Fish, particularly salmon, provides a natural source of Vitamin D. Vitamin D keeps bones and teeth strong. Read more about the importance of Vitamin D in baby development on page 7. (Photo by Mitchell Forbes)
Message from the President/CEO

Quality Care for Mothers and Babies

Waqaa! This month I am profiling YKHC’s Prematernal Home and the Hospital’s Labor and Delivery department and their importance to expectant mothers who live in the Yukon-Kuskokwim Delta. The Prematernal Home provides 24-hour accommodations for pregnant women from villages who are waiting in Bethel to deliver their baby. The following services are provided: clean and safe lodging, three meals and two snacks per day, transportation to medical appointments, laundry services, a supportive staff, classes on health education and leisure activities.

Last year, more than 3,200 women and children stayed at the Prematernal Home. The average length of stay for maternity was three weeks. We also held 55 health education classes where expectant mothers learned everything from caring for their newborn to keeping themselves healthy and fit. Part of the curriculum is learning the importance of breastfeeding.

This August is National Breastfeeding Month where according to the U.S. Breastfeeding Committee, “breastfeeding is a proven primary prevention strategy, protecting both infants and mothers from a host of chronic and acute diseases and conditions and building a foundation for life-long health and wellness.” The Centers for Disease Control and Prevention says, “one of the most highly effective preventive measures a mother can take to protect the health of her infant is to breastfeed.”

Besides our prenatal classes, we use a variety of other high quality methods to encourage breastfeeding. Two evidenced-based practices used in our Hospital’s Labor and Delivery department include skin-to-skin care and rooming-in. Skin-to-skin care is the practice of placing the infant directly on the mother or other caregiver in an effort to maximize contact. According to the CDC and the American Academy of Pediatrics, this practice helps initiate breastfeeding, stabilize glucose levels, and maintain infant body temperature. Rooming-in is having the mother and infant remain together or very close-by 24 hours per day during the birth hospitalization. This also helps to initiate breastfeeding. Last year, more than 400 babies were delivered at our Hospital.

Quyana to our providers and staff for these high quality services. I also want to thank you for letting me share with you two very important parts of our YKHC health system.

Sincerely,
New Public Information Officer

The YKHC Communications team is proud to welcome Mitchell Forbes as the organization’s Public Information Officer (PIO). Mitchell will work closely with the VP of Communications on YKHC’s branding initiative, electronic bulletin board implementation, and aligning strategic corporate messaging.

He began his tenure with YKHC as a summer hire in 2011, 2012, 2013, and 2016; he returned to the organization in December 2016 to serve as an intern in the Public Relations department while completing requirements for his Bachelor’s Degrees. In May he received degrees in Political Science and Photojournalism from Northern Arizona University in Flagstaff, AZ.

Welcome on board Mitchell, we’re excited to have you!

–Tiffany Zulkosky, Vice President of Communications

Luau Party with Behavioral Health

The Developmental Disabilities and Behavioral Health departments celebrated summer in style with a Luau party last month. Everyone enjoyed an afternoon of fun and games, music, face paint, door prizes, and more—celebrating the services, staff, and clients, and showing appreciation for the hard work and dedication that everyone puts into the works of teaching, healing, and wellness.
Nutrition for Women’s Health

Women, just like men, need to eat a wide variety of foods to meet daily nutrient needs. Eating a balanced diet full of fruits, vegetables, whole grains, low-fat dairy, and lean protein can help maintain a healthy body weight and prevent chronic diseases. This month’s Healthy Living section focuses on key nutrients for women’s health.

**Calcium**

Calcium is a nutrient that helps increase bone mass and prevent osteoporosis. Osteoporosis is a weakening of the bones causing them to be brittle and break easily. If you are a woman, breastfeeding, post menopausal, amenorrheic (absence of regular menstruation), sedentary, or use tobacco, you are at greater risk for osteoporosis. It is important to focus on getting enough calcium from calcium-rich foods and supplements. Pregnant or breastfeeding women need at least 1,000 mg per day. Women over 50 need 1,200 mg per day.

**Foods with calcium**

<table>
<thead>
<tr>
<th>Food, serving size</th>
<th>Calcium content</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk, 1 cup</td>
<td>300 mg</td>
</tr>
<tr>
<td>Yogurt, 1 cup</td>
<td>300 mg</td>
</tr>
<tr>
<td>Fortified orange juice, 1 cup</td>
<td>300 mg</td>
</tr>
<tr>
<td>Canned salmon, with bones, 3 oz</td>
<td>200 mg</td>
</tr>
<tr>
<td>Fortified cereal, 1 cup</td>
<td>200 mg</td>
</tr>
</tbody>
</table>

**Vitamin D**

Vitamin D helps the gut absorb calcium to facilitate bone growth. It also may help reduce the risk of some cancers, heart disease, infectious disease, and other chronic diseases. Vitamin D is produced in our bodies when bare skin is exposed to sunlight. Because of Alaska’s high latitude and low temperatures, it is very difficult to get enough sun exposure to synthesize adequate vitamin D. A blood draw can determine your vitamin D levels. Ask your provider about your vitamin D levels at your next visit. For low vitamin D, it is important to take supplements and increase intake of vitamin D rich foods. Vitamin D content is expressed in either international units (IU) or micrograms (mcg). 40 IU is equal to 1 mcg. Pregnant or breastfeeding women need at least 800 IU (15 mcg) per day. Older men and women need 800 IU (20 mcg) per day.

**Foods with vitamin D**

<table>
<thead>
<tr>
<th>Food, serving size</th>
<th>Vitamin D content (IU)</th>
<th>Vitamin D content (mcg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salmon, cooked, 3 ounces</td>
<td>447 IU</td>
<td>11.2 mcg</td>
</tr>
<tr>
<td>Tuna, canned in water, 3 oz.</td>
<td>154 IU</td>
<td>3.9 mcg</td>
</tr>
<tr>
<td>Orange juice, fortified, 1 cup</td>
<td>137 IU</td>
<td>3.4 mcg</td>
</tr>
<tr>
<td>Fat free milk, 1 cup</td>
<td>120 IU</td>
<td>3.0 mcg</td>
</tr>
</tbody>
</table>

**Iron**

Iron is needed to create hemoglobin in red blood cells. Hemoglobin attaches to oxygen in the lungs and carries it to tissues throughout the body. Without enough iron, hemoglobin is unable to function. This can cause fatigue, chills, shortness of breath, sluggishness, and difficulties concentrating. Due to menstruation and increased blood volume during pregnancy, it is important for women to get at least 25 mg of iron per day.

**Foods with iron**

<table>
<thead>
<tr>
<th>Food, serving size</th>
<th>Iron content (mg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>100% iron-fortified cereal, ¼ cup</td>
<td>18 mg</td>
</tr>
<tr>
<td>Cream of wheat, ½ cup</td>
<td>5.2 mg</td>
</tr>
<tr>
<td>Instant oatmeal, ½ cup</td>
<td>5 mg</td>
</tr>
<tr>
<td>White beans, canned, ½ cup</td>
<td>3.9 mg</td>
</tr>
<tr>
<td>Lentils, ½ cup</td>
<td>3.3 mg</td>
</tr>
<tr>
<td>Spinach, ½ cup cooked or 1 cup raw</td>
<td>3 mg</td>
</tr>
</tbody>
</table>

**Folate**

Folate (natural) or folic acid (synthetic) is a B vitamin needed for the proper development of the human body. It helps produce DNA and RNA and plays a role in mental and emotional health. It also helps synthesize red blood cells and helps iron work properly. Specifically for women, folic acid is vital during pregnancy as it plays a role in the formation of baby’s central nervous system. Pregnant or breastfeeding women need 500–600 mcg per day.

**Foods with folate/folic acid**

<table>
<thead>
<tr>
<th>Food, serving size</th>
<th>Folate/folic acid content (mcg)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef liver, 3 ounces</td>
<td>215 mcg</td>
</tr>
<tr>
<td>Spinach, boiled, ½ cup</td>
<td>131 mcg</td>
</tr>
<tr>
<td>Black-eyed peas, cooked, ½ cup</td>
<td>105 mcg</td>
</tr>
<tr>
<td>Fortified cereals</td>
<td>100 mcg</td>
</tr>
</tbody>
</table>

**Foods to Avoid**

During pregnancy it is important to avoid foods that increase the risk of getting food-borne illnesses—raw meat, uncooked seafood, smoked seafood, cold deli meat, and soft cheeses. It is also recommended to avoid caffeine, alcohol, all tobacco products, and high mercury foods. In regards to the mercury content of fish in the YK Delta, state health officials actively monitor Alaska residents and have not found any cases of unsafe mercury exposures from eating Alaska fish. The benefits of eating fish far outweigh potential health risks. More information on Alaska’s fish consumption guidelines can be found at [http://dhss.alaska.gov/dph/Epi/eph/Pages/fish/default.aspx](http://dhss.alaska.gov/dph/Epi/eph/Pages/fish/default.aspx)

**Sources:**

- [womenshealth.gov](http://womenshealth.gov)
- [eatrightpro.org](http://eatrightpro.org)
- [ods.od.nih.gov](http://ods.od.nih.gov)
- [americanpregnancy.org](http://americanpregnancy.org)
- [foodsafety.gov](http://foodsafety.gov)
- [dhss.alaska.gov](http://dhss.alaska.gov)
Travel Tips for Alaska Medicaid Patients and Escorts

Before you Travel

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

Plane Reservation
Once your travel is approved, make airline reservations by contacting the YKHC Travel Management Center (TMC) at 855-543-6625, Monday–Sunday, 8:30 a.m. – 5:30 p.m. It is important that patients contact YKHC TMC— instead of air carriers—to avoid duplicate reservations, prevent delayed travel arrangements, and ensure seating availability.

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

Preparation/Paperwork/Information
Get all approved travel vouchers needed for airline reservations, meals, lodging and taxi for patient and the escort from the YKHC TMC or village clinic.

Be sure to write down your appointment dates and times.

Make sure that you arrive at the airport in time to check in and proceed through security. Except in extreme, unavoidable situations, Medicaid will not pay to rebook a missed flight. This means patients may be responsible to pay their own way home if they do not make their flight times.

At your Destination
Pay close attention to flight reservations; escorts may be transported home and then back again for the patient’s return trip depending on trip duration and cost effectiveness.

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

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

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

Don’t Forget to Take Along:
• All patient and escort travel vouchers from the health care provider.
• Money for items not covered by Medicaid (room service, tips, phone calls, movies, etc.)
• Personal identification for patient and escort.
• The patient’s Medicaid card or coupons for all appointments.

If your travel plans change
Update your airline reservations with the YKHC Travel Management Center at 1-855-543-6625 or, if after 5 p.m., contact Qavartavik Hostel at 1-907-543-6400. Do not contact air carriers directly. If in Anchorage, contact your provider or Quyana House at AMNC for assistance.

Recipe of the Month

Salmon & Feta Omelet

Ingredients
• Cooking spray
• 4 oz salmon fillet, cooked, flaked
• 1 cup chopped broccoli
• ½ medium tomato
• ½ cup finely chopped onion
• 4 large eggs, beaten
• 2 tablespoons feta cheese, crumbled
• ¼ teaspoon dried dill
• ¼ teaspoon pepper
• Parsley for garnish
• 4 slices whole grain bread

Instructions
2. Combine egg, salmon, feta, dill and pepper in a small bowl. Add cooked vegetables. Divide mixture for 2 omelets.
3. Add ½ mixture to pan. Cook 3 to 4 minutes; flip omelet and cook 2 minutes or until cooked through. Repeat for second serving.
4. Garnish with parsley. Serve with toasted whole grain bread for a high fiber, calcium, vitamin D, iron, and folic acid rich meal any time of day.

Image from wishfulchef.com. Recipe modified from tasteofhome.com
**Spotlight on Women’s Health**

**Prenatal Care at YKHC Women’s Health Services**

Pregnancy is a wonderful time for women and families and receiving the proper care is important. Our health aides do an amazing job and, fortunately, many women who live in villages can receive their care right at home. But it is important to come to Bethel for additional care—where lab work, ultrasounds and follow-up with higher level providers are available. Providers, who are specialists in women’s health, can recognize problems that can occur at any time during the pregnancy. This is important so the proper action can be added to the plan of care, whether that is sending patients to Anchorage for special ultrasounds or delivery where a NICU (neonatal intensive care unit) is available.

The YK Delta region is unique because our expectant mothers come to Bethel at about 36 weeks, which we call their “Be in Bethel” date or BIB, and live at the Prematernal Home until they deliver. The reason for this is to be close to the care that is not provided at village clinics. For many women, if they stayed home and waited to come to Bethel when labor started, they would quite likely deliver at home or on the plane. With unpredictable weather it is safest for the mother and the baby to travel when labor and delivery is not imminent. Also, there are risks to delivering in the village since doctors, nurses, operating room, medications, and blood products are not available if an emergency arises any time during the labor and delivery. Even something as simple as towels and a warmer are not available for the babies. Although it is hard to leave families and be away for so long, the health of the patient and baby is the greater concern.

It is also very important to take medication as prescribed. Many of our region’s residents are vitamin D deficient and anemic. Taking vitamin D and iron as prescribed will help to continue in a healthy pregnancy. Although many continue to chew tobacco, thinking it not as harmful as smoking, the effects of tobacco, no matter what form, is unhealthy for both the patient and the baby. Refraining from tobacco, alcohol, and drugs are imperative as the baby is growing and developing. Continuing a healthy diet of fresh fruit and vegetables, along with increasing water intake, are all part of practicing a healthy lifestyle during and after pregnancy.

The Women’s Care and Support Team is here to answer questions and assist the patients where their care is concerned. Please call 543-6296 and make appointments to continue receiving good care throughout your pregnancy. Thank you for allowing us to participate and celebrate with you during this exciting time for you and your family.

**World Breastfeeding Week August 1–7**

World Breastfeeding Week is a worldwide celebration aimed at emphasizing the value of breastfeeding for mothers and babies. Breast milk contains antibodies that help protect babies from illness, supplies all of the nutrients to support growth and is gentle on a baby’s stomach.

Breastfeeding also is beneficial for women. Breastfeeding reduces the risk of ovarian cancer, breast cancer and post-partum depression.

**What Is Cervical Cancer and How Can I Prevent It?**

Cervical cancer is cancer of the cervix. The cervix is the lower, narrow end of the uterus, which is where a baby grows when a woman is pregnant. Like all cancers, cervical cancer is caused by abnormal cells that grow out of control in one part of the body and eventually spread to other parts of the body if left untreated. Unlike some cancers, however, cervical cancer is preventable.

The pap test is a screening tool that can detect abnormal cervical cells before they have grown into cancerous cells. When detected, these abnormal cells can be monitored or treated to ensure they do not develop into cancer.

So who should get a pap test? Women age 21–65 should get a routine pap test. For women age 21–29, pap tests are generally done every three years. For women 30 and older, a pap can be done as little as every five years. If abnormal cells are found by the pap test, more procedures or more frequent paps might be done to ensure these cells do not develop into cancer.

Don’t know if you need to have a pap? Call the Women’s Health Grant at 543-6990 to see if you are due for a pap. An appointment can be set up and travel assistance can be provided if you qualify. You can also talk with your provider at a regular visit to learn more about cervical cancer prevention. If you could prevent cancer, wouldn’t you? Getting your routine pap is a great way to start.
Vitamin D supplements in pregnant women for healthy bones in children

Many women who are pregnant do not have high enough levels of Vitamin D. Some women have vitamin D levels that are very low. This can cause rickets (soft bones) in their babies.

What is Vitamin D?
Vitamin D helps keeps bones and teeth strong and healthy. It also helps with overall health.
People get vitamin D naturally from the sun. However, in Alaska the sunlight is not enough to provide adequate vitamin D production, especially during the winter months. It is not included in many foods. Salmon is one of the best natural vitamin D sources. Vitamin D is found in other fish and marine foods, and in foods with added vitamin D (like milk).

What is rickets?
Rickets is a condition in children caused by very low vitamin D. It can cause bowed legs and bone deformities in toddlers, and seizures in infants.

What happened in the past?
In the past, nearly all YK women had enough vitamin D from a marine diet. Now many pregnant women have low vitamin D levels that put their infants at risk for rickets.

What is YKHC doing?
YKHC wants to make sure that pregnant women have enough vitamin D. YKHC providers are checking vitamin D levels at first prenatal visit and giving extra vitamin D pills to pregnant women to make sure that they have enough vitamin D.

What can you do?
Pregnant women
- Take the prenatal vitamins and vitamin D that your doctor prescribes.
- Ask your provider about your vitamin D level.
- Give the prescribed vitamin D drops to your infant when he/she is born

Everyone:
- Eat fish, marine animals and other foods high in vitamin D
- Eat foods, like milk, which are fortified with vitamin D.
- Take vitamin D supplements if recommended by your doctor.
- Get outside: Your body can produce some vitamin D from natural sunlight.

What is your Vitamin D level? What does it mean?

<table>
<thead>
<tr>
<th>25-OH Vit D level</th>
<th>Interpretation</th>
<th>What this means</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-12 ng/ml</td>
<td>Too low</td>
<td>Associated with vitamin D deficiency, Can lead to rickets in infants.</td>
</tr>
<tr>
<td>13-19 ng/ml</td>
<td>Low</td>
<td>Not enough for bone health</td>
</tr>
<tr>
<td>20-49 ng/ml</td>
<td>OK!</td>
<td>Health bones possible with this level.</td>
</tr>
<tr>
<td>Over 50 ng/ml</td>
<td>Too high</td>
<td>Not better. No extra benefit. Potential side effects at high levels.</td>
</tr>
<tr>
<td>100 ng/ml</td>
<td>Dangerous</td>
<td>Vitamin D is toxic at this level</td>
</tr>
</tbody>
</table>

Based on the 2010 Institute of Medicine guidelines.
Get to know YKHC’s Sub-Regional Clinic Providers

YKHC is dedicated to bringing healthcare as close to our customers as possible. Many of the services provided at the regional hospital in Bethel are also available at YKHC’s Sub-Regional Clinics (SRCs). Patients may receive preventive and urgent care, physical exams, diagnostic review, prenatal care, laboratory tests, X-rays, and medications.

YKHC operates five Sub-Regional Clinics throughout our Service Area:
- Clara Morgan Sub-Regional Clinic, Aniak
- Pearl E. Johnson Sub-Regional Clinic, Emmonak
- John Afcan Memorial Sub-Regional Clinic, St. Mary’s
- Toksook Bay Sub-Regional Clinic
- Hooper Bay Sub-Regional Clinic

The five SRCs are the second tier of our four-tiered health system, offering the next level of care to what is available at our village clinics and staffed by mid-level providers — Physician Assistants and Nurse Practitioners.

Physician Assistants (PAs) are licensed health professionals who have many of the same responsibilities as doctors, though they practice under a physician’s supervision. PAs review medical histories, examine patients, order and interpret diagnostic tests, diagnose illnesses and can prescribe treatment. A PA’s focus is patient care, and their practice may include education, research and patient administration activities.

Nurse Practitioners (NPs) combine clinical diagnosis and treatment of health conditions with an emphasis on disease prevention and health management. NPs examine patients, diagnose illness, provide treatment, and prescribe medication.

Emmonak

Christina C. King-Talley, MSN, FNP-BC
Christina studied nursing at the Massachusetts Institute of Health Professions in Boston and earned her Nurse Practitioner degrees from the University of New Hampshire in Durham, New Hampshire. She has lived in Emmonak since 2011, where she is currently working as a Family Nurse Practitioner and the Sub-Regional Clinic Operations Manager. She has three children, four grandchildren and two dogs. Christina enjoys reading, writing, and knitting in her spare time.

Rachel Youngblood, PA-C
Rachel studied at Widener University in Chester, Pennsylvania, and has been in practice as a Physician Assistant for eight years. Her hobbies include baking cakes, running and finding fun things to do. She is new to the YK Delta, joining the healthcare team in Emmonak in June.

Toksook Bay

Anne Willard, FNP
Anne attended received her undergraduate degree from the University of Florida and her graduate degree from the University of Texas in Austin. She has been a Nurse Practitioner for 22 years, having spent 14 of those with YKHC at the Toksook Bay Sub-Regional Clinic. She enjoys sailing, gardening and astronomy.

Matthew Willard, PA-C
Matt is married to Anne and shares in family care services at the Toksook Bay Sub-Regional Clinic. He studied at Hahmemann University in Philadelphia and the University of Nebraska. Of his 20 years in medical practice, 14 years have been at the Toksook Bay SRC. He also shares Anne’s hobbies of sailing, gardening and “star-gazing.”
Aniak
Jeanne Yeagle, PA-C
Jeanne received her degree at Alderson Broaddus Collage in Phillip, West Virginia in 2003. Jeanne started at Advanced Orthopedics in Peoria, Illinois, and has been at the Aniak Sub-Regional Clinic since May 2013. Her hobbies include fishing, camping, snowmachining, traveling in her motor home and spending time with her parrots. Jeanne’s family lives in the Midwest.

Ayanna Galloway, PA-C
Ayanna graduated from Wake Forest University in North Carolina in 2001. She started practicing at Today’s Woman, where she stayed for seven years. Ayanna’s hobbies include reading, karate and walking (with the goal of running). Ayanna and her husband Sean have three children: Damali, Kosi and Karonnie – they relocated from North Carolina to the YK Delta in March 2016 and now live in Aniak.

St. Mary’s
Vicki Lear, PA-C (also MLT (ASCP) and CDE)
Vicki has been a Physician Assistant for 15 years, earning her degree from Kettering College of Medical Arts in Dayton, Ohio. She earned her Masters Degree from Still University in Arizona in 2006. Vicki worked in Urology for two years before going into Family Practice, where she launched an intensive diabetic education program and developed an ADA-approved Diabetic Center for a local hospital. Vicki has been at the St. Mary’s Sub-Regional Clinic for four years. She has three adult children and her hobbies include “everything outdoors.”

Denise Tran, MS, RN, FNP-BC
Denise studied at Regis University in Denver, Colorado. She was a traveling nurse for 15 years and worked in the Interventional Cardiology Unit at St. Joseph’s Hospital. She has been a Nurse Practitioner for five years — two years in private practice in Trinidad, Colorado, and three years in urgent care in Denver. Denise arrived in St. Mary’s in October 2016. She enjoys fishing, skiing, hiking, exploring Alaska and traveling. She has since been joined by a village dog named Lucky.

Hooper Bay
Sandy Beeman, PA-C
Sandy attended the University of North Dakota in Grand Forks. In 1995, she enrolled in the Physician Assistant Program at Still University in Mesa, Arizona. She later received a Master of Science in 2010. Sandy has practiced medicine for 22 years and moved to the YK Delta four years ago to provide services at the Hooper Bay Sub-Regional Clinic and the Chevak Village Clinic. In addition to gardening and photography, she enjoys teaching a weekly Medical Qigong Class. Medical Qigong is a Chinese form of exercise that incorporates gentle movements and regulated breathing to restore the body’s energy balance, strength and flexibility.

Steven Bertrand, PA-C
Steve received his degree from the University of Washington MEDEX Northwest program. He completed his family practice preceptorship at the Norton Sound Regional Hospital in Nome and moved to the YK Delta five years ago. He is a Physician Assistant at the Hooper Bay Sub-Regional Clinic. His hobbies including sport shooting: pistols, rifles and shotguns.

Angela Oltman, PA-C
Angela is a 2011 graduate of the University of Florida Physician Assistant program and has a background in emergency medicine. She joined the Hooper Bay SRC team in November 2015. Previously, she lived in San Diego and worked in occupational health.
Centering Pregnancy Program improves pregnancy outcomes

In March 2015, YKHC opened a new building next to the Prematernal Home called the Women’s Care & Support Center. This building now hosts all of YKHC’s Centering Pregnancy groups as well as the women’s health case management staff.

Centering Pregnancy patients meet here with their provider and the rest of their group for prenatal care visits. These group appointments are actual prenatal appointments, and not just a “support group.” The Centering Pregnancy program provides pregnant women with opportunities to learn about pregnancy, preparing for childbirth, newborn care and parenting. Time is also made for many other topics of discussion such as family dynamics before and after the birth of a child, domestic violence awareness and how to get help, post partum depression, exercise and stress relieving techniques.

“I have seen a great need in our population for more support and education for our women,” said Brenda Lamont, RN, Centering Pregnancy Coordinator. “More importantly, what’s needed is not just education or information from us as their medical providers, but information from other women who are in a similar season of their life and who have experienced and faced some of the same issues,” she said.

The program emphasizes spending more time with the provider, sharing and learning from other pregnant mothers’ experiences, gaining support from the other group members, and being able to track the baby’s growth as pregnancy progresses.

Program participants have also been seen to have higher rates of initiation of breastfeeding and higher rates of continued breastfeeding at six months postpartum. All of these things make for healthier pregnancies, babies and families.

May 2017 Health Aide of the Month

Marsha Frederick, CHP, Float

Marsha Frederick, from Akiachak, became a CHP float in September of 2016. She travels three weeks with one week off. Supervisor Instructor Martha Attie said, “Once in a while she calls me excited about how she helped her urgent patients and that she is relieved that they are okay.”

She has been reliable and dependable since she started traveling. She communicates her plans well and plans ahead.

In February, she and another float health aide saw a four-month-old infant who was very sick. The medevac crew was on hold due to weather. She provided excellent care for the patient and the patient lived.

The ER staff was impressed with Marsha’s skills, and were thankful that Marsha was where she was when the patient needed her. In March, with the help of two trainees, she delivered a healthy baby in a village. Although we do not encourage village deliveries, we cannot stop labor unless it is necessary. Marsha really enjoys her job as a CHP because she gets to help people in different locations. She also added that, since she started working for YKHC, she feels supported and her work is organized. On behalf of CHAP and YKHC, congratulations and keep up the great work!
Dr. Paul John Calricaraq Project

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

PJCP Design

The Bettisworth North/ZGF/Jones & Jones design team was in Bethel July 11–13 to facilitate the cultural design planning with YKHC leadership, department heads and users. The interior finishes and colors are being worked into the design documents and a finish/color selection summary is under development.

Jones & Jones led a workshop with the Arts and Cultural Committee on July 13 to review the art and photography acquisition schedule. YKHC’s professional photographer will travel to six regional locations to take large-format landscape and community photographs to be used in the PJCP. Additionally, a local “Call for Photography” was launched in July to request photos reflective of the four seasons and “bring nature in” to the hospital/clinic in support of wellness and healing. Photo panels will reflect the tundra, upriver and coastal landscapes.

Other Program Elements

Non-Medical Furniture Planning & Design: YKHC representatives and BiNW’s designer traveled to Los Angeles to visit the Herman Miller furniture showroom and make preliminary furniture selections. Later in the month, a workshop will be held in BiNW’s Anchorage office for YKHC, BiNW and BNAP to select furniture fabrics and textiles to complement the interior design finishes.

Dental Equipment Planning & Design: YKHC’s Mechanical Engineer, M/E staff and RSA Engineering are reviewing the dental equipment list and layout to validate infrastructure requirements. When this review is complete, a competitive procurement process will occur.

Medical Equipment Planning & Design: The Innova Group provided an updated list of medical equipment based on feedback received from YKHC Department Heads in June. The team is working on final specifications for major pieces of medical equipment to confirm appropriate infrastructure is in place.

PJCP Construction

Safety is the team’s top priority. Weekly safety meetings are held and daily safety observations are shared among the entire project team.

ASKW/Davis has been erecting the steel for the new three-story clinic. Plumbers are on site preparing for work on levels 1 and 2. ASKW/Davis began pouring concrete on July 11, starting with level 1 and working up. BNAP has been issuing supplemental instructions to the Contractor to reflect additional design details.

ASKW/Davis continues to evaluate the phasing schedule options and opportunities to maximize cost savings, take advantage of barge schedules and minimize need for on-site storage of materials and equipment over late fall/winter seasons.

Two pedestrian/bike pathway/turn lane designs that will run parallel to the highway are being provided to ASKW/Davis for construction estimates. This construction work is planned for Summer 2018.

YKHC Staff Housing

BSI, a Bethel Native Corporation subsidiary, is building the Staff Housing component of the PJCP.

Talking Wall Question of the Month:

What traditional foods would you like to find in the new hospital cafeteria?

Write on the Wall, or call into our suggestion line: 907-543-6600 or send an email to ykhcproject@ykhc.org.
I grew up here and a lot of people knew me as a kid, but now I can introduce myself as Dr. Kalistook. It’s great being home, I get to help people I know.

DR. THOMAS KALISTOOK, OPTOMETRY

Dr. Kalistook graduated from Bethel Regional High School in 2008 and received his Doctor of Optometry degree from Pacific University in 2016. Dr. Kalistook returned to his hometown in 2016, where he joined YKHC’s Optometry Clinic in Bethel as a provider. His mother, Rita, has been an Instructor in YKHC’s Community Health Aide Program for 26 years.