

the Messenger

YUKON-KUSKOKWIM HEALTH CORPORATION



Volume XXIII No. 2 • February 2018



On Friday, January 19, members of the YKHC Executive Board and the Senior Leadership Team toured the Paul John Calricaraq Project construction site in Bethel. With the exterior of the project now fully enclosed, YKHC representatives saw work being completed on the interior of the building. In the first photo above, Grant Leader, an Arcadis employee who provides project management support, provides updates from the area that will serve as the main entrance to the new facility. In the bottom left photo, Executive Board members Gloria Simeon (Bethel) and Geraldine Beans (St. Mary's) view progress on interior beam work. In the bottom right photo, Dr. Joe Klejka (VP of Quality) and Dan Winkelman (President & CEO) look out windows towards what will be the south side of the new facility, which overlooks the CHSB and Bethel hospital.

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SAVE THE DATE

2018 Tribal Unity Gathering



YKHC's annual Tribal Unity Gathering will be held April 11–12 at the Yupiit Piciryarait Cultural Center in Bethel.

Delegates from each tribe in the region will be invited. YKHC leadership and program managers will offer progress reports, and tribes collaborate on setting annual healthcare priorities.

Tribal Councils—look for a letter of invitation coming soon. Select your delegates to attend our 25th Tribal Unity Gathering at your next council meeting!

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

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.

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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YKHC Board of Directors

Unit 1



Mary Ayunerak
Alakanuk



Michael Hunt, Sr.
Kotlik



Geraldine Beans
St. Mary's



Wassilie 'Wesley' Pitka
Marshall

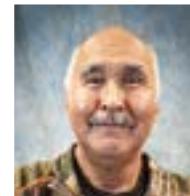
Unit 3



Bonnie Persson
Upper Kalskag



Patricia Yaska
Chuathbaluk



Phillip K. Peter, Sr.
Akiachak



James Nicori
Kwethluk

Unit 5



Stan Hoffman, Sr.
Bethel



Gloria Simeon
Bethel



Walter Jim
Bethel



Chris Larson
Napaskiak

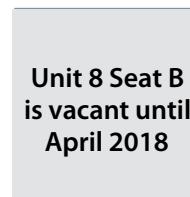
Unit 6



Esai Twitchell, Jr.
Kasigluk



Adolph Lewis
Kwigillingok



VACANT



James Sipary
Toksook Bay

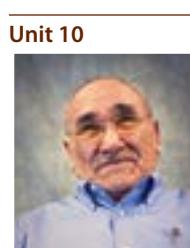
Unit 7



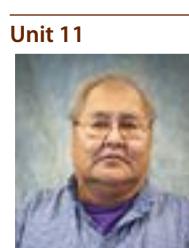
Patrick Tall
Chevak



John Uttereyuk
Scammon Bay



Joshua Cleveland
Quinhagak



Marvin Deacon
Grayling

Unit 9



Honorary Board Member



James Charlie, Sr.
Toksook Bay

Message from the President/CEO

Our 2018 Strategic Plan

As described by our late honorary board member Dr. Paul John, “*naparet*” is the mast of a boat that led he and his father out to traditional fishing waters. At YKHC, we have used Dr. John’s story throughout the years to inspire our strategic plan and annual goal-setting to improve our region’s health.

After reviewing the priorities of our 58 tribes that make up YKHC’s membership, our board of directors developed our strategic plan.

Our 2018 strategic plan continues to have four strategies, each with accompanying tactics. They are:

Healthy Community

- Extend and sustain water and sewer projects
- Advocate for public funding and new projects

Healthy People

- Improve our children’s oral health
- Reduce drowning, unintentional injuries and suicides
- Reduce tobacco use



President and CEO
Dan Winkelman

Care Delivery

- Implement a new model of care
- Successfully complete the Paul John Calricaraq Project
- Strengthen village health programs
- Focus on quality
- Improve patient experience

Corporate Capability & Culture

- Improve recruitment and staffing
- Shape culture to support high reliability
- Develop a strong Alaska Native workforce
- Continue to improve cash flow

It is through these four strategies that YKHC will work to achieve its mission, vision and values.

Sincerely,

Dr. Klejka Named VP of Quality

I am excited to announce that Dr. Joseph Klejka will be transitioning from YKHC’s Corporate Medical Director into a new role as our Vice President of Quality.

In this new role, Dr. Klejka will be leading all efforts of quality improvement within YKHC’s health system. The Performance Improvement and Risk Management departments will now report to the VP of Quality.



As a member of my Senior Leadership Team and a physician on our medical team, Dr. Klejka is uniquely positioned to positively impact YKHC’s corporate improvement initiatives. Dr. Klejka has worked for YKHC for 25 years. He began his tenure with the organization in 1992 as a Family Medicine Board Certified physician at the Bethel hospital. Most recently, he served 17 years as our Corporate Medical Director.

Please join me in congratulating Dr. Klejka on his new role!

—Dan Winkelman, President and CEO

A Closer Look

American Heart Month

Take Care of Your Heart!

American Heart Month was first officially recognized in February 1964. This February marks the fifty-fourth annual American Heart Month thanks to President Lyndon B. Johnson's original proclamation.

In the 1960s, more than one-half of all deaths in the United States were caused by heart disease. More than 50 years later, heart disease is still a huge problem in this country:

- Roughly 2,200 people die from heart disease every day
- On average, someone dies of heart disease every 40 seconds
- On average, someone has a stroke every 40 seconds

What can you do to improve your heart health?

Eat Smart

- Read nutrition labels to compare serving size, calories, sodium levels, and added sugars.
- Eat reasonable portions, even when you're served more than you need.
- Prepare and eat more meals at home, so you can control ingredients and portion size.

Sample serving sizes

- 1 slice of bread
- $\frac{1}{2}$ cup rice or pasta (cooked)
- 1 small piece of fruit (super-large apples are 2+ servings)
- 1 wedge of melon
- $\frac{3}{4}$ cup fruit juice
- 1 cup milk or yogurt
- 2 oz. cheese (about the size of a domino)
- 2-3 oz. meat, poultry or fish (this is about the size of a deck of cards)



YKHC's Diabetes Prevention & Control Department holds weekly noon-time wellness walks in Bethel and promotes daily exercise throughout the Delta.

Add Color

- Include fruits and vegetables at every meal and snack. All forms (fresh, frozen, canned and dried) and all colors count.
- Single-serving fruit and vegetables can be cheaper than vending machine snacks.
- Buying produce in bulk and freezing the excess can help you save in the long run.

Move More

Start walking. It is easy, effective and you can do it pretty much anywhere.

- Begin with a few minutes each day and add more from there.
- Find ways to make it fun, whether that's changing your route, inviting friends or even listening to music.
- If you're too busy to carve out time for a longer walk, split it up into shorter sessions.

Be Well

Too often we put our own needs aside to get things done for family, work and other responsibilities. To be your best you, it's important to add a healthy dose of self-care.

- Add calming activities to your day, like lunchtime walks, to rejuvenate and refresh.
- Take time out for you. Use your vacation days, whether you go on a big trip or just relax at home.
- Do not overlook your emotional and mental help—get help if you need it to manage stress, anxiety, depression or grief.

Heart Healthy Recipe

Alaskan Cheesesteak Foil Packet Dinner

Ingredients:

- 1 medium yellow onion (peeled, quartered, thinly sliced)
- 1 teaspoon water
- 2 Tbsp no-sodium Italian seasoning
- 1 (8-ounce) package sliced white mushrooms (roughly chopped)
- 1 pound moose or caribou loin
- 1 tablespoon balsamic vinegar
- 2 red or green bell peppers
- 1 ½ teaspoons canola oil
- 1 teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 cup shredded, fat-free mozzarella cheese (provolone or Swiss could be substituted)
- 4 small whole-wheat rolls, to serve



Instructions:

1. Preheat the oven to 450 degrees. Makes 4 sheets of aluminum foil about 30 inches long. Fold the foil in half width wise (into almost a square) so it's extra-sturdy.
2. Peel and quarter the onion. Thinly slice each quarter and add to a microwave-safe container with water. Microwave onions until mostly tender, about 90 seconds to 2 minutes, depending on microwave's power. Carefully transfer onions into a medium bowl.
3. Seed each bell pepper and then thinly slice. Roughly chop the sliced mushrooms. Transfer both bell peppers and mushrooms into the bowl with the onion.
4. Thinly slice the meat into ½ inch strips. Add meat into the bowl with the vegetables. Stir in balsamic vinegar, canola oil, Italian seasoning, garlic powder, salt, and pepper. Use tongs or a spoon to mix until combined.
5. Divide mixture into 4 equal portions into the center of each foil square. Top each portion with ¼ cup cheese.
6. Securely seal the top and sides of each foil packet. Place each foil packet onto a large baking sheet and place in the preheated oven. Cook until meat is cooked through, about 20 minutes. (Remove 1 packet to check that meat is fully cooked before removing them all from the oven.)
7. Place each foil packet onto a plate. Carefully open each packet and serve with rolls.

Recipe and image adapted from recipes.heart.org

Tobacco Free Campus Policy takes effect this month

On February 5, 2018, in alignment with World Cancer Day, YKHC became a fully tobacco-free campus. This means smoking (including the use of e-cigarettes) 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.

Ash cans and smoke shacks, formerly located outside of West Wing, Qavartarvik Hostel, Ayagnirvik Healing Center, Behavioral Health homes, and CHSB, have been removed from our property. Permanent signage is installed or will be installed throughout YKHC facilities. And, because enforcement is a team effort, enforcement tools and resources have been 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.

If you are interested in more resources about this campus-wide initiative stop by the Tobacco Prevention department (room A400, next to the Pharmacy) in the hospital.

If you are a tobacco user, this is a wonderful opportunity to look into ways to help you 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.

This is Quitting: A New Resource to Help Tobacco Users Quit

Do you have a cell phone? We thought so...

The Truth Initiative and YKHC have partnered to develop a text messaging program to help tobacco users quit called This is Quitting. This **free program** helps you to set a quit date and stay tobacco free by sending you customized text messages to support you in your journey.

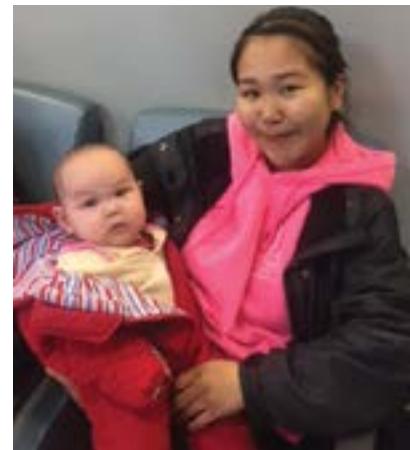
Using the program, you can receive feedback from others on the same journey, and receive customized messages of support when you are having relapses or cravings.

To get started, text QUITNOW to 907-891-7140



Health Studies—Helping us learn how to keep you healthy

Thank you to all who have played a part in studies around the YK Delta. Your time and participation are of great value and help answer tough questions about health.



Shannon Bell from Kwethluk and her niece Panik Bell-Hill. Shannon is a participant of the Healthy Pregnancies Study.

Why Research?

By volunteering to join studies, we can decrease disease and lead a more healthy future. Much of research starts with questions from patients or doctors asking WHY. For example, research on RSV started when doctors and parents asked why we have such high rates of RSV in babies. These studies have helped lead to a 3-fold decrease in RSV hospitalizations.

In another important example, in the 1970s YKHC doctors asked “why” YK Delta had one of the highest rates of hepatitis B. Studies and programs have resulted in Alaska Native people now having the lowest hepatitis B rate in the U.S.

We do research to improve health care. Better health service and health care outcomes begin first by asking WHY and then by conducting studies.

Who?

Who can volunteer to be in a research study? Anyone, it really depends on the study. Some research allows children or only adults. Usually, the flyer or screening form shares who may be eligible.

Who conducts studies?

Some researchers are our own YKHC providers. Other researchers collaborate with YKHC and Alaska Native Health Consortium (ANTHC) or the Centers for Disease Control (CDC). Many researchers are in an academic setting like the Center for Alaska Native Health Research (CANHR) with UAF/KUC. Sometimes outside entities (like the National Cancer Institute) fund studies. Other times, there is no funding available, so researchers donate their time.

What is Health Research?

Research is a step-by-step way to test an idea, a medicine, a process, or other things like an intervention. Research contributes to useful knowledge. People who do research follow guidelines to do research ethically. Many protections are in place. In Alaska, studies are approved or rejected by the Alaska Area Institutional Review Board (IRB) and the YKHC Human Studies Committee.

Before a researcher receives permission to work in an YKHC facility or use YKHC patient health records, the YKHC Board of directors must approve it. Any study that wishes to use patient identifiable information must obtain a signed approval from that individual as well. One thing that all of the studies have in common is that they are answering the questions we have about our health.

When?

Research is happening all the time. Dozens of approved studies are happening right now. Many participants will recognize the names of researchers who have been working and living in the YK Delta.

How can you get involved?

Many studies hang information in clinics and public spaces; others make community announcements or give information during a clinic visit. Keep reading the Messenger for updates on studies and for other opportunities. Your participation in research is always your choice (voluntary) and up to you.

For those who already volunteered, quyana. Thank you for your help in improving health care and health outcomes for all of us.

February, 2018

Dr. Paul John Calricaraq Project

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



Project Update

The Bettsworth Architects & Planners (BNAP) and ZGF design team submitted the 95 percent construction documents. A value engineering workshop was held December 12-13 to look for cost saving opportunities to keep the program within budget. Clinic entry door options and art glass locations were presented and reviewed. YKHC added a backup server room in the clinic and the design team is working on a concept.

A 95 percent design review conference was held January 10-11 with participants from YKHC, ASKW-Davis and their subcontractors, BNAP and their sub-consultants, an A/E peer review team, Indian Health Service, and Arcadis. The group reviewed 1,400 comments with follow-up responsibilities documented.

Other Program Elements

Medical Furniture and Equipment. Arcadis continues working with YKHC departments, the design team and major medical equipment vendors to refine options selections and receive cost quotes. Burkhardt Dental was selected to furnish and install dental equipment.

Non-Medical Furniture: YKHC is contracting with BiNW of Alaska, Inc. to provide the non-medical furniture and manage the associated phased procurement, shipping and installation.

Microturbine Power Generation Plant: Coffman Engineers submitted a conceptual design package including designs for two locations and a preliminary construction cost estimate. YKHC is reviewing an analysis of capital and operational costs.

PJCP Construction

ASKW-Davis is installing drywall on the clinic first-floor walls. Elevator shaft and stairwell framing is progressing on all levels. Framing is progressing in the electrical and communication rooms on the second and third floors so electrical rough-in can begin.

General room framing and door frame installation continues on the third floor.

The Central Utility Plant (CUP) walls are framed.

Plumbers are installing in-wall fixtures on the first and third floors. Crews are installing medical gas and dental air piping above the first floor ceiling. Waste piping and domestic water piping pressure tests began in early January and will progress throughout the first floor.

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



Rendering of PJCP Gathering House.

Electricians continue roughing in the first floor walls and have begun hanging panels in electrical rooms. Electrical rough-in will begin on the third floor in mid-January. The pneumatic tube system was substantially roughed-in on all floors prior to the holidays.

The sprinkler subcontractor is working on the stairwell riser systems and plans to start hydro-testing the sprinklers on each floor in January. BEK, the fire proofing contractor, was on-site in January to apply fire proof paint and spray the six communication room ceilings (open ceiling to structure) with a top coat product that helps lock-in the fireproofing and minimize dust and loose particles.



Installing fire rated wall in service elevator shaft.

Special Inspections: DOWL's special inspector will be on-site mid-January for final fireproofing adhesion tests on the second floor ceiling and intumescent paint thickness tests on the beam above the public elevator. YKHC is inspecting fire stopping at walls and joints. BEK provided fireproof patching training to ASKW-Davis and YKHC.

YKHC Staff Housing

Due to heavy rain and winds in July and August, the housing construction project incurred water damage. Bethel Federal Services started corrective work after the

mitigation plan was approved. Third-party inspection services have been contracted to monitor the construction progress and mitigation of water damage. North Form Architecture made a site visit on January 8 to review the quality of finishes and inspect areas prior to covering with new finishes. Fire stopping at rated walls and ceilings was reviewed, and the contractor is taking measures to meet U.L. Standards.

HEALTHY LIVING

February is National Children's Dental Health Month

Let's talk about one of the ways YKHC is helping to prevent dental decay in our children.

Sealants!

Sealants are a thin protective coating painted on your child's healthy tooth as a protective shield to help block out germs and food that cause cavities.

Sealants Work!

Sealants on permanent molars reduce the risk of cavities by 80 percent for two years and continue to protect against 50 percent of cavities for up to four years.

Sealants are Easy!

The tooth does not need to be numbed. See the picture showing how it is done.

When is the best time to get your child's teeth sealed?

Sealants can be beneficial to any tooth that has grooves or pits and is at risk for developing cavities. Sealants prevent the most cavities when applied as soon as possible after permanent molars come into the mouth. This happens usually around age 6 for the first set of molars and age 12 for the second set of molars.



How do you get sealants on your child's teeth?

Schedule a dental exam for your child at least one time per year and ask your dental provider if sealants are a good idea for your child. Sealants can be placed by DHATs, Dentists and Dental Hygienists.

The photo used and some of this information was obtained from the CDC website. For more information on sealants, you can visit www.cdc.gov/oralhealth/dental_sealant_program/sealants.htm.

Bring Your Smile to Camai March 17!

The YKHC Dental Department is proud to announce the 29th annual "Smile Alaska Style" event to be held in Bethel on March 17, 2018, at the Camai Dance Festival.

The purpose of Smile Alaska Style is to increase community awareness about the importance of good oral health. It is an opportunity for individuals to receive education and be encouraged to practice proper and effective oral hygiene to prevent dental disease. YKHC providers will be offering free dental screening exams to everyone who participates. Participants will fill out an entry form, receive their screening, oral hygiene education and have their picture taken. Door prizes will be offered to all participants.



Your organ and tissue donation can save lives

February 14th is **National Donor Day**, a national health observance originally designated in 1998 by the U.S. Department of Health and Human Services, the Saturn Corporation and its United Auto Workers to raise awareness for organ, eye, tissue, marrow, platelet and blood donation. Today, nearly 120,000 patients are on the waiting list to receive a lifesaving organ transplant, and countless others are in need of cornea, tissue, bone marrow, blood and platelet donation.

Valentine's Day—and every day for that matter—is the perfect day to register as an organ, eye and tissue donor! What a better way to express love than to commit to saving and healing lives by joining the donor registry? National Donor Day is an opportunity to discuss organ, eye and tissue donation with your family. Registering as a donor means you have made the decision to donate your or-

gans, eyes and tissues at the time of your death. It is important to discuss your wishes with your family, as your decision to be a donor takes priority over your family's preferences.

To be sure your wishes are honored, it is essential that you communicate them to your family, as they will be informed of your decision to be an organ, eye and tissue donor at your time of death, and asked to provide information about your medical and social history. Making the decision for yourself in advance makes it easier for your family during a difficult time.

In Alaska you can register as a donor at www.lifealaska.org. Just one donor can save up to eight lives through organ donation and save or heal more than 75 lives through eye and tissue donation.

2018 Community Activity and Garden Awards

YKHC Diabetes Prevention & Control is currently inviting all communities in the YK Delta to apply for the 2018 Community Activity & Garden Awards.

We are encouraging city and tribal governments and other non-profit agencies to partner with us to develop long-term activity programs that will help prevent diabetes and other chronic health diseases by increasing healthy lifestyle opportunities for people living in our communities.

You can download the application documents and find more information on our website at www.ykhc.org/diabetes.

Application Submission Deadline is 5 p.m. February 15, 2018.

Thank you for supporting the health of the people living in your community.

If you need assistance completing the application, please call 1-877-543-6133

YKHC PHARMACY

90-Day Medication Refills Now Available

Refill Line: 543-6988 or toll free 1-877-543-6988

Benefits of filling a 90-day prescription

ALWAYS ON HAND

A good way to help you stay on track.

Fewer refills mean fewer chances to run out of your medication. Having your medications on hand may help you stay healthier because typically means you are less likely to miss a dose.

CONVENIENCE

Have your medications sent to you by mail.

A great convenience for medications you take on an ongoing basis.

FEWER CALLS TO YOUR PHARMACY

With these 90-day refills, you only have to remember to make four calls a year instead of 12.

A few medications we CANNOT fill 90-Day

- Narcotics
- Compounds
- Refrigerated medications

Refill Line: 543-6988 or toll free 1-877-543-6988

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.

Health Aides of the Month: November 2017

Evangeline Phillip, CHP, and Edna Phillip, CHP, of Akiachak

During the holiday season, we often reflect on what we are thankful for. Here in the YK Delta, we must be thankful for our Health Aides and the tireless effort they make to care for the people of their villages.

Edna and Evangeline both had scheduled appointments in Bethel. While awaiting the plane they received an unexpected call from a pregnant patient who was still in the village.

We do not recommend any patients who are expecting to deliver to stay in the village after 36 weeks because it is not safe for the mom or baby. Clinics are not equipped with the right supplies for a newborn, and they do not have the right equipment for any life-threatening situations that may occur to the mother and baby. We know that not all deliveries go as planned and smoothly. Health aides get three hours worth of emergency delivery training, and not everyone has the opportunity to deliver babies.

Akiachak's health aides have been extremely busy with urgent patients and emergencies in the village. They did not go to their



Edna Phillip and Evangeline Phillip.

own appointments because they stayed to help with the unexpected delivery. Afterwards, however, there were complications. Evangeline immediately alerted the providers on duty and monitored the newborn closely until the baby could be transferred to Anchorage.

The village of Akiachak is lucky to have Health Aides like these two CHPs. They complete their work and continue to care for patients in their community. The Bethel providers made a point to express their thoughts that Evangeline and Edna did a tremendous job managing a village delivery and tending the newborn's health. The vigilance and Evangeline's timely rapid request for assistance saved the baby's life.

We truly appreciate all and everything you do!

St. Mary's Sub-Regional Clinic Practices Emergency Response

by Gail Alstrom, St. Mary's SRC Operations Manager

Like many Alaskan villages, St. Mary's has no EMS or 911 service. When an emergency call comes in, it is the health aides that take the call and gear up to respond.

Whether it is a patient that comes into the clinic on their own, an accident at someone's home or in the field, the health aides need to be ready to respond and take care of the patient. St. Mary's has nine miles of roads in town, plus a six-mile road to Pitka's Point, a six-mile road to the airport, and a 17-mile road from the St. Mary's airport to Mountain Village.

When an accident happens on the roads or even on the hundreds of trails around our villages, our community relies on the health aides to respond. This means we need to be prepared for anything with staffing, equipment and vehicles. The St. Mary's SRC tries to keep staff prepared for different scenarios by running drills.

Recently, we practiced responding to a two-person snow machine crash on the frozen river. Drills are easy to practice because we have time, a lot of staffing and they are not real. In a real emer-

gency, however, we are usually responding after hours, with limited staffing, and in the dark and cold. The drills help us prepare and practice for these real emergencies. Our health aides are all ETT or EMT trained, but we work with all of our staff in an emergency to pick up and transport a patient to the clinic.



St. Mary's clinic staff practice back-boarding a patient for safe transport..

New Year's Baby!



YKHC is happy to announce the YK Delta's first birth of 2018! Parents Jewel Akaran and Charlie Mike of Kotlik welcomed Zayden Elliot Mike at 7:50 a.m. on January 3, weighing 7 pounds, 8 ounces. Zayden joins siblings Jared, Jadey and Nicholas. Welcome to the world Zayden!

Is your village in need of an Emergency Response Vehicle?

The Grant Development Department can help assist you in applying for a grant.

Questions to consider answering before contacting the Grant Development department:

- What the needs are and what type of vehicle (ATV, snow-machine, etc), if any, is being used now
- Where the services will be provided
- Why the funds are needed
- Who will benefit from the services

More information on the types of grants Rasmussen Foundation offers can be found at www.rasmussen.org/grants. If interested, please contact Traci Maczynski with YKHC's Grant Development department to get started on the process at 907-543-6041 or Traci_Maczynski@ykhc.org

When there is a concern for suicide... 543-6499

What to do

- Get involved and become available—show interest and support—make a connection
- Ask directly if they are thinking about killing themselves
- Talk openly and freely about suicide
- Actively listen, without judgment
- Allow for honest expression of feelings
- Offer hope—alternatives are available
- It's okay to normalize brief thoughts of suicide, especially following the suicide of others (it's normal for a second or two)
- Call our Crisis Response Line toll free **844-543-6499**—They are staffed by trained people who want to help you, as well as the person in crisis

What not to do

- Don't normalize plans for suicide, or dwelling on suicidal thoughts—these are not normal
- Don't say that everybody is killing themselves—it's just not true
- Don't get into debates about suicide, such as the rightness or wrongness
- Don't lecture on the value of life
- Don't dare them to do it
- Don't ask "Why?"—it encourages defensiveness
- Don't act shocked
- Don't swear to secrecy

Common Occurrences Surrounding Suicide

- Being drunk—even without any depression or other indicators of suicide
- Previous suicide attempts increase a person's risk
- A recent significant loss (such as a relationship ending), or sometimes the threat of a loss
- A recent death of a loved one or close friend—sometimes even if it was expected from old age
- Sense of hopelessness about the future
- Drastic changes in behavior or personality
- Unexpected preparations for death, such as making out a will or giving away prized possessions
- Uncharacteristic impulsiveness, recklessness, or risk-taking
- Increased use of marijuana or other drugs

For any and all Behavioral Health crises, from suicidal ideations to concerns about how a person is acting, call 543-6499 (toll free: 844-543-6499)

Seniors and Vulnerable Adults—Preventing Slips and Falls

During the cold weather months, it becomes more important than ever to watch out for adults of any age who may be vulnerable because of a physical or cognitive disability, medical condition, or other reason.

Is someone outside in cold weather without proper clothing? Are there utility shut-off notices on a doorknob? Are there no tracks in the snow, showing no one has come or gone recently? Might there be self-neglect or financial exploitation?

Older Alaskans are particularly vulnerable after a fall. Falls are largely preventable, but they remain the leading cause of injuries among Alaskans age 65 and older, often causing serious injury such as brain trauma, hip fracture, and even death. Researchers estimate that more than one in four older Alaskans falls each year.

We rely on Alaskans to contact Adult Protective Services if they're concerned about someone. If concerned, call 800-478-9996 toll-free statewide, or file a report online with DHSS Senior and Disabilities Services at <http://dhss.alaska.gov/dsds/Pages/aps/apsreportinfo.aspx>.

YKHC has earned The Joint Commission's Gold Seal of Approval®

The Joint Commission, an independent and not-for-profit national body, has been accrediting health care organizations for over 50 years. Accreditation and certification by The Joint Commission is recognized nationwide as a symbol of excellence and commitment to meeting performance standards.

YKHC's Hospital, Behavioral Health and Long Term Care programs must be accredited every three years. Because The Joint Commission reviews are unannounced, we must be prepared at all times. YKHC would like to **thank all of our employees** for their tireless efforts in helping to maintain accreditation and in **Working Together To Achieve Excellent Health.**

