



*Wishing You a Safe, Happy and Healthy  
Holiday Season!*



*from all of us at YKHC*

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## FYI PUBLIC NOTICE

The Yukon-Kuskokwim Delta Regional Hospital Governing Body Committee Meeting will convene in the Hospital Main Conference Room in Bethel, Alaska on Tuesday, December 19, beginning at 1:30 p.m., and will continue Wednesday, December 20, beginning at 9 a.m.

If you would like to speak during "People to be Heard," please call Sara Guinn at (907) 543-6024 or email [sara\\_guinn@ykhc.org](mailto:sara_guinn@ykhc.org).

***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

***To find out about Substance  
Use Disorder Treatment  
options in the State of  
Alaska, visit the Division of  
Behavioral Health website at  
[dhss.alaska.gov/dbh](http://dhss.alaska.gov/dbh)  
and scroll down to the pdf links  
in the middle of the page***

# RESOURCES

YKHC main switchboard .....543-6000  
 Toll Free ..... 1-800-478-3321

## APPOINTMENTS

Outpatient Clinics  
 (Yukon, Kusko, Delta) .....543-6442  
 Dental .....543-6229  
 Optometry .....543-6336  
 Audiology.....543-6466

## SUBREGIONAL CLINICS

Aniak .....675-4556  
 Emmonak .....949-3500  
 St. Mary's.....438-3500  
 Toksook Bay .....427-3500  
 Hooper Bay .....758-3500

## SERVICES

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

## ADMINISTRATION & SUPPORT

Administration.....543-6020  
 Human Resources .....543-6060  
 Public Relations.....543-6013  
 Travel Management.....543-6360  
 Facilities & Maintenance .....543-6203

**This institution is an equal opportunity provider.**

**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.  
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 E-mail: publicrelations@ykhc.org.  
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## Message from the President/CEO

### Making Travel Improvements

I would like to inform you of some recent improvements to customer Medicaid travel. Over the last year, YKHC has gradually taken over scheduling of travel for customers with Medicaid from the State of Alaska, including prior authorization (or approval) for such travel. It has been a learning experience.



Dan Winkelman, President/CEO

After November's poor flying weather and the numerous customer complaints that resulted, YKHC made several changes in efforts to improve customer experience.

We realigned our management so all travel functions are in one division with clear lines of accountability; we also more than doubled our reservations telephone lines at our call center. During days of poor weather, when flight itineraries are more frequently cancelled or changed and then are in need of rebooking, we also will increase our capacity at our call center. All our travel staff has also received customer service training. We hope these efforts will dramatically improve customer travel. If you have comments or suggestions, that can help us, please call 907-543-6024 or e-mail us at [comments@ykhc.org](mailto:comments@ykhc.org).

I would like to introduce you to Diana Murat, YKHC's Director of Medicaid Services, who has assumed management over all travel functions at YKHC and is supervising our efforts to improve customer travel within the YKHC health system.

Sincerely,

Born and raised in Bethel to the late Olaf and Mildred Hopstad, Diana Murat is married with two children and four grandchildren. Diana has worked for YKHC since 2001, helping to develop billing procedures in numerous departments and, most recently, overseeing Medicaid enrollment for YKHC.



Diana Murat, Director of Medicaid Services.

Under Diana's leadership, YKHC's Prior Authorization and Travel Management teams have hired new staff to increase our call capacity and book or change Medicaid travel itineraries. We expect the addition of these critical positions will decrease call wait time and shorten the time needed to develop itineraries during days of bad weather when call volumes increase.

**We ask any customers with Medicaid travel questions, who need to book a reservation, or adjust an itinerary due to weather delays, to call 907-543-6625.** With the exception of Thanksgiving, Christmas and New Years Day, staff are available seven days a week and on most holidays. By calling this number, it will ensure customers seeking help do not have additional delays. **See page 4 for answers to frequently asked questions.**

# YKHC Board of Directors

## Unit 1



Mary Ayunerak Alakanuk



Michael Hunt, Sr. Kotlik

## Unit 2



Geraldine Beans St. Mary's

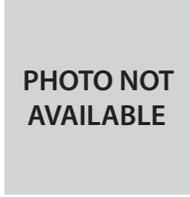


Wassilie 'Wesley' Pitka Marshall

## Unit 3

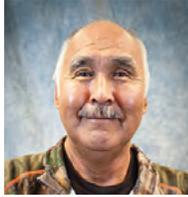


Bonnie Persson Upper Kalskag



Patricia Yaska Chuathbaluk

## Unit 4



Phillip K. Peter, Sr Akiachak



James Nicori Kwethluk

## Unit 5



Stan Hoffman, Sr. Bethel



Gloria Simeon Bethel



Walter Jim Bethel



Chris Larson Napaskiak

## Unit 6



Esai Twitchell, Jr. Kasigluk



Adolph Lewis Kwigillingok

## Unit 8



VACANT



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

## New members join Board of Directors

Five new members were sworn in during YKHC's annual Board of Directors meeting in November.

Wesley Pitka of Marshall replaces James Landlord of Mountain Village, representing Unit 2; Bonnie Persson of Upper Kalskag fills the previously vacant Seat A for Unit 3 and Patricia Yaska of Chuathbaluk replaces Betty Turner on Seat B. James Nicori of Kwethluk returns to the Board, representing Unit 4 and replacing Mildred Evan of Akiachak. Walter Jim of Bethel replaces Hugh Snyder for Unit 5. Unit 8 Seat B remains vacant until the April Board meeting.

YKHC Board and Administrative leadership welcomes the new board members and heartily expresses gratitude for the service of all departing board members.

## New HR Employees

The HR Department welcomes two new members to the team! **Rod Nez** has been hired as a Professional Recruiter, focusing on hiring nursing staff and most professional-level positions. Rod worked for YKHC as the Native Hire Recruiter from 2012 to 2015 and comes to us most recently from the Tsehootsooi Medical Center in Arizona.



We are also excited to welcome **Jessica Pew** to the HR team as the Professional Trainer. Originally from North Dakota, Jessica and her husband, Steve, come to Bethel by way of Arizona. Steve accepted the position as head of the respiratory department at YKDRH.



# Medicaid Travel—Frequently Asked Questions

## ***If I need to travel to receive healthcare paid for by Medicaid, how do I get that set-up?***

Medicaid is a program funded by the State of Alaska and the Federal government. The program requires all travel to be medically justified as defined by Medicaid. To set-up any travel paid by Medicaid a patient must:

- Make an appointment with your medical provider (in your local clinic or the Bethel hospital). Your medical provider will securely send your information to YKHC Prior Authorization for approval by Medicaid.
- YKHC Prior Authorization evaluates medical information from the medical provider to determine if the travel is medically justified as defined by Medicaid.
- If the travel is deemed medically justified, the authorization is approved and securely sent back to the provider. The provider lets the patient know travel was approved and gives them the YKHC Travel Management's phone number to book their travel.
- In the meantime, Prior Authorization notifies Travel Management that Medicaid travel was approved – so travel can be booked when a patient calls.

**To book Medicaid travel, all patients should call 907-543-6625 or toll-free at 1-855-543-6625.**

## ***I have Medicaid travel booked, but bad weather canceled my flight. What do I do?***

Because Medicaid approves the *exact* flights and times a patient is scheduled for, any time weather cancels a flight, patients must contact whoever authorized their travel so it can be reauthorized through Medicaid. This will ensure any additional flight segments do not get canceled.

If a patient is currently in the village and a flight cancels, they need to contact their local clinic's Office Assistant to complete an update with Medicaid for their itinerary.

If a patient is currently in Bethel and a flight cancels, they need to contact the Qavartarvik Hostel or Travel Management to complete an update with Medicaid for their itinerary.

If a patient is in Anchorage and a flight cancels, they need to contact their medical provider (whether ANMC, Providence, etc.) to complete an update with Medicaid for their itinerary.

## ***I missed my flight. What do I do?***

If a patient on Medicaid travel misses a flight, airlines automatically cancel remaining flight segments. Patients who miss a flight should call **Travel Management at 907-543-6625 or toll-free at 1-855-543-6625.**

## ***I've been trying to call, but I'm on hold forever. What's taking so long?***

YKHC travel receives over 200 calls per day. Thank you in advance for your patience as we answer the calls in the order in which they were received. We have hired additional call center staff to decrease wait times. We are monitoring hold times to ensure we can make improvements where possible.

## ***Why is YKHC taking over Medicaid approval and travel from the State of Alaska?***

Because the previous Medicaid travel vendor provided travel approvals and services for the entire state, at times our customers may have been on hold for 2-4 hours. Additionally, the previous travel vendor had limited weekend hour availability.

By taking over travel management, YKHC's goal is to improve communication between our providers, patients, and travel departments – providing more timely results for our patients over the long-term – and to offer call support seven days a week. Other tribal health organizations will also be making this transition.

## ***I'm not happy with the service I was provided, who can I talk to?***

We want to hear feedback from our customers, so we know where and how we can make improvements. **If you have comments, complaints, or suggestions, please call 907-543-6024 or e-mail us at [comments@ykhc.org](mailto:comments@ykhc.org).**

## **YK Pay for Urgent Medical Travel**

In urgent or emergent situations, beneficiaries of the Indian Health Service (IHS) in the Yukon-Kuskokwim Health Corporation service area may be considered for travel paid for by YKHC (or YK Pay).

Urgent or emergent health conditions mean a patient's condition cannot be treated in the village and would become serious without evaluation or treatment in 24–72 hours; if the patient requires critical testing that cannot be rescheduled; and travel is non-elective, meaning the health condition is threatening to an individual's life, limb or sensory.

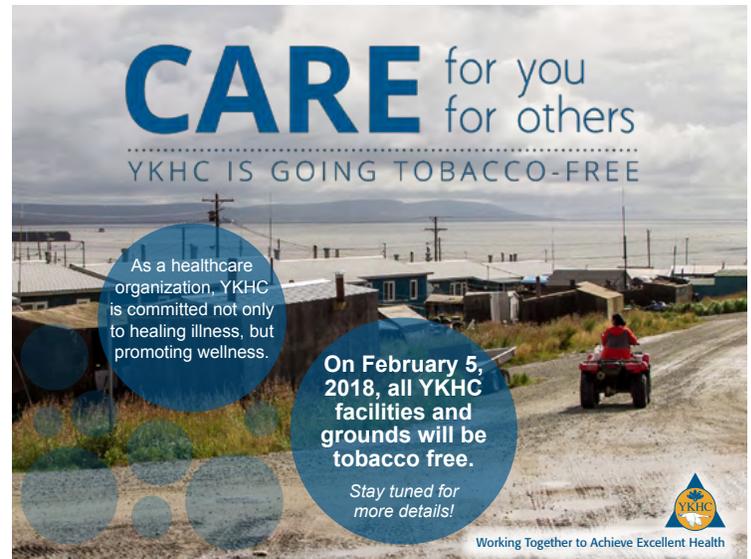
These approvals are handled on a case-by-case basis and require Administrator On-Call approval. Travel for routine or follow-up visits is not eligible to be paid for by YK Pay.

# Tobacco Free Campus— February 5, 2018

For several years YKHC has enforced a tobacco-free facility policy. But, on February 5, 2018, in alignment with World Cancer Day, YKHC will become a fully tobacco-free campus. This means smoking or use of smokeless tobacco by patients, staff, and visitors will not be allowed on any YKHC leased or owned properties in Bethel and throughout our service area—including village clinics, sub-regional clinics, the Bethel hospital, and residential facilities.

In the coming months, there will be some changes throughout our campus to accommodate this transition. Smoke shacks (located outside of West Wing, Qavartarvik Hostel, Ayagnirvik Healing Center, Behavioral Health homes, and CHSB) and ash cans will be removed from our property in January 2018. Permanent signage will be installed throughout YKHC facilities. And, because enforcement is a team effort, enforcement tools and resources will be made available to all staff.

Results from an August 2016 employee survey indicated nearly 94 percent of employees surveyed believe a tobacco-free campus policy supports our mission as a healthcare organization.



Interested in more resources about this campus-wide initiative? Stop by the Tobacco Prevention department (room A400, next to the Pharmacy) in the hospital.

**Looking for help to quit?** If you would like to make a positive change and quit tobacco, counseling services are available in both Yup'ik and English. You can enroll by walking in to Tobacco Prevention, by asking your provider to make a referral, or by calling 907-543-6312 or 1-800-478-3321 ext. 6312.

# Calricaraq: Counseling Now Includes Traditional Ways

YKHC's behavioral health clients can now opt to receive traditional Yup'ik treatment, a first in YKHC's history. YKHC Behavioral Health is now offering traditional counseling services also known as Calricaraq. The Calricaraq way is a holistic approach to instill the necessary tools and skills for survival and living a healthy and balanced life.

Clients now have a choice between traditional Yup'ik counseling sessions or the standard western method.

Preventative Services elder Mary Beaver says, "I am full of humble pride that the Calricaraq ways are put to practice within the YKHC services. The traditional Yup'ik medicine we prescribe can be used equally between all ages."

Preventative Services Director Rose Domnick says, "I am pleased we are able to offer our people an option; they can choose traditional counseling. I am grateful to the elders for providing guidance and teaching us the Calricaraq ways." Domnick also thanks YKHC's Behavioral Health for working hard to incorporate Calricaraq into its range of services.

Traditional Yup'ik counselors will be on the front lines counseling clients using the traditional Calricaraq beliefs. Sophie



Jenkins and Emma Smith, along with Andrew and Sarah Jasper, are the front line counselors who treat individuals and facilitate healing groups.

For more information contact YKHC's Behavioral Health Services at 543-6100, or Preventative Services at 543-6743.

## NEW HEALING CENTER OPENS



Honorary Board Member James Charlie and First Vice Chair Gloria Simeon cut the ribbon while fellow board members look on. (photo by Mitchell Forbes)

The opening of the new YK Ayagnirvik Healing Center (formerly PATC) drug and alcohol treatment center was celebrated January 11 as board members, funders, YKHC staff and community guests gathered for a ribbon cutting.

### At the Healing Center

In response to the increased presence of heroin in our region, YKHC launched a new program to help those struggling with opioid addiction. The new program combines traditional substance abuse treatment options with medications, providing what is known as medication-assisted therapy.

**For information, referrals or to make an appointment for screening and assessment contact 543-6772 or 543-6977.**

## DEVELOPMENTAL DISABILITIES ALL-STAFF TRAINING



Pictured are some of the Direct Care Providers (DCPs) and Developmental Disabilities Office Staff during a weeklong training in Bethel. DCPs received CPR and First Aid, MANDT, and job-specific refresher trainings throughout the week. DCPs met the office staff and shared their experiences as frontline staff while delivering services and also shared ideas for improvement. We know that there are challenges to providing these services and are truly thankful for wonderful staff who are willing to set time aside to help our people.

—Serena Solesbee, Program Coordinator, Developmental Disabilities Services

## 3 GENERATIONS AT EMMONAK SRC



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

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

Quyana cak'neq, Norma, Lori and Lisa, for serving the Lower Yukon villages with dedication and love.

## ADULT RSV STUDY

YKHC is joining the Center for Disease Control's Arctic Investigations Program to study Respiratory syncytial virus (RSV) in YK Delta adults. We are checking adults hospitalized with pneumonia or lung problems to find out how many are there because of RSV. We want to find out if long-term lung problems, heart failure, or immune problems increase an adult's risk of getting hospitalized with RSV.

## NURSE TRIAGE LINE

Due to high volumes of after-hours calls to village medical emergency lines, often for non-emergency questions, a triage system was enacted so that that Health Aide would only be contacted for a call that meets the "What is an Emergency" guidelines. after hours, a caller is connected to a nurse to assess the medical issue and give advice or contact the Health Aide on-call to respond to a real emergency.

## TRIBAL GATHERING 2017

Delegates from throughout the YK Delta came to Bethel April 5 and 6 for the 24th Tribal Unity Gathering.

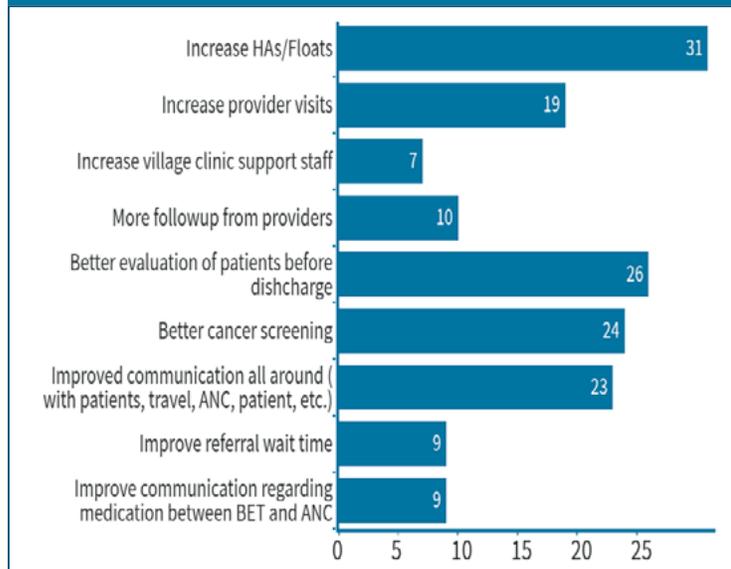
This year’s theme, “Elluariller-kamtenun Calirrlainarluta: Continually Working to Improve Healthcare” highlighted YKHC’s increased focus on improving the customer experience—from developing an integrated model of care to constructing a new state-of-the-art facility that will serve the region for years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

Delegates—tribal council representatives from communities throughout the region—voted to prioritize training and hiring more health aides, doing a better job of evaluating patients before discharge, and improving cancer screening.



Setting priorities in small groups.

### Tribal Delegates’ Top Priorities



## DENTAL DEPT. OFFERS SILVER DIAMINE FLUORIDE

YKHC’s dental providers can now paint a liquid, called Silver Diamine Fluoride (SDF), onto patients’ teeth that stops cavities from getting any bigger and helps prevent decay from starting anywhere else in the mouth.

## HEALTH AIDE GRADUATION 2017

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

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



Back row: Clarissa Gilila, Tuntutuliak; Amber Jones, Chevak; Richard Lincoln III, Tununak; Jacob Isaac, Marshall. Front row: April Mattson, Aniak, and Olga Clark, Kwethluk. Not present: Cindy Lawrence, and Hazel Andrews, both from Mountain Village.

## OUR NEW MODEL OF 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. Although the patient’s immediate needs are addressed, other health concerns or questions the person may have are not. The new model adopts a team-based, patient-centered approach designed to serve the whole person. As our new facility is being built we will be testing our new model to determine how to ensure it works efficiently.

## PREVENTIVE SERVICES HONORED

YKHC Behavioral Health Preventative Services Director Rose Domnick was honored with the 2017 Healing Hands Award from the Association of Village Council Presidents (AVCP). The traditional healing program based on Yup’ik and Cup’ik cultural traditions and values also won a 2016 Honoring Nations Award from the Kennedy School at Harvard University. The term “Calricaraq” defines an ancient Yup’ik and Cup’ik practice which guides a person through a healthy and fulfilling life.



Rose Domnick

## WIC PROGRAM RECOGNIZED

The State of Alaska Family Nutrition Programs awarded YKHC’s Women Infants and Children program for increasing their caseload to provide nutrition education and healthy food resources to an additional 300 participants this year. “Throughout that time we were extremely short staffed but were able to continue travel to 20 villages and increase participation.”

—Olivia Pires RD, LD, CDE, CNSC, Clinical Dietitian, Nutritional Services

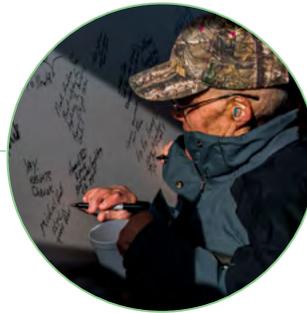


# Dr. Paul John Calricaraq Project

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

## 2017 Project Highlights

- Jan.**
  - Installed piling, thermoprobes, thermistors
  - Launched project website: [www.calricaraq.org](http://www.calricaraq.org)
  - Design Development Workshop #3
- Feb.**
  - Established Art/Cultural Committee
  - Design Development Workshop #4
- March**
  - 65% Design Development Documents submittal
  - YKHC closed on AMBBA bond, final project financing
- April**
  - PJCP Dedication Ceremony
  - Pile cap welding completed
  - Issued NTP for Construction Documents
- May**
  - Division 1 Commissioning Specifications
  - Conditional use permit approved
  - 1,000 tons of steel and staff housing modules arrived in Bethel
  - Arts and Cultural Committee workshop
- June**
  - Construction Documents Workshop #1
  - Ground insulation installation and backfill
- July**
  - Completed erecting steel for new clinic and central utility plant
  - Began applying fireproofing to clinic steel
  - YKHC "Call for Photography" for PJCP wall panels
- Aug.**
  - Furniture textile selection workshop
  - Concrete slab on metal deck floors completed
- Sept.**
  - Cultural Art and Words of Wisdom workshop
  - AVEC temporary power; curtain wall framing; air handlers in penthouse
  - LKSD student tour of the PJCP construction site
- Oct.**
  - Confirmed furniture and photography selections
  - Began interior wall studs on the clinic level 1 and metal siding
- Nov.**
  - Completed clinic and central utility plant roof
  - Step 1 RFQ for medical equipment
  - 95% Construction Documents submittal
- Dec.**
  - Step 2 Price Proposals for medical equipment
  - 95% Construction Document review



## Emmonak DHAT Earns Second Shining Star Award

*We are very proud of our Dental Health Aide Therapist Bonnie Johnson Hunt. She was selected to be the recipient of the 2017 Dental Health Aide Shining Star Award. This is the second year this award is being presented and the second year that Bonnie is the recipient. The Shining Star recognizes a dental health aide that has been employed for five years or more and demonstrates excellence in their role by continuously delivering exceptional patient care, has in some way improved the healthcare delivery system and enhanced the level of care in their community and has demonstrated the balance between work and personal life.*

*Chris King-Tally, Emmonak SRC Manager, wrote the nomination for Bonnie this year.*

*—Judith Burks, DDS, Dental Health Aide Therapist Coordinator*

Thank you for this opportunity to recommend Bonnie Johnson Hunt, DHAT, Emmonak, for a Shining Star award for 2017. Bonnie is no stranger to excellence—she was a Shining Star in 2016.

Bonnie was instrumental in the development and implementation of a local "No Cavity Club," recognizing and rewarding children who do not have any cavities on their exams. There

are now 41 smiling photographs of children in our community who are cavity-free, and aware of their personal role in keeping their teeth brushed and healthy.

In collaboration with colleague Renee Cheemuk, DHAT, and the elementary teachers and leadership of the Emmonak School, Bonnie established a school tooth-brushing program. Participating teachers supervise and encourage the children in brushing their teeth after meals while at school. This project resulted in elementary children developing dental hygiene habits in a supportive learning environment.

While she provides the calm, professional voice of reason that inspires those around her, Bonnie maintains a healthy balance of work and community life. She has participated and supported the development of a Community Garden in recent years. She and her new husband are actively engaged in a traditional subsistence lifestyle.

Of the many diverse professionals across multiple specialties that I have worked with in my long career, there are very few who exemplify the whole package - professionalism, expertise, respect, knowledge of community, honoring of tradition - as does Bonnie Johnson Hunt, DHAT.



**From left to right: Malorie Johnson, Merlin Johnson Sr., Velma Johnson, Bonnie Hunt, Joel Hunt. This is a picture of Bonnie with her family at the Alaska Area Dental Meeting in Anchorage where she was presented with her award.**

# PJCP Construction Opportunities Interested In Applying?

[www.askwdavis.com](http://www.askwdavis.com)

Register today to be notified of openings  
Our registration list is shared with all of our subcontracting partners



## Health Aide House Dedicated in Honor of Jesse Gunlik

by Jessie Judy, DNP, NP-C, Training Center Coordinator & Asela Calhoun, PhD, CHAP Director/Education

The new Health Aide House has been dedicated to Jesse Gunlik, who contributed extensively to the Health Aide Program in Alaska and the YKHC Region for the last 44 years.

Jesse was hired to be a health aide in 1973, was trained as a clinical specialist through the Army National Guard, and served his home village of Kipnuk until 1981.

Since 1981, he worked with the Otitis Media Program and traveled throughout the YK Delta helping to care for children and adults with problems from ear infections. Jesse learned many procedures and became the program manager in 1984. He started an Advanced Ear Workshop in Bethel which provided ongoing education for other health aides.

In 1992, Jesse became a part of the Basic Training Program for Community Health Aides and was the Health Aide instructor for the Ear Unit of the statewide curriculum. He also continued to travel and see patients with ear problems at the villages and referring them to ANMC as needed. Jesse contributed to the revision of the 1998 Ear chapter of the Community Health Aide Practitioners Manual (CHAM). He assisted in the development of a CD on wax removal and became a part of the telemedicine program traveling to villages to teach health aides how to use the equipment. He also translated the Alaska Telemedicine Testbed Project to Yupik.



Jesse retired once, but decided to return to work at YKHC. He is currently a Basic Training Instructor Assistant and the training program could not function without him. He maintains supplies and keeps equipment functioning, and continues to assist in the teaching of health aides. Jesse has been a very important member of the Community Health Aide Program for 44 years.

It is with great pleasure that we dedicate the Health Aide House to him as a great teacher (Elitnaurista) and name it in his honor.

## September 2017 Health Aide of the Month: Ross Nicholas, CHAIII of Napaskiak

During this past year the health aides in Napaskiak have gone through a number of traumatic events. The most recent one involved a gunshot wound. The health aides showed amazing teamwork in caring for the patient and doing what they could with what they've learned.



Ross has been the sole health aide for a number of months now, and he is being recognized as Health Aide of the Month for his strength and courage to continue working throughout all the trials he has been through.

Thank you, Ross, on behalf of CHAP and YKHC. You're doing an amazing job and we look forward to continuing to work with you.

## myYKHealth

Looking for another way to be involved in your health care at YKHC? Sign up for myYKHealth!

With myYKHealth you will be able to communicate with your health care team, access all of your medical information, and access your account anywhere, any time of day, via your smart phone or home computer.

Signing up is easy. Visit registration staff at the hospital, village clinic or subregional clinic to sign up today.



# Digital Medicine is Here!

The average American adult spends more than four hours on a smartphone every day. With this increase in technology use in our society, it's no wonder that the medical field has decided to follow suit.

What better way for patients to participate in their own health-care than from the convenience of their phones? With the emergence of digital medicine applications this dream can now be possible.

## What are digital medicine applications?

A digital medicine application or “app” is similar to any other app that you are currently using on your phone. These are a way for you to keep track of medications, lab values and improve self-monitoring of your condition. You can use these apps to assist in visits with your physician and set goals for you to meet. There are a variety of options ranging from general health and fitness to disease-focused software.

## How can it benefit me?

The use of these applications can make you feel engaged and empowered in your own healthcare. Research shows that patient engagement has been linked to better health outcomes. These apps not only allow you to track your conditions, but can also provide support, reminders and more information about your conditions and medications.

Some apps can assist you in remembering to take your medications by setting alarms and some may even send you motivational quotes to inspire you to get in your daily exercise. These apps can let you identify areas that you would like to work on to improve your overall health and assist you in accomplishing your goals.

## How do I know which app to use?

You can always start by talking to your physicians to see if there are any resources that they prefer and already have patients using. You can also think about what some of your personal goals are surrounding your own healthcare. Are you someone who tends to forget to take your medications or maybe you just like to see your lab values trending down to validate your good work.

Once you pick what it is you would like to focus on, you can choose an “app” that is specific to your needs. If you don't know where to start, there are some disease specific applications already out there that you can download and tailor your usage as you go, to fit your needs. It is most important that you find something that works for you so you can become an informed and engaged patient.

## Check out some of these “apps”!

	<b>Diabetes App Lite</b>	Blood sugar control, carb counter, and glucose tracker
	<b>Glucose Buddy</b>	Track blood sugar, medications, food, and exercise
	<b>Fooducate</b>	Improve nutrition choices by getting all the facts
	<b>Pacer</b>	Walking app to help you get active, lose weight, and feel better
	<b>My Diabetes Home</b>	A way to keep track of all of your medications

## Recipe of the Month

### Caribou Curry

#### Ingredients:

- 1 lb caribou meat
- 1 lg onion, chopped
- 1 sm butternut squash, diced
- 1 handful spinach
- 1 inch ginger root, finely chopped
- 2 cl garlic, minced
- 1 ts pepper to taste
- 1 ts cumin powder
- 1 ts tumeric
- 1/2 tsp salt
- 2 tbs olive oil
- 4 cups water or broth



#### Instructions:

1. Heat oil in a pan and add the tumeric, then the remainder of the spices except for the garlic, and mix well.
2. Cut the meat into bite-sized pieces and add to pan. Brown meat.
3. Add diced squash, toss in meat and seasoning. Add the garlic, then the water.
4. Simmer gently until the meat and squash are tender and the sauce has thickened somewhat, about 30 or more minutes. Add spinach and simmer 5 minutes more.

Serves 4

Calories	Carbohydrates	Protein	Fat
260	14	11	28

Image from [www.spicekitchen.com](http://www.spicekitchen.com)

Recipe modified from <http://www.justgamerecipes.com>



# Do you want to be a DHAT?

Scholarship applications now open!

Application and information at:  
[www.ykhc.org/dhat](http://www.ykhc.org/dhat)

Applications due  
January 15, 2018

## YKHC Scholarship Program

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

### Who should apply?

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

### Who is qualified?

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

### Apply for the scholarship by December 22, 2017

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

Visit [www.ykhc.org/scholarship](http://www.ykhc.org/scholarship) for more info on how to apply!

### Do you have any questions?

Call (907) 543-6060 or 1-800-478-3321 ext. 6060 or email [Greggory\\_Navitsky@ykhc.org](mailto:Greggory_Navitsky@ykhc.org)

### Undergraduate Programs

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

*\*Not to exceed \$11,000 total*

### Graduate Programs

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

*\*Not to exceed \$19,000 total*