



Hello from Hooper Bay! Billy, James, and little Emery Nash (riding along in front) enjoy a sunny day in early September. Photographer Oscar Avellaneda-Cruz met them while on assignment to capture images for the Paul John Calricaraq Project. In addition to sending professional photographers throughout the region this summer, YKHC launched a “Call for Photography”— collecting image submissions from residents throughout the YK Delta that highlight the people, places and activities of local culture. Residents and local photographers sent in over 700 images for consideration for use in the new facility.

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FYI

SHOW UP!

We are entering a time of darker days and nights. Poor visibility is a major contributor to nighttime collisions. Reflective material, such as iron-on or sew-on tape, can be seen at distances of 500 feet. Many of us walk to work, to school, or to the stores. By wearing reflective material, a person is five times more visible.



Be safe, be seen, wear reflective tape, and be sure your children are wearing reflective tape too! **Call YKHC Injury Control & EMS at 543-6420 for more information or to request iron-on reflective tape for a school and/or community project.**

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
 Irvnik 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

FY 2017 Financial Update



Dan Winkelman,
 President/CEO

I hope you had an enjoyable fall season! For me, it is my favorite time of the year.

September 30 was also the end of our federal fiscal year for 2017 and I would like to update you on how YKHC performed regarding our revenues and expenses. After much work, we had another great year financially with a strong positive margin. YKHC's total revenue budget was \$187 million and we made enough money to pay for items that all businesses must invest in. For example, we purchased new infrastructure, paid our bills, gave pay raises, paid off debt, placed money towards our operating account, and most importantly, provided critical healthcare services to the people of the YK Delta.

For two years in a row YKHC purchased new equipment for our operations. We spent over \$2 million on vital equipment for the hospital and clinics. We purchased new inpatient nursing monitors, defibrillators, respiratory ventilators and several information technology upgrades. YKHC also now owns the Community Health Services Building in Bethel. This summer YKHC paid off our mortgage several years early in an effort to retire some company debt.

We also finished and opened our Yukon-Kuskokwim Ayagnirvik Healing Center which treats alcohol and drug dependence. It also operates rural Alaska's first medication assisted treatment program for opioid dependence.

For the second year in a row YKHC was able to have company-wide pay raises in the amount of two percent. For the last three years, we also have been increasing salaries for hard-to-fill positions like physicians, physician assistants, nurse practitioners, dentists, nurses and other key provider positions that have had high vacancy rates. Although we have made progress in filling many of these key positions, much more work remains.

Our new 2018 fiscal year began October 1. Our budget for this coming year is much tighter largely due to two years in a row of company-wide raises, targeted salary increases for chronically hard-to-fill positions and hiring more employees to provide essential health care services. Between these actions and what Congress may or may not do with Obamacare requires that YKHC keep a conservative budget and be cautious.

Congress is again discussing the repeal of Obamacare. This time, it would replace it with the Graham-Cassidy Bill. The Bill, even after it was amended for Alaska and other less populated states to receive additional funds and exemptions, would both dramatically cut and cap Medicaid. The Bill would then end funding for Medicaid after 2026, leaving another Congress to decide Medicaid's future. At the time of printing this article, it was unknown whether the Graham-Cassidy Bill would make it by September 30 to the floor of the U.S. Senate for a vote.

At YKHC, Medicaid revenues make up almost 60 percent of our annual budgeted revenues. That's right—almost 60 percent of YKHC's total annual budget is from

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

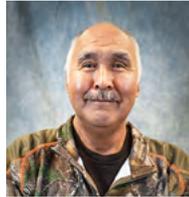


Unit 3 Seat
Vacant



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

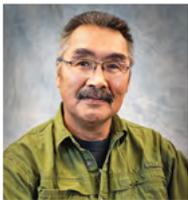


Dale Smith, Jr.
Mekoryuk



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

Medicaid payments. Of our 30,000 customers in the YK Delta, approximately 70 percent are on Medicaid. Therefore, all summer and fall, YKHC has been monitoring and actively educating our Congressional delegation on what Medicaid cuts would mean to healthcare for the people of the YK Delta.

For YKHC, its 30,000 customers and 1,350 employees it is essential that Medicaid is safeguarded.

Sincerely,

Welcome Session I Health Aides

This recent class of Session 1 health aides are completing four weeks of classroom training and lab skills. They are beginning their clinical training at the hospital or in their village clinics this month.



From left: Tamara Ayapan, Kwethluk; Danielle Paul, Kipnuk; Cynthia Beebe, Quinhagak; Leonard Manchuak, float; Bryan Fritze, Alakanuk; Katherine Martin, Kasigluk.

***Umyuarpeggun cakviuqvet
qayaagaurlutem ikayuastekavnek***

Call for help if you're having a tough time

543-6499

or toll-free 844-543-6499

YKHC BEHAVIORAL HEALTH

October is National Physical Therapy Month!

National Physical Therapy Month is an annual opportunity to recognize the physical therapy profession's efforts to "transform society by optimizing movement to improve the human experience." This month's article is written by YKHC's Amy Spatz, DPT.



Low Back Pain

Fall is a very busy time in the Delta—moose hunting, the final stages of berry picking, and winter preparations are in full swing. Unfortunately, all of these exciting and very necessary activities can come with a much less exciting side effect—Low Back Pain.

Back pain is an extremely common condition in America, and throughout the whole world for that matter. About 25 percent of people in the US report having had low back pain in the past three months and it's estimated that 60–80 percent of Americans will experience back pain in their lifetime. Although it can be very painful, most cases of back pain are not caused by serious conditions and can be easily prevented and treated. Here are some common myths about this condition and ways to prevent it:

Myths About Low Back Pain

1. Most episodes of back pain require surgery

Only a very small percentage of patients with back pain need surgery. Most pain can be resolved completely by changes in activities, exercises, or conservative treatment.

2. X-ray and newer imaging tests (CT and MRI scans) can always identify the cause of pain.

Imaging can identify some conditions that may be related to back pain, including degenerative disk disease, spinal stenosis, arthritis, and disk herniations. However, these conditions have been found to be present even in patients without pain.

3. If your back hurts you should take it easy until the pain goes away.

Keep moving! You may need to modify your daily activities, but it is best to remain as active as possible. Bed rest can lead to increased tightness and delay recovery.

4. Most back pain is caused by injuries or heavy lifting.

Although lifting objects that are too heavy for you or lifting improperly can cause pain, the most common causes of back pain are actually spending long periods of time in one position and performing repetitive activities.

5. Back pain is usually disabling.

Most episodes of low back pain are mild and resolve on their own or with conservative treatment such as physical therapy.

How To Prevent Back Pain

- Change positions often
- After a long episode of bending over such as when berry picking or cutting or after sitting for an hour, take a break to stand up straight and gently bend backwards. Reverse the Curve! See *Figure 1*.
- If sitting on the floor and bending forward causes back pain, try to sit or stand at a table
- When sitting, place a pillow behind your lower back to improve posture
- Try to avoid sitting for more than an hour at a time without a change in position

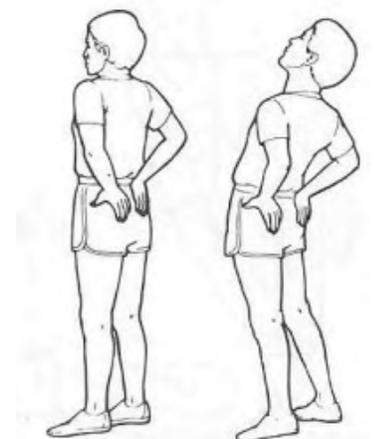


Figure 1.

How to Get Rid of Bed Bugs

Bed bugs are a common nuisance that a lot of people have to deal with in Alaska. Knowing the correct way to eradicate them is important. Here's how you can fight the bug!

by Elizabeth Buckingham, Environmental Health Officer

Bed bugs are small, wingless reddish-brown insects. Bed bugs are known as “hitch hikers” which means that they travel easily from one place to another on clothing, luggage, and furniture. They bite and feed on humans, and may be found in blankets, mattresses, furniture, and floors and walls near sleeping areas. Remember that having bed bugs does not mean that the home is dirty. Although bed bugs do not transmit disease, they can be a difficult pest to get rid of!

The most important step to eliminate bed bugs is to clean. Minimize clutter to eliminate places for them to hide. Thor-



oughly vacuum floors, mattresses, and furniture and seal the vacuum bag completely and remove it outside. Dislodge bugs with a brush and soapy water throughout the entire house and in hard to reach spots. Mattress seams and stitching should be scrubbed to remove all bugs and eggs. Wash and dry clothing and bedding at high temperatures. Larger pieces of furniture with many bugs on them should be removed as soon as possible. Repeat this process a couple of days later to ensure that all bed bugs have been removed.

Putting together a bed bug tool kit may be useful in responding to a bed bug infestation. When using these items, it is important to remember to combine them with cleaning. Learn more about each item in the kit and where you can find them below.

Mattress and pillow encasements: Encasements trap bugs inside of furniture and prevent them from infesting new furniture. Encasements are helpful as they make detecting bed bugs easier. Inspect encasements every time sheets are changed and replace if damaged. Mattress encasements can be found at Amazon, Walmart, and Home Depot.

Bed bug monitors: Monitors are passive traps for furniture. Bugs crawl in and are trapped in the monitor. Monitors are helpful for detecting bed bugs and determining effectiveness of elimination methods. Place the monitors under bed and furniture legs and along the walls. Monitors should be cleaned out monthly and have CimeXa dust or baby powder applied to the inner walls. ClimpUp Insect Interceptors can be found at Amazon and Home Depot.



Flashlight: Use a flashlight to inspect areas where bed bugs are commonly found such as along mattress seams, headboard of the bed, and along the wall and floor.

CimeXa, Hand Duster, and N-95 dust mask: CimeXa is a silica dust. The dust dehydrates and kills the adults, nymphs, and

Recipe of the Month

Asian Roasted Brussels Sprouts with Cranberries

Ingredients

- 1 pound Brussels sprouts, halved
- 1 tablespoon canola oil
- 2 tablespoons sugar
- 2 tablespoons water
- 1/2 cup fresh cranberries
- 2 tablespoons fish sauce
- 1 teaspoon Asian chili-garlic sauce
- 1 teaspoon canola oil



Instructions

1. Preheat oven to 425°. Place Brussels sprouts in a 15- x 10-inch jelly-roll pan; drizzle with 1 tablespoon oil, tossing to coat. Arrange sprouts on pan, cut sides down, and bake 30 minutes or until tender and browned.
2. Meanwhile, bring sugar and water to a boil in a small saucepan over medium-high heat, stirring constantly to dissolve sugar. Reduce to low. Stir in cranberries until they burst. Remove from heat and let stand for 10 minutes.
3. Whisk together fish sauce, chili-garlic sauce, and 1 teaspoon canola oil in a large bowl. Stir in cranberry mixture.
4. Add roasted Brussels sprouts to cranberry mixture and toss to coat.

Image and recipe modified from myrecipes.com

October 8–14 is Fire Prevention Week

by Brian Lefferts, Office of Environmental Health & Engineering

People may think house fires are something that happen to other people, but they are the most common cause of home-related deaths each year. Home fires can quickly produce toxic, deadly gasses when household products and furnishings such as couches and flooring burn.

To prepare, every home needs a working smoke alarm. Smoke alarms should be placed in every bedroom, near the kitchen, and near any source of heat for the home. These should be checked monthly, and batteries should be changed every year. YKHC follows the Red Cross recommendation: *Turn and Test*. Test the alarm each year when you turn back your clocks in the fall.

This is also a great time to review your escape plans. This year the Fire Prevention Week theme is “Every Second Counts—Plan 2 Ways Out!” Everyone should plan for two ways out of the home and practice them. If you don’t have a home escape plan, download the drawing at <http://www.ykhc.org/wp-content/uploads/2017/09/Home-Fire-Escape-Plan.pdf> from our website and make one. This is a great activity to do with children!

Finally, dirty chimneys are one of the most common causes of home fires. October is a great time to clean and inspect your woodstove chimney before snow and ice makes it unsafe to do so. Although it’s extremely important to have working fire alarms and practice your escape plans, preventing a fire in the first place is even better!



Plan and Practice! Every home needs two ways out in case of fire. (YKHC file photo)

Wood Smoke and Your Health

Small particles and pollutants in wood smoke can trigger asthma attacks. Wood smoke has also been linked to heart attacks in people with heart disease. Even occasional exposure to wood smoke can cause watery eyes, stuffy noses and chest tightness. Everyone may experience symptoms, but children and elders are especially vulnerable.

A properly installed and operated wood-burning stove should produce little smoke.

- Start a small fire with dry kindling then add a few pieces of wood. Give the fire plenty of air—fully open the air controls until the fire is burning vigorously.
- Burn the fire to heat the chimney or flue before adding more wood. Keep space between the firewood as you add more to the fire.
- Avoid burning garbage, treated lumber, or saltwater driftwood. Burning these items can damage your stove and cause serious health issues.
- Have your stove and chimney professionally inspected and serviced yearly if possible.
- A smoldering fire, “dirty” glass doors, or smoke from the chimney are all signs that the fire needs more air or your wood is too moist.

—Find this and more information at www.epa.gov/burnwise

Use a Moisture Meter to Measure Dry Wood

Adapted from article by Leif Albertson, UAF Cooperative Extension Service

Wood that is not properly seasoned contains more moisture, which means more wood must be burned to produce the same amount of heat. Wet wood also causes less complete combustion, leading to increased particulate emissions and creosote build-up. Fortunately, measuring moisture content is quick, easy and inexpensive using a simple hand-held device called a moisture meter.



Photo courtesy of National Firewood Association.

A moisture meter enables us to pick out the driest wood available. Burning wood with a 25 percent moisture content is still better than burning wood with a 40 percent moisture content. Encouraging individuals to burn drier wood could have immediate impacts on air quality.

Find more about Fire Prevention Week and home fire safety at www.firepreventionweek.org or call the YKHC Injury Control & EMS office at 543-6420.

Tis the Season: A Review of Carbon Monoxide Death Rates in Alaska

by *Leif Albertson, UAF Cooperative Extension Service*

For many Alaskans the winter months can bring about warm expectations of holiday gatherings, snow machine adventures, ice-fishing, cross country skiing, or perhaps just curling up next to a warm fire with a good book. While winter in Alaska signals the arrival of many wonderful things, it also signals the arrival of a less welcome guest.

Carbon Monoxide, a colorless, odorless gas, is responsible for the death of Alaskans every year. Carbon Monoxide (CO) accumulates in residential space, often as the result of faulty combustion heating systems. It is absorbed through the lungs where it binds very tightly with hemoglobin in the red blood cells. Once the CO is attached, red blood cells are no longer able to properly transport oxygen throughout the body. This can have devastating effects, ranging from cardio-electrical disturbances to anoxic brain injury and asphyxiation. Children, the elderly, those with respiratory/circulatory difficulties and inebriates are at particularly high risk from CO exposure.

For many years Alaska has had the highest per capita rates of CO-related deaths. Like those in other cold-climate states, Alaskans depend heavily on wood, fuel oil and natural gas to provide winter heat. In addition, many Alaskans live where it is difficult to find qualified heating technicians to install and maintain furnaces and stoves. This combination of high heating demand, poor access to skilled technicians, and the fact that Alaskans tend to spend a lot of time indoors, creates a CO-prone situation.

In response to high rates of CO poisoning in Alaska, legislation was enacted requiring (almost) all homes in the state to install and maintain a CO alarm. This legislation took effect in

January, 2005, and thousands of homeowners and renters acquired CO alarms.

While it is difficult to draw a causal connection between this legislation and a decrease in CO deaths, data from the Bureau of Vital Statistics are intriguing. An informal review of newspaper articles on CO poisoning over the last 20 years seems to indicate that many CO poisonings are multi-victim horror-stories (e.g. “NIKISKI MOM, 3 KIDS DIE SEEKING ALASKA DREAM” ADN, Dec. 4th 1997). The multi-victim nature of many CO poisonings can skew data and make it difficult to draw conclusions from death rates alone. Nevertheless, many believe the CO detector legislation has been a true injury prevention success story for Alaskans.

Year	'99	'00	'01	'02	'03	'04	'05	'06	'07	'08	'09	'10	'11	'12
Alaska CO Deaths	17	14	21	7	13	12	4	7	7	6	13	5	13	6

Regardless of how you interpret the changing rates of CO poisoning, new challenges are on the horizon. CO will doubtless remain a silent killer in Alaskan homes for years to come. As the cost of home heating increases and efforts are made to “tighten” homes in order to reduce energy costs, carbon monoxide can become an even greater threat throughout the state. This winter, please take the time to ensure you and your loved ones are being protected by a working carbon monoxide detector.

For more information about carbon monoxide detectors: <https://www.uaf.edu/files/ces/publications-db/catalog/eeh/RAD-00756.pdf>

Home Water Tank Sampling Project

by *Jennifer Dobson, Office of Environmental Health & Engineering*

The YKHC Office of Environmental Health & Engineering water lab works with over 100 public water systems throughout the YK Delta to test treated water for total coliform and E. coli bacteria.

Over the summer, the water lab opened its doors to the public and provided water sampling kits at no cost (\$50 value) to Bethel residents with water tanks. For water samples containing bacteria, customers were offered education on tank cleaning best practices and a follow-up water sample.

Total coliform bacteria was identified in 9 percent of samples;

E. coli was identified in 0 percent of the samples. Total coliform bacteria in drinking water are unlikely to cause illness, but they serve as indicators of possible contamination.

If you are concerned about bacterial contamination in your water tank, consider doing a visual inspection to try to find any problems with the water tank. Are there any cracks, leaks, or openings in the tank? Does the lid fit poorly and leave an opening around the top? Is there evidence of birds near the overflow? If any of these answers are yes, the tank may need repairs and cleaning/disinfection.

For more information, please contact the YKHC Office of Environmental Health & Engineering water lab at 543-6420.

Get to know YKHC's Dentists

YKHC's dentists provide exams, fillings, extractions, emergency care, cleanings, sealants, dentures, and root canals. They are essential for oral health care in the YK Delta. Dentists supervise the oral health care team that includes Dental Health Aide Therapists (DHATs), Dental Health Aides and Hygienists. *The Messenger* profiled our DHATs in the April 2016 issue.

Mark Reynolds

Dr. Reynolds grew up in Denver, Colorado. He obtained his undergraduate degree in biology from the University of Hawaii at Manoa and his dental degree from the University of Colorado Denver School of Dental Medicine. Between his third and fourth years of dental school he was selected for an externship at YKHC. That experience showed him what an amazing place Bethel is and he decided to move there after obtaining his dental degree. He has lived here for three years and has had many great catches—first salmon, first moose, first caribou, first musk ox, first fiancée. He and his fiancée are getting married at the end of this year. They met in Bethel and have grown to love this community and its people.



Victoria Hardwick

Dr. Hardwick grew up in eastern Washington with aspirations of being the first scientist to bring dinosaurs back to life. After watching Jurassic Park and realizing that may not be a great idea, she pursued her Bachelors in Science degree from Gonzaga University and then her dental degree from the University of Washington. In 2013, having never worked with sled dogs before, she decided Bethel was the place to learn how to mush, and mush she has. She has been in approximately 15 races and hasn't lost a single toe to frostbite yet. The hunting, the salmon, and the wonderful people keep her busy in the off-season. She's happy to invest her energy into the health of this community and is eager to watch the positive changes to health care for the YK Delta in her coming years of service.



Sean Davis

Dr. Davis came to Bethel from Colorado, where he saw his first moose. He has a passion for making people smile. After running a private practice in Colorado, he followed his heart to Bethel to work with the people of the YK Delta. When he's not working in the clinic he can be found strolling the rivers with eyes peeled for wildlife.



Judith Burks

Dr. Burks is YKHC's Dental Health Aide Therapist Coordinator. She graduated from Indiana University School of Dentistry in 2008. Dr. Burks worked as a staff dentist for YKHC from 2008–2011. She moved back in 2014 with her husband Travis and they plan on sticking around for a while. She is now a proud mother of an adorable 1-year-old son named Thunder and some of her hobbies include berry picking, fishing, hunting, canning, waterskiing on the Kuskokwim and gardening in the Bethel community garden. Dr. Burks enjoys seeing patients and is excited and enthusiastic about her job working with the DHAT program.



Steven Burnett

Dr. Burnett was born (literally) in his childhood home in Clarkdale, Arizona, delivered without a wet nurse, and nearly dropped on the floor by his father because of poor glove selection. A life of adventures, risks, lessons, and close calls led to Oregon Health and Science University for dental school. He found his way to Bethel in August 2016 with dreams of being able to tell his friends some crazy stories of the Alaskan Tundra. He's wrecked a snow machine, gotten lost quite a few times, gotten stuck, made a lot of friends, and fallen in love with Bethel. Dr. Burnett feels lucky to provide dental care to the YK Delta and can't wait for the memorable stories to come.



David Humphrey

Dr. Humphrey grew up in Colorado and Mississippi. He attended college at the University of Wyoming where he majored in Physiology with a concentration in Neuroscience. Afterward, he went back to Colorado to get his dental degree from the University of Colorado Denver. When he is not working, he can be found on his dirt bike, hunting, fishing, camping, or waiting for Netflix to load.



Erin Feller

Dr. Feller was born and raised in Anchorage. She graduated with a Bachelor's in Microbiology from Washington State University and then went to Arizona School of Dentistry and Oral Health for dental school where she met her fiancée, Dr. Giaque. She enjoys camping, hiking, snowboarding, running, traveling and is an avid dog lover.

**Joshua Giaque**

Dr. Giaque is from Salt Lake City, Utah. He received a Bachelor's in International Studies from University of Utah and a Masters in Public Health from A.T. Still University and then went on to get his D.M.D from Arizona School of Dentistry and Oral Health. In his free time Dr. Giaque enjoys traveling, playing guitar, painting, hunting, fishing and snowboarding.

**Keith Brannen**

Dr. Brannen was born and raised in Gladstone, Oregon. In 2005 he completed a Bachelor's degree in Public Health at Oregon State University. He continued his education at OHSU School of Dentistry where he achieved his DMD degree in 2016. After completing his dental education, he served one year of advanced training at OHSU's General Practice Residency program where he treated special needs and medically complex patients. Dr. Brannen believes practicing dentistry is about making a positive impact in the world and he is passionate about serving the YK Delta.

**Camille Messing**

Dr. Messing is from Oracle, Arizona and has spent the last four years in Colorado for dental school. She has been enjoying her Bethel experience so far and is looking forward to making her first qaspeq and catching a moose as soon as she can!

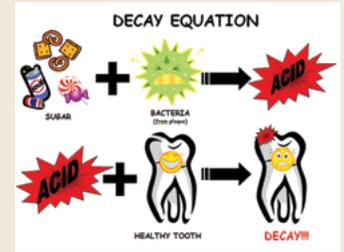
**Olivia Hougen**

Dr. Olivia Hougen is a specialist in Pediatric Dentistry. She received her specialty training at Children's Hospital at the University of Missouri, Kansas City. She served in the dental corp of the US army for 22 years. After retiring from the Army, she came to YKHC, where she has been for 20 years. Treating the children of the YK Delta has been a great joy for her.



What is a cavity?

A cavity is formed when bacteria in the mouth eat sugar and make acid. The acid burns holes into teeth. The holes are called cavities.



How do I prevent cavities?

Remove the Bacteria and the sugar

Brushing and flossing teeth removes bacteria and leftover food particles that the bacteria eat. For infants, a wet cloth can be used to wipe their teeth. Teeth should be brushed or wiped twice a day.

Limit the sugar that you feed to the bacteria

Eat a healthy diet. If you are going to drink a soda or eat candy, limit the amount of times during the day that you do it. It is better to only feed the bacteria one time during the day instead of multiple times throughout the day.

Soda and energy drinks are extra bad because they contain sugar and acid. This makes it much easier for the bacteria to make cavities.

Avoid putting your baby to bed with a bottle filled with anything other than water. Water does not have sugar to feed the bacteria. Milk and juice do.

Get some help from the professionals

You can start bringing your children in for dental visits after their first tooth appears.

Getting regular exams and cleanings before your teeth hurt may give dental providers the opportunity to help you prevent cavities and fix cavities before they get so big that the only option is to pull teeth out.

How do I get an appointment?

You can schedule appointments for dental exams and cleanings in Bethel or at any of the Sub-Regional Clinics.

If you are calling to get an appointment in Bethel, the best times to call are Monday through Thursday at 8 a.m.

July 2017 Health Aides of the Month, Kipnuk Clinic Staff:

Patricia Chadwick, CHP

Sam Carl, CHA II

Natalie Active, CHA-T,

Danielle Paul, CHA-T

The Kipnuk staff of Health Aides have been recognized for their outstanding performance, Patricia, Sam, Natalie and Danielle. You all have shown your dedication and compassion to care for your Community tirelessly every day, 24/7 and 365 days out of the year. You are the reason so many people are here with us today. Teamwork is very important in the clinic, and you have managed to do that day in and out.

Here are a few comments from providers Ellen Hodges and Steven Greer.

Today, in the village of Kipnuk, there were two babies born. I have never been so impressed with the teamwork of our medical team as I was today. From the CHAs who cared for these women and fragile infants, to the medics who transported them, to the doctors who cared for the moms and babies, to the RTs, lab techs, rad techs, med techs, pharmacists—everyone did a fantastic job. ... and everyone performed their duties with technical excellence and fantastic attitudes. At one point when I looked around I realized that well over two dozen caring and dedicated medical team members in our hospital were working together to take care of these patients.

This is why I keep working here year after year. I love my job because I get to do it with all these dedicated professionals. I am humbled and honored to be among such a team as we have at YKHC—truly amazing. Please take the time to thank the CHAs, medics, lab techs, RTs, rad techs, unit clerks, pharmacists, nurses and doctors involved. They were shining examples of what is good in medicine today.

—Ellen Hodges, MD

We had two babies delivered in Kipnuk within four hours... Patty Chadwick, with help from Sam, did an amazing job of working with these patients. She did both deliveries ... while the planes were on weather hold. She was calm, focused and followed our direction perfectly.

She stayed with the other baby for hours while sweating in 90 degree heat to keep the baby warm, providing bag ventilation for this baby. When our team took over, the baby was pink and had been well managed.



Kipnuk Clinic Staff: Health Aides Sam Carl and Patricia Chadwick, center, and Office Assistants Carrie Dock and Anna Ekamrak. Right: Natalie Active, CHA-T, and Danielle Paul, CHA-T.



I gave her a hug and a shout-out in the clinic, but she should also be recognized by YKHC for her exemplary performance.

—Steve Greer

CHAP and YKHC are very grateful and appreciative for your hard work and dedication. Working together does achieve excellent health.

eggs within 24 hours. Use a hand duster to apply CimeXa to cracks and crevices where bugs may be hiding. Wear a N-95 dust mask when applying the dust to protect yourself. People with respiratory illnesses should keep away from areas during application. CimeXa can be found at Amazon and Walmart. Hand dusters can be found at Amazon, Walmart, and Home Depot.

Disposable Gloves: Use gloves when handling items infested with bed bugs as an extra precaution, and always wear the gloves when applying CimeXa dust.

Water Resistant Sealant: A water resistant sealant can seal up cracks, crevices and other small areas where bed bugs, nymphs, and eggs may be hiding. Keep out of reach of young children. Water resistant sealants can be found at Amazon, Walmart, and Home Depot.

Trash Bags: Any items with bed bugs that cannot be treated should be put into trash bags. If you can live without it, dispose of it.

For more information, please contact the Office of Environmental Health & Engineering at 543-6420!

October, 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

On September 1, the Bettisworth North design team issued a set of drawings reflecting all changes to date. This set will be used for coordination and review in preparation for the 95% construction documents to be submitted on November 16. A two-day work session with the design, project and construction team members was held September 13 and 14 to review site, civil, plumbing, mechanical, structural, electrical, dietary, IT and door hardware for the project. The team is reviewing patient monitoring systems, access control and camera systems. The Steering Committee will review South Entry design.

Other Program Elements

Medical Equipment Planning & Design

Arcadis completed confirmation of the medical equipment list with all YKHC department heads and the dental equipment list has been finalized.

Non-Medical Equipment Planning

The design team has been compiling non-medical equipment information on copiers, shredders, vending machines, etc. This information will be combined with the non-medical equipment that ASKW-Davis is furnishing/ installing and added to a master list.

Non-Medical Furniture Planning & Design

Partners are coordinating with the design team to finalize the non-medical furniture drawings and specifications for the project. Planning and design is underway for the laboratory and pharmacy areas, with drawings scheduled for review in late September.

Furniture selections are being finalized for the Gathering House, children's furniture, and coffee and tables.

Call for Photography

YKHC's "Call for Photography" resulted in more than 700 photo submissions from community members in the YK Delta region. Additionally, two professional photographers traveled to Aniak, Toksook Bay, Scammon Bay, Kotlik, Emmonak, Grayling, Hooper Bay and Nunapitchuk to capture photos of subsistence, crafts, arts, recreation, regional landscapes and sky/horizon landscapes to be used throughout the project.

PJCP Construction

ASKW/Davis has been installing the exterior wall framing and sheathing, performing layout for interior walls and spraying fire-proofing. EP Roofing began work in early September.

Sampson continues electrical rough-in and MCC continues roof drain and waste and vent pipe rough-in. Air handlers, final roofing



Hoisting section one of five for air handler #3 into the penthouse

materials and insulated metal siding panels arrived in Bethel in early September. Local hire of construction laborers continues to be a priority with 36 percent of laborers hired from the Bethel area. The team continues to review overall project phasing and hospital phasing.

The Steering Committee reviewed cost estimates for both independent and attached DOT pathway options. USDA representatives toured the PJCP construction site on September 7.

Cogeneration

The project team is investigating an option to install a two-megawatt microturbine cogeneration plant to supply electrical power and heat to the clinic. This option would bring the benefit of a relative short investment payback period and significant future energy savings. Power to the existing hospital would continue to be provided by AVEC.

Warehouse/Materials Management

HRS Consulting submitted a report reviewing YKHC's Materials Management operations and provided operational/efficiency recommendations, primarily in the area of automation.

YKHC Staff Housing

YKHC and the Bethel Federal Services construction team, a Bethel Native Corporation subsidiary, have been working to address construction impacts from July and August's high winds and heavy rain. Initial inspections of water damage are complete and repairs are underway. BFS submitted a mitigation plan that includes third party inspection. Exterior siding on the three-story housing modules is underway as interior plumbing, ductwork and electrical tie-ins and connections progress. YKHC is providing inspection services to monitor construction progress and water damage repairs