



Our Shining ‘North Star’



Martha Attie, YKHC Health Aide and Supervisor Instructor for more than 30 years, was honored as one of three North Star Award recipients at the recent Health Aide Forum in Anchorage. Find out why she’s known as “our big sister” by her colleagues on page 11.

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FYI

UAF reduces tuition by 25 percent for select programs

Beginning fall semester 2018, the University of Alaska Fairbanks will reduce tuition by 25 percent for some occupational endorsement programs. These programs range from 12 to 16 credits, can be completed in one semester (but don’t have to be) and are now estimated to cost between \$2,436 and \$3,228.

The following programs are available fully online and eligible for the discount:

- Administrative Assistant
- Bookkeeping Technician
- Financial Services Representative
- Health Care Reimbursement
- Medical Billing
- Medical Coding
- Medical Office Reception

and many others...

Find more details about these programs at <http://elearning.uaf.edu/go/programs>.

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
 Irvik 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 Contro
 & 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.

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The Messenger is also available for download on our web-site 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

Unit 2



Geraldine Beans St. Mary's



Wassilie 'Wesley' Pitka Marshall

Unit 3

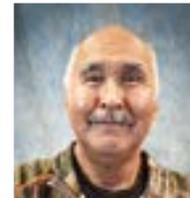


Bonnie Persson Upper Kalskag



Patricia Yaska Chuathbaluk

Unit 4



Phillip K. Peter, Sr Akiachak



James Nicori Kwethluk

Unit 5



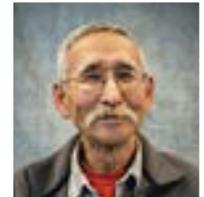
Stan Hoffman, Sr. Bethel



Gloria Simeon Bethel



Walter Jim Bethel



Chris Larson Napaskiak

Unit 6



Esai Twitchell, Jr. Kasigluk



Adolph Lewis Kwigillingok

Unit 8

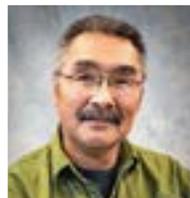


Abraham David Mekoryuk



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

Message from the President/CEO

PJCP Construction— Changes in the Works

As break up season approaches, we know lots of changes occur. The same is true for the Paul John Calricaraq Project. Beginning this month, we start major construction inside our hospital. The hospital construction is phased so we can keep the hospital fully functional. We ask for your patience while we make significant improvements throughout our facility. For more PJCP details, I encourage you to go to our PJCP Update on page 5 for the article titled “The Construction Zone.”

Let me introduce you to Deanna Latham, Vice President of Support Services who will brief you on the hospital construction that we have planned for this summer and fall. Deanna is from Quinhagak. Her background is in Civil Engineering and she has worked for YKHC for nearly eight years as the Director of Capital Projects and has served as the Vice President of Support Services since July 2016.

Quyana,



This is an exciting time for YKHC as we are beginning the renovation stages at the hospital for the Paul John Calricaraq Project. With all renovation projects, there will be times when areas of the hospital will be shut down and services will be relocated during construction. Signage will be posted throughout the hospital to help with navigating the new locations.

Beginning May 15, 2018, the hospital kitchen and cafeteria will be shut down. To eliminate disruption to our patients in North Wing, and OB, our staff will be cooking at the YK Ayagnirvik Healing Center and delivering meals to our customers in our inpatient areas. The kitchen renovation is expected to be completed by October 2018 when we will be able to resume cooking meals for our inpatient customers in the hospital. The newly expanded cafeteria for our outpatient customers will be open in January 2019.

During this closure, there will be a Grab-and-Go station where our customers can purchase a small variety of food and refreshment items located near the OB and Surgery waiting area.

The Project Management, design, and construction teams have extensive health care experience and will make every effort to minimize disruptions to our operations and services.

We hope you join in our excitement as the PJCP progresses and thank you for your patience.




**President and CEO
Dan Winkelman**



**Deanna Latham,
Support Services VP.**

The love of a wife

by Kris Manke, YKHC Director of Construction



Kris Manke and his wife Colleen Laroux.

As May is Skin Cancer Awareness Month, I would like to tell you the story of the love of my wife, Colleen Laroux. A couple of years ago we were someplace warm and I had shorts on. She said, “Baby that small mole on the back of your calf seems to have gotten bigger.”

Of course, I, as the old construction worker, says, “right.” For one thing, I can’t even see my calf without some contorting around, and for another, when I do contort around I see it and remember this mole from way back; I even remember having it when I was a child.

So life goes on and she says it a couple more times. Then we were down in Tacoma where I am originally from, and where my primary doctor is. Since we were there, I had my annual physical. For some reason that I still don’t know, at the end it pops into my head and I said, “Hey Doctor Hooper, my wife is concerned about a mole on the back of my leg.”

So he checks it out and says, looks pretty normal to me, but if your wife is concerned we had better do a biopsy just for her peace of mind. Well, needless to say, it came back as stage one melanoma and I had to have it removed.

There are a couple reasons I tell this story. One, it shows the strength of a woman’s love and, two, just to let everybody know to keep a close eye on even the smallest of things. Catching this as early as we did may have saved much pain and anguish down the road.

YKHC Employees of the Quarter

Recognizing exceptional employees in the first quarter of 2018



Front Row: Brent Laughtenschlager, Diana Murat, Virginia Blake, Bernadette Charles, Tom Chase, Theresa Bowles. Back Row: Support Services VP Deanna Latham, CFO Tommy Tompkins, Board Member Chris Larson, President & CEO Dan Winkelman, Patient Care Services Administrator Patty Smith, Board Member Adoph Lewis, Hospital Services VP Jim Sweeney.

Diana Murat and Virginia Blake, Medicaid Travel

Diana Murat recognized the need for change in the Patient Travel process after YKHC assumed the responsibility for Authorizing and Scheduling travel for patients covered by Medicaid. When she was tasked with the job of correcting the problems causing providers and patients extreme frustration, she accepted the challenge and started developing systems and hiring people to handle the enormous load.

Virginia Blake immediately began working with Diana to implement the systems and procedures needed to meet the challenge. It involved many days, nights and weekends to handle the work, but they were committed to having YKHC be successful and now have brought the situation under control.

Bernadette Charles, DHAT

Bernadette Charles graduated with the first class of DHATs trained in Alaska in 2010 and has been working in the St. Mary's sub-region since then. Despite being the sole dental provider stationed in the area, she has reached, and exceeded three out of the four healthy pillar goals set by the corporation for her region.

Recently, Bernadette has also taken steps to improve the efficiencies of their dental clinic by working with the entire St. Mary's dental team and other non-dental staff to make sure they are seeing as many patients as possible. As a result, dental services are a top priority for the entire clinic. She has had a direct and personal involvement in the oral health of half of the people living in the entire St. Mary's subregion. Bernadette is an inspiration and exceptionally valuable part of the DHAT, Dental, St. Mary's Sub-region, and YKHC teams.

Tom Chase, Corporate Facilities

Tom is always here, arriving early and often staying late, to ensure that the CHSB, parking lots, and surrounding residential facilities are taken care of and safe. Oftentimes he arrives early in the morning to put sand and gravel down when it is icy out. He's been seen coming in on the weekends to do testing and maintenance and ensure everything is running smoothly. Any time he

is asked for help, he is there. He has never, ever been rude and always asks how your day is or if you had a good weekend. Tom is the kind of guy that does a good job not just because that is his job, but you can tell he really cares about YKHC and the people he is taking care of.

He benefits our patients by working long hours to keep sand down, fix issues around the building and always having a positive attitude.

Theresa Bowles, Prematernal Home Attendant

Our pregnant clients come to Prematernal Home to wait to have their babies. This can range from one day to 30 days. The clients come here knowing the hardships it puts on their families and their day-to-day lives. Theresa takes the time to listen and lend a sympathetic ear. She shows understanding and gives advice and a hug when one is needed.

Theresa cleans our building with as much pride as if it were her own home, resulting in one of the cleanest facilities in Bethel. This is due to Theresa's dedication and satisfaction she has in doing an excellent job. Our clients' and staff's morale all benefit from this.

Brent Laughtenschlager, Imaging Department Manager

Brent jumped right in when YKHC initiated its Lean Program and implementation. He integrated his quality initiatives for the Imaging Department (such as Xray quality, emergency room patient wait times, lobby wait times, etc.) with ease. His visual board has excellent visual displays and is easily decipherable at a glance. He has achieved the status as a model department for the Lean Program and is a go-to person for other departments/employees for suggestions and guidance.

Brent has worked diligently on the PJCP project as well—both in department design and equipment selection. Brent worked with the vendors and saved YKHC a substantial amount of money towards the purchase of new equipment. By becoming a leader in the lean initiative he has already benefited YKHC employees in getting their departments' lean programs up and running.

May, 2018

Dr. Paul John Calricaraq Project

For more information about PJCP, visit our website: www.calricaraq.org



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

THE CONSTRUCTION ZONE

Interior renovation of the existing hospital begins May 15, 2018.

Phase One

Housekeeping Department Renovation

May 15 – September 2018

Daily construction activities are planned around operations to limit disruption of services.

Kitchen/Cafeteria Renovation

May 15 – March 2019

Construction activities require full shut-down of the Kitchen. A “Grab and Go” food and beverage option will be available for the convenience of the public. It will be located near North Wing.

Hours of operation: daily 7 a.m. to 6 p.m.

Menu items will include assortments of sandwiches, daily soups, fruit cups, desserts and hot and cold beverages.



Dining Area Renovation

- September 2018 thru January 2019 — Full-scale renovation begins

Phase Two

Radiology Department Renovation

May 15 – March 2019

Temporary patient transport pathways, temporary Mammography and Ultrasound will be created to maintain current patient care levels

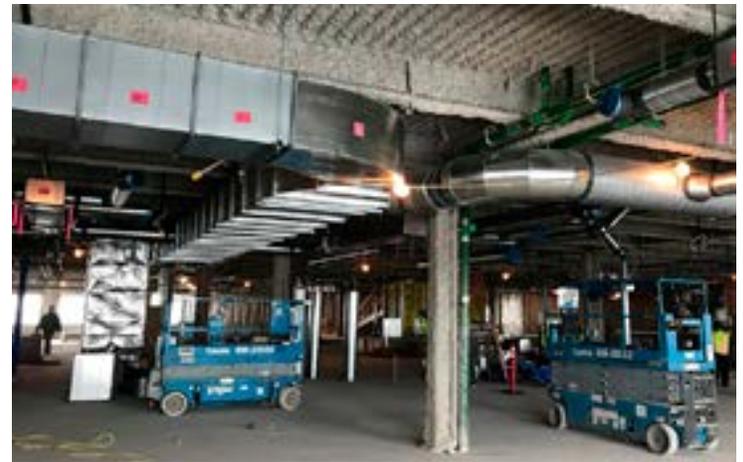
PJCP Design

The Bettisworth North Architects & Planners (BNAP) and ZGF design team submitted the 100% Construction Documents on March 5 and continue to provide construction administration services.

BNAP is providing direction for temporary construction for Pharmacy, Mammography and Ultrasound necessary to ensure minimal disruption to hospital operations during hospital renovation/clinic construction.

The design for the art glass used in the entry doors and balcony was finalized.

RSA, the mechanical/electrical engineer, visited the site in early April to review mechanical/electrical rough-in on the first and third floors.



Ductwork and piping progressing on second floor

Other Program Elements

Power/Temporary Power: YKHC commissioned a third party analysis of the micoturbine power generation project capital and operational costs and determined the project is not economically feasible. YKHC is pursuing temporary and permanent power agreements with AVEC.

Custom Drum Tables: YKHC held a kick-off meeting to review design of custom cedar drum tables with artful resin interpretation of rivers across the surface. Samples and photos of interior finishes were provided so the tables compliment the interior design.

PJCP Construction

ASKW-Davis has nearly completed the second-floor framing and continues drywall installation. Tape and mud are being applied to drywall on first floor walls, with painting of the Central Utility Plant nearing completion.

Plumbers are installing hangers for sinks and toilets, brazing medical gas piping and installing waste and vent piping, water lines and heat mains on the third floor, and installing boiler supply and return main lines in the Central Utility Plant. Insulation on ductwork and domestic water lines continues on the first and third floors.



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calricaram tungiinun*

Preparing together for a new
season in our healthcare

Congratulations and thank you to the more than 50 delegates who came together April 11 and 12 for the 25th Annual Tribal Unity Gathering.

This year's Gathering took a slightly different approach to seeking input from community representatives on important health care issues vital to realizing our vision of becoming the "healthiest people."

Rather than voting on a broad range of concerns, the tribal representatives from all over the YK Delta focused on how their communities can help improve children's oral health, reduce drownings and unintentional injuries and prevent suicide.

The dozens of ideas put forward by the delegates will be reviewed by YKHC's Leadership and Board and will be summarized more fully in the June Messenger. A complete report including all delegate comments and suggestions will be sent to Tribes.

Here are some of the suggestions presented after Unit group workshops:

Oral Health

- Educate communities on the benefits of fluoridated water
- Tribes to work with schools on teeth cleaning education
- Help parents understand they are responsible for sugar consumption and brushing of teeth. No sugar in baby bottles.

Reduce Drowning

- Maintain "Kid's Don't Float" stations; donate old and outgrown PFDs to "Kids Don't Float" stations.
- Community ordinance that requires life jackets
- Work with parents and encourage them to educate their children.

Reduce Unintentional Injuries

- Gun safety education with VPSO assistance
- City or Tribal ordinance requiring age limit for driving an off-road vehicle
- Members of the public to become role models of safety equipment use

Suicide Prevention

- Address risk factor awareness: abuse, alcohol, bullying, domestic violence
- Promote mentor program between youth and adults
- More involvement from the school district, having a counselor on site or visits to the schools regularly.



Interim Public Relations Director Mitchell Forbes addresses the audience.



Delegates from throughout the YK Delta attended the Gathering.



Unit representatives work on their ideas for making healthcare improvements.

A Closer Look

This month we take a closer look at YKHC's Emergency, Outpatient and Preventative departments within Behavioral Health. Join us next month for a look at our Residential, Developmental Disabilities and Family Infant Toddler programs.

Behavioral Health Services

Emergency Services

Who We Are

We are a team of clinicians, case managers and coordinators who come together to run around-the-clock care for people in emotional and behavioral crises. When a person is severely struggling in their home village, we work with health aides and law enforcement and family members who are supporting that person in order to ensure that everybody receives the care they need.

Sometimes people don't need to be flown into Bethel, and can get appropriate help while remaining in their home village. Sometimes Bethel has the right type of care, while sometimes what is needed is only available in Anchorage.

For people in crisis, time is of the essence, as is expertise. We are connected with all of the emergency resources throughout the state, and we know when it's appropriate to access those resources.

We think it is important to highlight, that we are available not only for those people who are in crisis, but also for their family members and for anybody who is helping. We are also there for you, when you are helping others.

People who are suicidal don't generally reach out to people they don't know, but rather to people they trust. Somebody may very well reach out to you, at some point. When they do, if you know how to talk with that person, it will help them.

And so another area we focus on is equipping people how to step into those difficult conversations with skill. It's called QPR—Question, Persuade, Refer—and we'd love to train you. QPR doesn't turn you into a behavioral health clinician any more than CPR turns you into a medical doctor, but QPR helps the average person intervene in a similar way.

If you find yourself talking with somebody who is in a crisis, please reach out to us. We can help walk you through what to do.

How to Reach Us:

For an emergency Behavioral Health need, call us at 907-543-6499 or toll-free at 844-543-6499, and a clinician will answer the phone to help. For any routine help, call Behavioral Health at 543-6100, and we will steer you to the right person.

Outpatient Services

Outpatient Services offers interventions for mental health and substance abuse disorders Throughout the YK Delta. Services including screening, assessments, case management and therapy are available to residents of Bethel as well as village residents—in person or through video conferencing.

Individual, group, and family therapy are provided to assist the client with their individual goals. Outpatient therapy is available for children and adults of all ages. **Appointments can be scheduled at 543-6100.**

Preventative Services

We offer Calricaraq traditional counseling services in Bethel and the communities throughout the YK Delta. The Calricaraq staff in outpatient services provide group and individual counseling with clients who are referred to the program. The department also provides Calricaraq groups at Ayagnirvik Healing Center for both inpatient and outpatient clients as well as the McCann facility.

Calricaraq staff provide Qaruyun response for communities in which a crisis has occurred. In addition, three-day Calricaraq gatherings are provided in communities whose tribe requests them. Staff also provide Calricaraq and Qaruyun activities for schools who make these requests.

Calricaraq staff are also located in the communities of Alakanak and Chevak. Local Calricaraq programs are provided by staff in these communities. **We can be reached at 543-6731.**

HEALTHY LIVING

Stress Management

Stress can come from any type of pressure or stressor. Work demands, deadlines, relationships, traumatic events, life changes—they can all lead to increased stress.

While everyone experiences stress at some point, not all stress is the same. In fact, in some cases, stress can be a good thing. Stress can be your body's response to danger which helps you to “fight, flight, or freeze” when faced with a stressful or dangerous situation. However, long term or chronic stress does not have the same benefit.

Individuals who are stressed for long periods of time, creating a feeling of constant stress, can experience many negative health effects, including making it difficult to manage chronic diseases such as diabetes. This is why it is so important to learn ways to manage stress.

In a stressful situation, the body produces a hormone called cortisol, which is often referred to as the stress hormone. Cortisol helps to regulate blood pressure and the immune system when the body is subjected to a stressful situation. However, when someone is stressed for a long period of time, cortisol continues to be released and can have many negative health impacts.

Chronically high levels of cortisol can lead to sleep problems, a depressed immune system, blood sugar abnormalities and more. This is why it is especially important for someone managing a chronic disease to manage stress levels.

For example, with individuals who have diabetes it is important keep blood sugar levels at a healthy level, but with increased cortisol in the system from long-term stress it can be challenging to do that. In order to effectively manage diabetes, it is important to also manage stress levels.

If you feel you are experiencing negative health impacts from stress, whether you have a chronic disease such as diabetes or not, it might be a good idea to talk to your health care provider or a provider in behavioral health. Some other common signs of stress are increased alcohol or substance use, depression, feeling overwhelmed or like you are losing control, having low energy, isolating yourself from others, and having difficulty relaxing.

There are ways to manage stress though. Below are a few suggestions for managing stress on your own.

Do something you enjoy — try to do the activities that you enjoy doing without adding any extra pressure to it. Instead of making earrings and worrying about whether or not they will sell at Saturday Market, just make earrings for the fun of it! Try a new design you've never done before and understand that they may not turn out the way you intended. That's okay.

Stay connected — it can be easy to put friends and family to the side when we're stressed, but for a lot of people staying connected with others actually helps to reduce stress. Invite your neighbor over for a steam, play with your grandkids, call up your mom or dad. Staying in touch with the people we care about can help manage stress by providing us with an emotional support system.

Get active — regular exercise can help reduce stress and boost your mood. Just 30 minutes of walking per day can help you manage your stress, stay physically healthy, and even help prevent diabetes. Try getting together with a group of friends and going for a walk on the next nice day or take your dog for a walk on the tundra. The Diabetes Prevention and Control department will also be promoting “wellness walks” in your community – stay tuned to KYUK to hear more information about when to get out and walk with us.

If these stress management techniques are not working, or you would like to learn more techniques for managing stress, you can always reach out to YKHC's Behavioral Health Department. They can be reached during the workday at 543-6100 or, if it is an emergency, you can reach a behavioral health worker at their toll free number, 844-543-6499, any time of day.

Diabetes team takes Grayling for a walk

A team from the Diabetes Prevention and Control department visited Grayling last month with Aniak Physician Assistant Ayanna Galloway and Health Aid Mary Turner.



YKHC's Diabetes Wellness Team and residents took a walk across the Yukon when they visited Grayling last month.

The team hosted a group medical appointment for clients in Grayling who have been diagnosed with diabetes or prediabetes. The appointment was a huge success — clients were able to meet with staff to discuss their individual diagnoses, have group informational discussions about diabetes, and were even able to take home some fruit and vegetables after the appointment.

While in Grayling, the team also hosted a Wellness Walk in the community. About ten people joined the team for a walk around Grayling. The walk started with a game of “Fitness Follow the Leader” where kids walked around the community hopping, skipping, jumping, doing lunges and even getting some good stretches in! When that was done, the adult participants took a peaceful, but challenging, walk across the Yukon to promote healthy living!

The Diabetes Prevention and Control department heartily thanks Grayling for inviting us in, showing us around, and helping us to spread the positive message of healthy living! A special thank you goes out to Ayanna Galloway and Mary Turner for meeting us in Grayling and to the staff at the Grayling clinic, Valerie Nicholi and Melody Kruger, for helping us make this trip a huge success!

Recipe of the Month

Black Bean Burgers



Ingredients:

- 1 (15 oz) can of black beans (drained and rinsed)
- 2 cloves of garlic
- ½ medium onion
- 2 tablespoons olive oil
- 1 egg
- 1 tablespoon of mustard
- ¼ cup breadcrumbs
- ¼ teaspoon pepper
- Hamburger buns

Instructions:

1. Empty the black beans into a strainer and rinse with water (this helps to remove the unnecessary added salt)
2. Place the black beans into a small pot with 2 cups of water and bring to a boil. Once boiling, remove from heat and strain the water out.
3. Using a potato masher or fork, mash the beans until you get a grainy texture, but make sure to leave some beans intact.
4. Mince the garlic.
5. Chop the onion.
6. Mix the garlic, onion, egg, mustard, bread crumbs and pepper in with the beans.
7. Divide the mixture into fourths and make them into patties.
8. Heat the olive oil in a large pan over medium heat. Cook the patties on one side until crispy and browned and then flip to the other side.
9. Serve on hamburger buns.

***Bonus step – have fresh veggies laying around? Add some lettuce or tomato to your black bean burger to make it even healthier!*

Do you have questions on how to eat healthy or want more recipe ideas? Contact the Diabetes Prevention and Control department at 543-6133!

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.

2017 Health Aide of the Year **Earlene Wise, CHP of Kalskag**

Earlene Wise has been part of the YKHC family for the past 22 years. She has been the sole Community Health Practitioner (CHP) for Upper and Lower Kalskag clinic for several years.

During the month of November Earlene logged over 450 hours of on-call, and worked a little over 70 hours overtime for a period of two weeks. She saw more than 30 patients after hours that month. She also volunteers to take on-call for several villages that do not have Health Aides, assessing patients over the phone.

Earlene maintains a positive attitude at work, often laughing and joking during casual conversations. “As her manager, I have not yet heard her complain despite the difficulties with short staffing in both Lower and Upper Kalskag,” said CHAP Field Supervision Coordinator Katherine Evon.

Earlene seems to thrive when the clinics are busy. Early in December, Earlene responded to the emergent needs of a patient with the help of LifeMed. She made herself available to patients within the community the same day to provide precautionary services following this emergency.

The hours she’s logged and the high quality of care she provides shows her dedication and commitment to YKHC’s mission. YKHC is very fortunate to have a bright and dedicated employee such as Earlene!



Earlene Wise, CHP of Kalskag.

Health Aide of the Month: January 2018

Jacob Isaac, CHP of Marshall

Jacob has been on call with little to no relief totaling up to 2,752 on-call hours between July 30 and January 31. Being a health aide is a big responsibility and can be very tiresome. Jacob continues to maintain a strong work ethic and a positive attitude. He has responded to numerous medical emergencies both during normal business hours and after hours. His strong knowledge base as a Community Health Practitioner helps him identify urgent conditions.



Jacob Isaac.

The people in the community of Marshall are fortunate to have Jacob; he is a caring, tireless, dedicated, and courageous health care provider. I feel Jacob has proven to be an excellent role model and valued YKHC employee because he provided effective, urgent care to all the patients he took care of while on call.

He is reliable and takes care of emergencies in a cool, calm and collected manner. Health Aides like Jacob are the lifeline and first responders in the rural communities and ensure rural Alaskan residents are provided with the urgent care they need. Thank you Jacob. We commend you for all the tireless hard work you do.

Health Aide of the Month: February 2018

Bryan Fritze, CHA I from Alakanuk

Bryan, a session I health aide since September 2017, is on call for Alakanuk, where he sees five to six patients on weekends. During a recent trip to the village, the visiting provider arrived as Bryan was tending to an infant. Soon thereafter, a call came from Nunam Iqua where a near-term pregnant patient was having regular contractions. Bryan called around and found someone to take him to Nunam Iqua to pick the patient up. There were now two patients who needed to be



Bryan Fritze.

Pay Raise for Health Aides

At the 25th annual Tribal Unity Gathering in Bethel, YKHC announced salary increases for all health aides in our service area. These increases will be effective for all existing health aides as well as new health aides hired into YKHC's system.

"These increases are intended to help improve recruitment and retention efforts for health aide positions," said Rahnna Boyer, Vice President of Village Health and Workforce Development. "These increases will also bring our levels of pay to a competitive rate for our villages."

"I'm very excited about our health aide salary increases, which is one tactic among many that we have implemented this year to strengthen our village health programs. This market-based increase will positively impact about 200 employees and is an investment worth more than \$2 million annually," said Dan Winkelman, President & CEO.

Existing health aides will receive pay increases immediately, and the starting salary of new health aides will reflect these pay levels

YKHC well represented at annual Health Aide Forum

The Alaska Native Tribal Health Consortium (ANTHC) hosted the annual Health Aide Forum during the week of March 26-30, 2018. YKHC was well represented, with eight CHA/Ps, seven Supervisor Instructors/CHAPs, the Field Supervision Coordinator, the CHAP Director and the VP of Village Health & Workforce Development.

It was a high level conference with excellent presenters, all applicable to serving patients in the Alaska Regions. All CHA/Ps received CME credits and some received college credits from UAF. Martha Attie, CHAP/Supervisor Instructor for over 30 years was recognized with the North Star Award for her more than 30 years of service as a CHP for YKHC. We are very proud of her long time commitment and care of our patients and Health Aides.



Rahnna Boyer, VP of Village Health & Workforce Development, left, and Asela Calhoun, CHAP Director, congratulate Martha Attie, SI/CHP and her husband Richard at the annual Health Aide Forum. Martha received the North Star award at the statewide conference.

Why Martha Attie received the North Star Award

Martha started her career for YKHC as a Health Aide for Kipnuk in 1980. She moved up to Supervisor Instructor in 1988. Her career spanned all the phases of "Radio Medical Traffic"—from the big box with the VHF, through Fax, phone and now RAVEN, YKHC's electronic medical system.

In her years as a float health aide for YKHC, she traveled up and down the Kuskokwim seeing many different patients, including her current supervisor Katherine Evon when she was just a baby!

During many holidays Martha, made sure all children were well enough to attend the village church festivities. She made home visits for her patients to make sure they were cared for. She shows her compassion for her patients in all the work she does.

Martha has been a Health Aide Supervisor for 29 years. She has made life-long friends within the CHAP program and outside of work with the villages she serves. She continuously strives for nothing but the best. She received YKHC's Health Aide of the Year award in 1983.

Martha was and still is a lifesaver for the communities on the Kuskokwim. She provides excellent care and understanding of what the life of a health aide is. Martha is a gem for the CHAP department. She is like the big sister who keeps us younger kids in line. Martha is a great leader and an exceptional supervisor for her health aides.

Thank you Martha for taking care of the communities of the Kuskokwim. Thank you for being part of our CHAP family!

taken to Bethel. However, the weather was down and no planes were flying!

At the end of the workday, the visiting provider told Bryan and his co-worker Glenda Agayar, CHA, that it was okay for them to go home. But, despite having worked long hours, they did not leave. When the Medevac arrived at 4 a.m. for the infant, Bryan brought the medevac team to the clinic from the airport and back again. When the weather finally cleared and the commercial planes were flying, the other patient had no way to get to the airport, so Bryan took it upon himself to take her.

The teamwork that each of the providers showed during this time proves to our patients that they are receiving the best care that we can give. Supervisor Instructor Amber Jones said, "As the supervisor overseeing Alakanuk clinic, I believe this is a model care for visitors and patients, that these actions should be recognized as health aide of the month. Thank you to the staff at the Alakanuk Clinic."

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 descendents 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 May 25, 2018

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. Candidates applying to the program must be enrolled or admitted as a full time student at an accredited program leading to licensure or certification as a health professional.

Visit 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

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

Family, Infant, Toddler Program (FIT)

Does your child sit, walk, talk or play like other children?

If you have concerns or want to have your newborn to 3-year-old child assessed, call the YKHC FIT Program at **543-3690**



Photo by Dendra Chavez Photography