



BREAST IS BEST

WIC Breastfeeding Group joins the Fourth of July Parade

Members of the WIC Breastfeeding group marched in the Bethel Fourth of July parade, raising awareness of the health benefits of breastfeeding. Pictured holding the sign (L-R): Deanna Trammel (Breastfeeding Peer Counselor), Abigail Trammell, Bertha Chase (WIC Technician). Back row (L-R): Dr. Elizabeth Roll (Outpatient Services Chief), Luvae Southerland (Nurse Practitioner) and Joan Daniels (Physician Assistant).

August is Breast Feeding Awareness Month. See page 7 for more!

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FYI

Diabetes Support Group Monthly Meetings

Our Diabetes Prevention and Control Department is excited to announce a change to the monthly Diabetes Support Group venue and time.

All people living with diabetes or caring for someone living with diabetes are invited to attend a monthly support group now being hosted from 6-7 p.m. on the second Thursday of every month at the YK Elders Home Gathering Room.

This support group offers an opportunity for people living with diabetes to share their experiences with others and develop additional methods to manage their diabetes. There will be produce from Meyer's Farm available for participants and recipes for ways to use the produce provided.

If you have any questions, please contact the Diabetes Department at ext. 6133 or email us at Diabetes_Program@ykhc.org.

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
Irrivik 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

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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.

This institution is an equal opportunity provider.

ATTENTION: If you speak Yup'ik, free translations services are available to you. Call 907-543-6603.

YKHC BOARD OF DIRECTORS

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Alakanuk



Michael Hunt, Sr.
Kotlik

Unit 2



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Wassilie 'Wesley' Pitka
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Unit 3

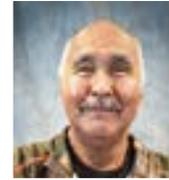


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Scammon Bay

Unit 10



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Quinhagak

Unit 11



Marvin Deacon
Grayling

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Member



James Charlie, Sr.
Toksook Bay

Message from the President & CEO

August is National Breastfeeding Awareness Month.

In 2012, the American Academy of Pediatrics (AAP) reaffirmed breastfeeding as a natural and beneficial source of nutrition that provides a healthy start for any infant.

Numerous medical studies and the AAP have concluded that breastfeeding provides a protective effect against respiratory illnesses, ear infections, gastrointestinal diseases, and allergies including asthma, eczema and atopic dermatitis. The rate of sudden infant death syndrome (SIDS) is reduced by over a third in breastfed babies, and there is a 15 percent to 30 percent reduction in adolescent and adult obesity in breastfed vs. non-breastfed infants.

These are only some of the benefits of breastfeeding. Luckily, the Yukon-Kuskokwim Delta enjoys high rates of breastfeeding which we need to continue into the future. Perhaps, the AAP says it best, “choosing to breastfeed should be considered an investment in the short and long-term health of the infant, rather than a lifestyle choice.”

Sincerely,



President and CEO
Dan Winkelman

MEDICAID TRAVEL UPDATES NO LONGER PROCESSED AT THE QAVARTAVIK HOSTEL

As of July 5, updates for Medicaid Travel are no longer being processed at the Qavartarvik Hostel.

All customers in Bethel who need an update to Medicaid travel authorizations can do so at the update booth in the hospital. To accommodate this change, the hospital update booth will now be open 8 a.m. – 10 p.m., seven days a week.

For any questions, please contact Medicaid Travel at 543-6625.

Employees of the Quarter



Front: Dexter Kairaiuak, Finance/IT; Victoria Galanopoulos, Tobacco Prevention; Kris Manke, Construction Administration. Back: Rahnna Boyer, VP of Village Health and Workforce Development.; Lisa Wimmer, Vice President of Finance; Jim Sweeney, Vice President of Hospital Services; Dan Winkelman, President & CEO; Tiffany Zulkosky, Vice President of Communications; Shailee Nelson, Compliance Administrator; Deanna Latham, Vice President of Support Services.

Recognizing exceptional employees in the second quarter of 2018

Dexter Kairaiuak is always willing to help out when people need him and he does it with a smile! Not only is he a 'go-to' guy, but he always has a great attitude and I have never seen him in any other mood than in a good one. If he doesn't have an answer or solution right off the bat, he makes sure to find one and get back to you.

More than once, Dexter has stepped in to help out and has gone above and beyond without having to be asked. During Tribal Gathering, he helped out by providing technical support and set-up/tear down, and even transcribed many delegate responses for the leadership team so they could be evaluated and reviewed.

Dexter is not only hardworking and dedicated, but he also goes a long way in leading by example in order to shape a culture of working together. Thank you for all of your hard work and your excellent attitude!

Victoria Galanopoulos joined the YKHC team in October 2017 and immediately assumed the lead role in the efforts to bring YKHC to the status of a Tobacco Free Campus.

Victoria was instrumental in coordinating the Tobacco Free Campus (TFC) effort and worked to ensure guidance of the Senior Leadership Team was coordinated with the departments and individuals who supported the evolution.

Leading up to the TFC go-live date in February, Victoria completed detailed work individually and effectively coordinated with others who supported the effort—from ordering resources, coordinating kick-off events and final signage installation through January and provided support after go-live through February and March. She made herself available to managers and employees and supported her staff in their efforts.

Her nomination for the YKHC Employee of the Quarter is based on the work and personal effort she invested, but also for the appreciation SLT members have for the work she's done

Kris Manke demonstrates the definition of dedication. He is always eager to contribute and assist in any way his team can when there is a job to be done. He has been a critically essential individual in many YKHC projects, including the YK Elders Home, Prematernal Home, YK Ayagnirvik Healing Center, and countless village clinic and hospital projects.

He spent many long hours working through the insurance requirements during the devastating YK Ayagnirvik Healing Center fire so that YKHC would be able to successfully rebuild the facility. Recently he has utilized his extensive insurance experience to successfully mitigate and resolve the insurance claim from the water damages that were observed at the PJCP Housing construction.

August 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

PJCP DESIGN

The Bettisworth North/ZGF Architects/Jones & Jones design team continues to provide construction administration services and respond to Requests for Information by the Contractor and issue formal design changes via ASIs. Team is working on building signage based upon new branding.

PJCP CONSTRUCTION

The Clinic third floor walls have been taped and door frames prepped for painting. Drywall has been installed on the west stairway ceilings. HVAC control wire installation continues at the third floor. Electrical rough-in work continues at the second floor, with the main focus on installing feeder conduits and switchgear in the main power room. GMI is hanging ductwork on the second and third floors and at the air handlers in the penthouse. MCC's plumbers are installing waste and vent piping, water lines and medical gas lines on the second floor. Plumbing in

the Boiler room continues. Work on the Clinic's exterior continues with insulated metal wall panels and window sealing. The new water supply line and waste heat lines are being installed for the Clinic. Otis began work on installing elevators #1 and #2 in the Clinic.



Webcam photo, July 3, 2018. Check out the project webcam at www.calricaraq.com.

HOSPITAL RENOVATION

The new main electrical room plan was completed, and walls built in the garage area of Maintenance. Main electrical feeder conduits are being installed below the hospital building. Roof top air handler units are being roughed-in for building controls. Contractors and YKHC have been working on removal of equipment and demolition of the Kitchen (Dietary) areas, Diagnostic Imaging and Microbiology Lab.

Infection control barriers are being maintained to contain hospital construction areas. Plumbers and electricians continue installation of piping and conduits, and selective demolition of existing pipes and conduits as required in the interstitial space. Daily construction activities are planned around operations to limit disruption of services.

OTHER PROGRAM ELEMENTS

Medical FF&E: CME and Henry Schein were each awarded medical equipment purchase contracts. Henry Schein and Arcadis will meet with departments and providers July 10 -12th to confirm equipment and review proposed substitutions. A priority equipment list is under development for procurement to be shipped on the last Fall 2018 barge.

Dental FF&E: YKHC has approved the list of dental cassettes and hand instruments. A competitive RFQ will be released this month to collect price quotes.

Furniture: Manufacturers have begun making the furnishings for the clinic floors 1 and 3 and hospital phases 1-3. Furniture will arrive in Bethel in late July and September.

Power/Temporary Power: YKHC continues to negotiate temporary (construction phase) and permanent power agreements and schedules with AVEC.

YKHC STAFF HOUSING

The staff housing project is scheduled for completion by mid-July 2018. Furniture is being staged in the building. Grand Opening is scheduled for August 21.



Otis installing the service elevators.

Special Inspections: QA Services will continue to provide periodic visual inspections for welding in the hospital renovation areas. YKHC is inspecting firestopping at walls and joints, fireproofing patches and providing observation for drilled-in embeds. YKHC inspections will continue throughout construction.

A Closer Look

Meet YKHC's Women's Health Providers

We are committed to providing wellness resources for all women in the YK Delta.

Women's Health offers a wide range of services for women of all ages, including well-woman exams, mammograms, paps, prenatal care, postpartum care, birth control options and gynecology services. Our women's health providers also travel to the villages throughout the year to see patients.

Our patient appointment hours are Monday-Friday from 9 a.m. to 5 p.m.

Ann Glasheen, WHNP

Ann Glasheen has been a Registered Nurse for 40 years and a Women's Health Nurse Practitioner (WHNP) for 12 years. She has worked for YKHC for 25 years and spends her free time fishing, cooking, camping, or out enjoying photography. Recently, the Executive Board from the American College of Obstetricians and Gynecologists (ACOG) voted unanimously to present Ann with the William H.J. Haffner Award, in recognition of her contributions to improving prenatal care for American Indian and Alaska Native women in the Yukon-Kuskokwim Delta.



David Compton, MD, OB/Gyn

David Compton started his career with the U.S. Army in 1987, after completing medical school at Uniformed Services University of the Health Sciences in Bethesda, Maryland. He took his residency at Walter Reed Army Medical Center in Washington, D.C. Dr. Compton is board certified by the American Board of Obstetrics and Gynecology and has worked full-time for YKHC since December 2009.



Abigail Morgan, WHNP-BC

Abigail Morgan is a Women's Health Nurse Practitioner (WHNP) who has been in practice for 12 years. She received her Masters Degree at Vanderbilt University. Abigail is a newcomer to Bethel, moving to the community in spring 2017. Originally from Tennessee, she lived and worked as a WHNP in Botswana (Southern Africa) for two years. She is married with two toddler boys and enjoys spending time outdoors camping, hiking, and fly-fishing with her family.



Lisa Stout, CNM, ARNP, MSN

Lisa received her midwifery degree from Frontier School Of Nurse Midwifery and Family Nursing in 2006. and earned her Masters of Science of Nursing in 2009. She pioneered a midwifery practice in Laporte, Indiana, at Indiana University Hospital, introducing midwifery care and waterbirth. Her journey to Bethel took her to Morgantown, West Virginia, and Lawton, Oklahoma where she delivered her one thousandth baby. Lisa came to Bethel for a job interview and was struck by how friendly the people are. Soon she accepted a position offer and joined the Women's Health team. Lisa has four children and two grandchildren in the lower 48 and hopes to travel and see more of Alaska .



Susan Dunbar, WHNP

Susan Dunbar received her medical training at Florida A&M University. She has been a practicing Women's Health Nurse Practitioner (WHNP) for six years. She recently arrived to join the YKHC team. Susan likes movies, bowling, travel and spending time with her family.



Appointments are usually 30 minutes each. To schedule an appointments, please call 543-6442

AUGUST IS NATIONAL BREASTFEEDING MONTH

Breastfeeding Benefits for Mom and Baby

- Breast milk is the original subsistence food!
- Women who breastfeed have lower rates of breast, ovarian and uterine cancers.
- Babies who are breastfed are less likely to develop childhood cancers (i.e. leukemia and lymphoma).
- Children who were breastfed have stronger and straighter teeth, better vision, and develop fewer speech problems.
- Formula-fed infants poop more (and it is more foul smelling) often than breastfed infants, needing more diapers.

Why do we encourage breastfeeding?

- Breastmilk contains ingredients that formula can't copy. It is a remarkable, complicated mixture of nutrients and other ingredients that protect your baby and help him/her grow well.
- Breastfed babies are smarter.
- Breastfed babies get sick less often.
- Breastmilk has ingredients (hormones) that soothe baby and help baby feel full.
- Breastfeeding helps moms lose pregnancy weight.
- Breastfeeding releases hormones that soothe mom and make her feel calm and close to baby.
- Formula feeding is more expensive than breastfeeding.
- Mom can make milk without much extra food.

What can Dad do?

- Fathers feel more involved if invited to sit next to his breastfeeding baby and burp the baby once completed.
- Dads can also bond with baby through skin-to-skin contact. Hug, cuddle, hold, sing, talk, and read to your baby.

The most important thing a Dad can do is to support and encourage breastfeeding by complimenting Mom, because both breastfeeding and being a Mom are beautiful and natural things.

Put baby to breast as soon after birth as possible, within the first hour.

- Baby might breastfeed often or not at all the first 24 hours
- You will make small amounts of colostrum (the tiny bit of first milk) the first hour after birth. Your baby will get tiny amounts of rich colostrums from you until your milk comes in. This is all your baby needs unless a doctor says otherwise.
- It is normal for babies to lose weight after birth. They are losing extra water and fat that they were born with. They will regain birth weight in 7-10 days. After 3-4 days, your milk will come in.

Remember, the more you nurse, the more milk you produce or create and the less you nurse, the less milk you produce. You can express your milk by hand expression, using a manual pump or an electric breast pump. Expressed milk is the best supplement.

Breastfeeding is nature's way of making sure baby gets exactly the right nutrients and immunities.

SUMMER CARNIVAL FAMILY FUN

The Developmental Disabilities and Behavioral Health Department hosted their fourth annual summer carnival last month.

Families and staff enjoyed a day of fun, food, native dancing, and games together with some country music and country themed decorations.

The carnival is an event to celebrate good health, families, staff, and everything that summer brings. Quyana cakneq to everyone that came and to everyone that helped make this event possible. Pictured is a local dance group lead by Kathleen Naneng performing at the summer carnival.

—Serena Solesbee, Program Coordinator,
Developmental Disabilities Services



Healthy Living

Immunization Awareness Month

ARE YOU ON TIME?

August is National Immunization Awareness Month. A healthy start begins with on-time immunizations!

Parents are encouraged to make sure their children are up-to-date on vaccines. Vaccines protect babies, before turning two years old, from 14 serious diseases. Children are at an increased risk for diseases and can spread them to others in play groups, child care centers, and classrooms.

Pre-teen and teen vaccines protect against serious and potentially life-threatening diseases including meningitis and cancers caused by human papillomavirus (HPV).

Young adults also need vaccines to stay protected, especially when college-bound, because protection from childhood vaccines can wear off with time. College students may be at increased risk for vaccine-preventable diseases like meningococcal disease.

There are misconceptions that vaccines are just for children, but people *never outgrow the need for immunizations*. They are recommended throughout life based on age, lifestyle, occupation, travel and medical conditions.

Getting vaccinated according to recommended immunization schedules is one of the most important things a parent can do to protect their children from serious diseases; an adult can do to keep themselves protected from preventable diseases; and a caregiver can do to keep their family safe.

IMMUNIZATIONS AND DIABETES

While it is recommended that people of all ages and backgrounds get vaccinated, vaccinations are especially important for individuals living with chronic diseases such as diabetes. The reason for this is that many common preventable infectious diseases have been proven to lead to higher hospitalization rates and more complications in people with chronic diseases than those without^{1,2}. For this reason, the American Diabetes Association recommends that all individuals with diabetes get vaccinated for influenza, pneumococcal, hepatitis B, tetanus, pertussis and shingles.

HOW TO KNOW YOUR VAX STATUS?

If you are unsure of your vaccination status you can view your immunization history by accessing your myYKHealth account or by checking with your health aide/provider. If you have any questions regarding vaccinations for people with diabetes, please contact the Diabetes Prevention and Control Department at 534-6133.

1. *Standards of medical care in diabetes--2015: summary of revisions. Diabetes Care. Jan 2015;38 Suppl:S4.*

2. *Van Kerkhove MD, Vandemaële KA, Shinde V, et al. Risk factors for severe outcomes following 2009 influenza A (H1N1) infection: a global pooled analysis. PLoS medicine. Jul 2011;8(7):e1001053.*

Just for the Health of It - Get Immunized!

RECIPE OF THE MONTH: Salmon Foil Packets

INGREDIENTS:

- 1 salmon filet
- 4 tbsp soy sauce
- ½ tsp black pepper
- 1 tsp garlic powder
- 2 cups assorted vegetables
- ½ medium onion

DIRECTIONS:

1. Preheat oven to 350 degrees.
2. Place salmon filet on a sheet of tin foil. Top salmon with soy sauce, pepper and garlic powder. Place onions and vegetables on top of the salmon. Completely enclose the salmon and veggies in the tin foil.
3. Place tin foil packet on a baking sheet and bake for 25 minutes.
4. Carefully open foil packets to let steam escape. Serve immediately.



KNOW THE VAX FACTS: Dispelling Myths About Vaccinations

Vaccines are the easiest way to protect your child from many dangerous diseases. There are several myths about immunizations that parents frequently ask us about, so we want to make sure everyone has accurate information.

Myth: Vaccines can't be given when my child comes in for a sick visit.

Truth: It's tempting to postpone a vaccination during an appointment when your child is sick, but vaccines can be given even when your child has a low grade fever, an ear infection, or other mild illness. Actually, there is no health benefit to waiting to vaccinate your child if they are sick. Deciding not to give your child a vaccine because they are sick puts them at a greater risk for getting a much more severe preventable disease. It's better to have a couple seconds of extra discomfort while the shot is administered than to wait and potentially get a life-altering disease.

Myth: Vaccines make illnesses worse.

Truth: Vaccines don't make symptoms of illness worse. They may cause a little soreness where the shot was given. To help with this discomfort, you can put a cool wet washcloth on the area.

Myth: Children on antibiotics can't get vaccines.

Truth: Antibiotics fight bacteria. Because vaccines are not bacteria, they will not be made less effective by antibiotics. Your child can and should still get vaccinated even if they are taking antibiotics for mild illnesses like strep throat, or ear aches. The opposite is also true. Vaccines won't make the antibiotics your child is taking less effective at fighting bacteria.

Myth: Giving many vaccines at once will overwhelm my child's immune system.

Truth: Infants encounter trillions of bacteria, viruses, and other environmental challenges all the time. These challenges are already very well managed by their immune systems. The vaccines children receive in the first two years of life are nothing compared to what their immune systems are capable of handling. Vaccines protect children from the more severe preventable diseases that will overwhelm their immune systems.

PREVENTING CERVICAL CANCER: HPV & The Pap Test

Cervical cancer is cancer of the cervix, which is part of the female reproductive system.

Most cervical cancer is caused by the human papillomavirus (HPV). The good news is that cervical cancer can be prevented by a routine screening called a pap test and follow-up if needed.

Sometimes an HPV test is done along with the pap test. In most cases, the presence of HPV and the start of abnormal cervical cells have no symptoms, so the best protection is early detection through routine pap tests.

Who needs pap tests? Screening for women, ages 21-29, is recommended every three years and screening for women, ages 30-65, is recommended every five years.

Screening recommendations may be more frequent if an abnormal result is detected, to monitor and prevent the presence of abnormal cells.

How do I know if I am due for a pap? Call Women's Health at 907-543-6990. We can let you know when you are due for

your next pap, and we can schedule an appointment for you if needed.

Too expensive to come to Bethel just for a pap? The Women's Health Grant provides free travel for eligible patients who need a pap. To qualify for travel through the grant, you only need to answer a few questions that are asked at the time you schedule your appointment. Call 907-543-6990 for more information on Women's Health Grant travel.

What else can I do to prevent cervical cancer? Get your children vaccinated against HPV. HPV is known to cause cervical cancer, but it can also cause other cancers. The HPV vaccine is a three-dose series that can protect against the harms of this virus. For more information, talk with your provider about getting your child vaccinated.

Cervical cancer is preventable. Don't hesitate to take the steps that are needed to prevent this disease. Do it for yourself. Do it for your family.

CHAP NEWS

Community Health Aide Program

MAY 2018 HEALTH AIDE OF THE MONTH: Samantha Nicolai, CHA II from Akiak

Samantha has worked for YKHC for a year and a half. She has shown exemplary dedication in her work and it shows.

Samantha recently completed Session II Training in Bethel. Session I health aides are not normally on call. Because Samantha has mostly worked as the sole health aide in her community, she has helped the on-call health aide, who is from a different village. Samantha supports on-call needs by taking vitals and remaining with the patient. Earlene Wise from Kalskag has been the over-the-phone on-call health aide for Akiak and she said, "Samantha answers every time and responds to calls when needed to take vitals for her. She does a great job."

Samantha provides fantastic patient care. She does a thorough job and asks questions when she cannot find an answer on her own; she makes sure she is on top of her daily and monthly tasks. She takes initiative and can see the "I can do this" and

the "let's do this" approach with her work in training, in her village clinic, and in her community.

Samantha, YKHC and the Community Health Aide Program are very fortunate to have a hard working, dedicated and caring Community Health Aide like you as part of the team. Thank you to the Community of Akiak for supporting your health aides!

—Katherine Evon, BS, Field Supervision Coordinator



Samantha Nicolai

DENTAL HEALTH AIDE THERAPISTS START SECOND TRAINING YEAR

Congratulations to the YKHC-sponsored students who have completed the first year of the DHAT training program and have transitioned into their second year.

Tamija Woods, Ruby Okitkun and Katherine Levi will be moving to Bethel for training at Yuut Elit-naurviat, doing rotations through the YKHC dental clinic and traveling to one of our villages to work on a community prevention project.

We are proud of how far they have come. We are looking forward to being a part of helping them complete the second year of their training program and making the transition to being full time dental providers for our region.

—Judith Burks, DDS, YKHC Dental Director



Tamija Woods



Ruby Okitkun



Kathrine Levi

VISITORS FROM AFAR



We had some special visitors July 11 from the Seattle Seahawks!

A huge thank you to Seahawks players Joey Hunt and Jordan Roos for taking time to meet some of our patients and staff in the inpatient wing of our hospital in Bethel.



STAFF MOVES

Finance Division

Jessica Petersen has been named Interim Director of Revenue Cycle Management.



Jessica began working for YKHC in 2003 in the Medical Records/HIM department and has held various positions within the department. Jessica has been a Certified Coder since 2006 and was a member of several instrumental teams at YKHC, including: Financial Viability, NDW and GPRC workload. Jessica was part of the RAVEN build and implementation team. She also served as the coding manager from 2006–2011 and the HIM director from 2011–2015.

Since 2015, Jessica has been working as the QTE Manager, creating our centralized training and education program for Revenue Cycle. Currently, she is the Interim Manager for the UM department. She has been a Compass mentor throughout the years and was, most recently, on the selection and vetting committee.

Jessica was born and raised in Bethel. She is Yup'ik and a tribal member of the Orutsararmuit Native Council. Welcome Jessica!

—Lisa Wimmer, Chief Financial Officer

Trisha Hoffman has been promoted to Front Staff Lead. Trisha has been with YKHC Patient Financial Services for three years.



She started as a Third Party Recovery Specialist I and has shown and exemplified leadership qualities. Congratulations on your new role, Trisha!

—Pamela White, Third Party Recovery Manager

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.

