



A NEW CLINIC FOR KONGIGANAK

This summer the Indian Health Service announced an award to YKHC, through their Small Ambulatory Program, that will help fund a new clinic in Kongiganak. On August 20, a groundbreaking ceremony was held at the new clinic site and was followed by a community potluck.

Photos above: (top) Community and tribal leaders and YKHC leadership memorialize the groundbreaking with a group photo; (bottom left) the existing clinic; (bottom right) Pastor Tommy Phillip opened the ceremony with a site blessing.

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FYI

Diabetes Support Group Monthly Meetings

Our Diabetes Prevention and Control Department is excited to announce a monthly Diabetes Support Group.

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

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.

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

Unit 1



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Alakanuk



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Kotlik

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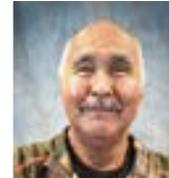


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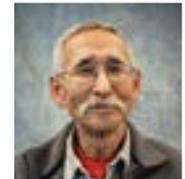
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Scammon Bay

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

During the second week of August, YKHC welcomed the Oticon Hearing Foundation to Bethel and Aniak, bringing improved hearing to our customers in the YK-Delta. Oticon arrived in Bethel and Aniak with over 30 audiology specialists and saw over 330 customers. Oticon planned to go to other villages but, unfortunately, poor weather prevented additional trips.

In Bethel, the Oticon team saw more than 170 customers and fitted 80 customers with hearing aides—free of charge. In Aniak, they saw over 80 customers and fitted numerous customers with hearing aides, also free of charge.

Quyana to the Oticon Hearing Foundation for working with YKHC to bring improved hearing to the YK-Delta! I also want to thank our staff for coordinating this visit, especially Keira Gefroh, Dr. Elizabeth Roll, Patty Smith and all of our nurse case managers for making the most of this important collaboration opportunity!



President and CEO
Dan Winkelman

Sincerely,

A handwritten signature in black ink, appearing to be 'Dan', written in a cursive style.

LEADERSHIP MESSAGE: The Joint Commission Survey

The Joint Commission (TJC) visited YKHC in mid-August for our systemwide reaccreditation survey. Four Joint Commission surveyors were on-site to review Life Safety, Environment of Care and Behavioral Health areas of our facilities.

The surveyors had very positive feedback about our staff dedication, cooperation and skills. We are a truly unique organization, serving an area larger than many states. I want to thank our staff for making quality, safe and accessible care happen 24 hours a day and 365 days a year. We could not accomplish this without staff that go the extra mile for our customers.

Like all surveys, there are areas we are working to improve. In response to these areas identified for improvement by TJC, teams have been assembled and are working on corrective actions now. We would like to acknowledge that none of the findings concerned National Patient Safety Goals, involving direct care of patients.

Normally our reaccreditation survey occurs once every three years. However, the PJCP opening in 2019 will necessitate a survey earlier than this timeframe to ensure we maintain our standards as we transition to the new building. Although we do not have a specific time for that survey, we anticipate sometime in early 2020.

Again, I want to convey our appreciation to all staff for your commitment to excellence and quality care. We face many challenges every day and all of our staff is quick to resolve them. Your dedication to our patients is greatly appreciated.

— Jim Sweeney, Vice President of Hospital Services



SEXUAL HEALTH: Protection For You and Your Partner

Sexually transmitted diseases or infections (STI) affect people of all ages and backgrounds. September is Sexual Health Awareness month and it is important that everyone understand the importance of detecting, treating and preventing sexually transmitted infections.

Many STIs do not have any symptoms at all, or mild symptoms people ignore. Regular screening and prevention of STIs will reduce the rate in our region. While many STIs have mild symptoms, there are some that should prompt you to seek testing. These include vaginal or penile discharge and pain with urination.

In rare cases, people can get more serious infections such as Pelvic Inflammatory Disease in women, which causes abdominal or pelvic pain and fever. Men can also suffer serious complications of infection such as liver inflammation or arthritis. Chlamydia in particular may only be detected when someone comes in for another reason and testing is performed or during routine screening.

Here in the YK Delta, we have some of the highest rates of chlamydia in the nation. We also have high rates of gonorrhea. The good news is that both of these infections are easy to detect and treat. Most importantly, these infections are easy to prevent.

The infections are diagnosed with either a simple urine test or a cervical or vaginal swab collected at the time of a pelvic examination. The treatment is a dose of antibiotics. For prevention, the use of condoms is well-documented to reduce transmission of sexually transmitted infections.

Required Reporting

When our providers diagnose a sexually transmitted infection, the State of Alaska must be notified. This is a requirement

of state law. The State of Alaska also requires that partners of people diagnosed with STIs be notified. They are not told who named them as a contact, simply that they need to get treatment for the infection. When a person is diagnosed with an STI, information on his or her partners are collected at that time in order to offer treatment for the safety of all partners.

At YKHC we use Expedited Partner Treatment or EPT. This is a process that allows us to provide the necessary medications for all of a person's partners at the time of diagnosis. The medication is then taken to the partner by the person who has been diagnosed with the STI. This process has been shown to improve the rate of partners getting the necessary treatment for the infection. This is available only for chlamydia and gonorrhea.

STI screening is recommended in our region for all sexually active people at least once a year. More frequent screening could be considered in special circumstances such as new or multiple sexual partners. It is very important that all pregnant women are screened for sexually transmitted infections, are treated appropriately and receive a follow-up to make sure the infection has resolved.

It is very important to remember that all sexual partners must be treated. This can be done either with the Expedited Partner Therapy mentioned above or by disclosing the names to your provider. Also, the prevention of transmission of sexual transmitted infections can be accomplished by regular and appropriate use of condoms.

SIX MONTHS AS A TOBACCO FREE CAMPUS

Earlier this year, YKHC launched our tobacco free campus policy. Several individuals took advantage of this initiative to enroll in YKHC's Tobacco Cessation program, increasing program enrollment by 50 percent from 2017 to 2018. People are using the program and it works!

All smoking shack, cans and ash receptacles were removed from YKHC properties before the launch of the policy. In May, Tobacco-Free Campus signs were installed on YKHC clinic properties outside of Bethel. Over the next several weeks, signs will be installed on our properties in Bethel. As signs are installed, we will also distribute a second round of cessation and support resources to employees. A big thank you to employees for verbally reminding tobacco users of the policy and handing out free Nicotine Replacement Treatment coupon cards. As a result, there has been a noticeable decrease of tobacco use on our campus.

If you're interested in quitting tobacco or want resources to support someone else quitting, please contact the YKHC Tobacco Prevention & Cessation department. at 907-543-6312.



Signs will be installed at all YKHC facilities, in Bethel and our surrounding communities, welcoming customers to our tobacco-free campus.

September 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 work on exterior building signage using the new YKHC logo. The Art and Cultural Committee will be meeting for art and wayfinding / signage.



Proposed YKHC exterior building signage at PJCP entrance. Rendering courtesy of Bettisworth North Architects and Planners.

PJCP CONSTRUCTION

The ceiling grid system is progressing in clinic first floor rooms. Electrical gear and transformers are being set in first floor electrical rooms. Cables for the main power to the building have been pulled to the switchgear in the Main Electrical room.

Housekeeping pads are being cast in the CUP, including generator pads. Fixtures and fire alarm trim has started on the first floor. Plumbers are welding 10" steel waste heat piping in the boiler room, and fuel oil piping below the rear deck.

Electrical rough-in continues in the clinic second floor walls, followed by drywall installation. The HVAC crew is hanging duct on the second floor and miscellaneous remaining duct on the third floor. Cable tray installation is occurring ahead of ceiling grid at the third floor. Tape mud and paint continue in the core and south half of the third floor. Insulated metal siding panels continue on the clinic exterior and will begin on the penthouse. Roofing was completed at the entry vestibule. Arctic pipe installation continues for the sanitary sewer and force main. The lift station for the force main has been placed. Rigid insulation was placed and buried 20 feet out from the north and east walls. Electrical underground for site lighting, and import fill and grading started at the east parking lot.

Furniture: Manufacturers have begun producing furnishings for the Clinic floors 1 and 3 and Hospital phases 1-3. Furniture will arrive in Bethel in late July and September.

HOSPITAL RENOVATION

Plumbers are installing rerouted fuel oil lines. Main feeder conduits are being routed to equipment in the main electrical room as equipment is being set. Infectious control areas are being maintained and monitored. Fireproofing is being sprayed over the structural upgrade connections in the interstitial space. The new force main sanitary sewer pipe upgrade installation is in process. Roofers are sealing conduit penetrations to air handler #3 above the kitchen, and have built a roof at the curbs for the new kitchen refrigeration condensers. The kitchen equipment installer completed a site visit to coordinate with electrical for installation planning.

STAFF HOUSING



On August 21, YKHC held a ribbon-cutting event with leadership and project partners to celebrate the opening of our Nunapik Apartments—the new staff housing component of the Paul John Calricaraq Project. Staff are beginning to move into the units. From left: President & CEO Dan Winkelman, Board Members Gloria Simeon and James Charlie, First National Bank of Alaska Vice President Julie Woodworth, and Bethel Federal Services Project Manager Marcus Kuhns.



Roof system installation at Clinic entry vestibule.

A Closer Look

Suicide Prevention

September is National Suicide Prevention Month

by Richard Robb, Behavioral Health Administrator

Suicide is a very serious and tragic issue. It has affected many of us in the YK Delta region and other rural areas of the state. Although Alaska, and the YK Delta region in particular, experience some of the highest rates of suicide in the nation, there is hope, and prevention resources are available. With a focus on suicide prevention this month, we would like to offer information on helpful contacts and warning signs to monitor.

Suicidal ideation can occur to anyone. In our region it is most common among young people, ages 15-30. Signs of suicidal ideation can include making statements wishing to die or not wanting to live anymore, statements about hopelessness in the future, giving away prized possessions, increase drug or alcohol use, or other drastic changes in personality or behavior.

Other signs and risk factors include past suicide attempts or ide-

ation, giving away prized possessions, untreated depression, and family members or close friends completing suicide. Recent loss, including a romantic breakup, can be a risk. Those affected by suicidal clusters or contagions can be at risk.

But there is HOPE. Suicidal ideation will go away. If you or someone you know feels suicidal, please reach out for help. Talk to a friend, family member, teacher, parent, health aide, preacher, doctor, or mental health worker. In our region, those who complete suicide rarely receive behavioral health services. If you or someone you know feels depressed or suicidal, you are not alone and there are resources you can access.

YKHC Behavioral Health team members will come to your village, school, tribe, or other setting to offer a short suicide prevention class. Please call 907-543-6100 for more information.

If you need help in an emergency, please call 543-6499 (toll free 1-844-543-6499) to speak to a YKHC Behavioral Health emergency clinician.

PREVENTATIVE SERVICES OFFERS TRADITIONAL APPROACH

YKHC's Preventative Services Department provides traditional, community-based Calricaraq (Indigenous Healthy Living Promotion & Practices) in communities throughout the region in partnership with regional, tribal and local organizations. These mental health services are available for all YK Delta communities upon request.

Calricaraq activities are provided with Elders' guidance and are designed to meet community needs, such as: response to a crisis or teaching traditional coping and life skills to schoolchildren. Three-day gatherings may be held in a community at the invitation of the local Tribal Council or school district. All activities are designed for delivery in culturally aligned care systems, ensuring safety and respect for the wellbeing of participants.

Calricaraq addresses three primary areas, including: historical trauma and mental health challenges, Qaruyun (traditional healing), and Calricaraq (the cycle of life).

Historical Trauma and Mental Health Challenges: This work focuses on negative impacts resulting from the loss of culture, language, identity, spirituality, parenting skills, autonomy, and

self control. It provides us with an understanding of lasting dysfunction and hurtful behaviors, continuing to impact our families and communities. Descendants of those originally traumatized by historical events can now be traumatized by patterns that are recycled in families and communities today. Understanding where our health and mental health challenges come from moves us to address these issues through our own cultural approaches.

Qaruyun/Traditional Healing: Qaruyun is our Yup'ik medicine that restores balance. Qaruyun helps us understand the process of healing and teaches life skills to cope with challenges and trauma. Storytelling, and utilizing cultural activities to process our history, across generations and within our lifetimes, allows us to move beyond trauma.

Calricaraq/Cycle of Life: Yup'ik ancestral wisdom, values, and teachings provide appropriate and healthy life skills. Within our indigenous worldview are teachings and values that provide skills for healthy living. Reinforcing what we already know as Yup'ik people, combined with restoring the values of our cultural identity, promotes healthy living.

EMERGENCY SERVICES EVALUATION

There are times when a person may not be able to care for him or herself. In order to provide safety, someone may need to be held involuntarily until they are safe.

Alaska Law (and all other states) specify strict guidelines when someone may be held. The primary goal is always to ensure safety of an individual. A doctor, licensed psychologist, or peace officer—including a city police officer, state trooper, VPSO, VPO, or TPO—can put someone in protective custody if they are a danger to self or others. Alaska Title 47 clearly defines the conditions when this can occur.

In most instances, the person is experiencing suicidal ideation, and may have made an attempt. In other cases, the person is experiencing mental illness and has become so disorganized they cannot care for their basic needs such as food, shelter, or safety, and this condition is affecting their functioning to the point they are unsafe.

If this happens in a village, the person is often held by the local law enforcement until travel can be arranged for evaluation in Bethel. Sometimes the person has to stay in a jail. By law, the transport needs to happen as soon as possible, usually within 24 hours.

Upon arrival in Bethel, the person is evaluated by a mental health professional. They are also seen by a doctor. If necessary for safety, they can be held up to 72 hours. During this time the Behavioral Health team and medical providers work with the patient on safety planning and resolving the issues. If a person can become safe, they are released. After every occurrence, YKHC offers follow-up care.

If the person still needs stabilization, a judge must sign an order for a longer stay. This will then initiate a transfer out of area to a hospital in Anchorage, Fairbanks, or sometimes Juneau, depending on bed availability. At these facilities, the person will work with psychiatrists and mental health professionals to resolve the crisis. The stays are usually short, no more than a few days.

Once a person is no longer dangerous to self or others, they cannot be held against their will and **must** be discharged. Sometimes people will choose to stay voluntarily in the hospital a little longer to get additional treatment.

YKHC Behavioral Health will always offer services and follow-up to anyone who experiences behavioral health emergencies. Please call 907-543-6100 for more information.

In case of suicidal ideation or other behavioral emergencies please call 543-6499 or toll free 1-844-543-6499. For appointments or services please call 543-6100.

WHAT IS RECOVERY AND HOW DO WE ACHIEVE IT?

Understanding the connection between stress and drug addiction, interpersonal relationships, physical health and all around “well-being” gives us a basic understanding of how to achieve “Recovery.”

People who have experienced early life trauma, such as child abuse, have other mental health problems—such as depression and anxiety—and are more likely to become addicted to drugs. Many people addicted to opioids report that they began using drugs to cope with stress, and identify stress as a major contributor to relapse. Being addicted to drugs is, in itself, extremely stressful. For these reasons, stress management and coping strategies are essential to any successful recovery.

Another significant contributor is a person’s inability to develop and maintain intimate relationships. Rebuilding

relationships with non-using family and friends is also an important aspect of recovery.

Other factors involved in a successful recovery often include exercise, meditation, and re-establishing cultural and community connections.

Maintaining a drug habit requires a lot of time and effort. Replacing time spent seeking drugs and maintaining negative drug relationships with positive community activities aides the recovery effort in many ways.

Staying on the path to health and recovery takes patience, loving relationships, and emotional resilience. People in drug abuse recovery need help but it should be understood that allowing others to avoid responsibility and the consequences of their behavior is not helpful.

Healthy Living

Family Fitness

Family fitness activities are a great way to keep everyone in your household healthy and happy!

The American Diabetes Association recommends that adults get at least 30 minutes of exercise five days a week, for a total of 150 minutes of exercise each week. For children, the recommendation is an hour of exercise every day.

This may seem like a lot of time to dedicate to exercise, but there are some fun ways to work exercise into your daily activities. This will help you meet these recommendations while enjoying quality time with your family.

The Diabetes Prevention and Control Department would like to encourage all families to get active together. Below are a few ways in which you and your family can have fun while getting fit:

- Pick berries
- Go for a Wellness walk*
- Go for a tundra walk
- Go for a bike ride
- Jump rope
- Dance!
- Play basketball

Exercising does not have to be boring! Find something you and your family enjoy doing that keeps you moving and it will be easier to meet your daily exercise recommendations. Encour-



age other families in your community to get moving with you to make it even more interesting.

You can even start a wellness walk in your community—pick a date and time to walk a set path through your community each week and encourage others to join you. Take a picture of your wellness walk and email it to diabetes_program@ykhc.org to be entered for a chance to win prizes and Wellness Walk t-shirts!

RECIPE OF THE MONTH: Raw Berry Crisp

Adapted from "Foods We Alaskans Enjoy," submission by Shanna Moeder

INGREDIENTS:

- 3 cups frozen berries
- 1 cup dried fruits (ex: dates, raisins, dried mango, etc.)
- ½ cup nuts
- 2 tablespoons maple syrup
- 1 teaspoon cinnamon
- 1 cup dry oatmeal

INSTRUCTIONS:

1. Place frozen berries in pan, microwave to thaw if planning to serve soon
2. Coat berries with syrup
3. Add dried fruits
4. Mix nuts, cinnamon and dry oatmeal together
5. Sprinkle nut and oatmeal mixture over berries
6. Let set for about an hour. Should be a bit cold when served.



Photo by Sonita Cleveland.

DIABETES DEPARTMENT: A Busy and Productive Summer

Outreach Specialists for the Diabetes Prevention and Control department have been traveling around the region all summer, visiting different communities and assisting Camp Fire Alaska with their rural summer camp program.

Diabetes staff, in partnership with Camp Fire Alaska, have spent time in 19 different communities talking with local youth about healthy eating, exercise, oral care and more—all while playing games and participating in fun activities. Our staff had a blast and look forward to returning to the communities they visited this summer throughout the rest of the year.



Diabetes staff worked with Camp Fire Alaska this summer to bring fun activities to youth throughout our region.

Our outreach specialists traveled to: Kotlik, Tununak, Akiak, Kongiganak, Pitka's Point, Atmautluak, Bethel, Marshall, Na-

pakiak, Alakanuk, Chevak, Napaskiak, Tuntutuliak, St. Mary's, Lower Kalskag, Crooked Creek, Kwigillingok, Chuathbaluk, and Aniak.

In addition to support of Camp Fire programming, many of YKHC's Behavioral Health Aides also visited the Camp Fire communities to educate youth on the importance of healthy coping behaviors and the negative effects of substance use.

The Diabetes department would like to thank Camp Fire Alaska for allowing us to be a part of this experience and for bringing these programs to our region. We would also like to thank each of the villages we visited for welcoming us in and creating a space for positive work with local youth. This summer would not have been as much of a success without all of you! Qu yana cak-neq!

If your community did not host Camp Fire this year and you are interested in having them come next year, please contact Camp Fire Alaska at 1-907-279-3551 for more information.

ST. MARY'S OUTREACH AND FUN RUN

The Diabetes Prevention and Control Department traveled to St. Mary's at the end of July to host a group medical appointment at the clinic and a fun run event.

The day was a huge success! The diabetes team met with patients who have diabetes or prediabetes during the day to offer annual exams and more information about living with diabetes.

Our staff also hosted more than 25 participants for a Fun Run. Participants of all ages joined us and the race culminated with a potlatch at city hall celebrating the end of Camp Fire Alaska, the summer camp program that was in St. Mary's for the month of July.

It was great to get to meet everyone who attended and to enjoy a nice meal together. Qu yana to all who attended! We would like to thank the St. Mary's SRC staff for making the day possible. We could not have put on the group medical appointment or fun run without their help!



Participants celebrate at the end of the Fun Run event.

CHAP NEWS

Community Health
Aide Program

JUNE 2018 HEALTH AIDE OF THE MONTH: Rosemary John, CHP, Newtok

Rosemary has been the sole health aide in Newtok since August 2017. As a Community Health Practitioner, she is responsible for the health and safety of the entire community.

Rosemary maintains a strong work ethic and positive attitude. The skills that she obtained during her training have helped her tremendously, even with patients who need higher levels of care.

Recently, she encountered an elderly patient in distress who could not make it out of the village due to unforeseen circumstances. With the help of Emergency Department nurses, Rosemary was able to properly care for the patient. According to the ER provider, Rosemary was calm the whole time and was duly complimented on her skills.

The community of Newtok is fortunate to have Rosemary. She is an exceptional role model and a valued YKHC employee. Thank you, Rosemary, for all you do.



Rosemary John

MOSES FREDERICK CHP: A Life of Service

This remarkable man has been serving the people of the Yukon-Kuskokwim Delta for 40 years and has made this world a better place.

In 1978, at the young age of 21, he became a substance abuse counselor for YKHC. This led to his interest in the health care field and, soon after, he became a Community Health Practitioner in Akiachak.

In those days, before medevac services, Community Health Practitioners transported patients to the Bethel hospital themselves. So in addition to being away from home for education, they might need to leave the village at any time as a medical escort. This was also before many of the current vaccines had been developed, so infants suffered from pneumonia and meningitis more commonly.

Moses has spent many long hours and many long nights providing skilled and compassionate care to his patients, young and old. In 1989, Moses became a Supervisor-Instructor of Community Health Aides and traveled regularly to the villages of Scammon Bay, Nunam Iqua, Nightmute, Newtok, and Holy Cross to provide support and guidance. In 1992 he returned to Akiachak to continue his work as a primary care provider.

Over the years, the work environment has changed dramatically. Running water, improved laboratory tests, vaccine distribution, telemedicine, electronic health records, EKGs & defibrillators are a few of the many waves of innovation that Moses has adapted to and mastered. He has Standing



Moses Frederick, CHP, at the Akichak clinic.

Orders to provide care for common acute and chronic health problems on his own using the electronic Community Health Aide Manual. He consults with Bethel providers to manage more complex cases.

He recently completed his required recredential as a Community Health Practitioner with excellent scores and performance. He is an exceptional role model of sobriety, hard work, humility, humor, respect and professional behavior. Quyan, Moses Frederick, for giving so much of yourself over the years.

—Rita Kalistook, NP, Basic Training Instructor

IHS LEADERSHIP VISITS YKHC



On August 7, YKHC was honored to host members of the Indian Health Service leadership team from their headquarters in Maryland.



During their day in the YK Delta, YKHC offered a tour of the existing Bethel hospital, the construction site of the Paul John Calricaraq Project (made possible through the IHS Joint Venture Construction Program), and brought them to the Lower Yukon communities of St. Mary's and Mountain Village.

In addition to discussing healthcare priorities and offering an orientation to YKHC's services, IHS leadership heard about the unique water and sewer needs of rural Alaska and the YK Delta.

SAFETY TOUR

Hospital Facilities Director Dave Scherer and Director of Safety

and Security Alyssa Gustafson led a tour through the PJCP construction site on August 9 for the Bethel Fire Department. Bethel Fire Chief Bill Howell explains the different fire prevention features the new building will have compared to the existing hospital.



STAFF MOVES

New Dental Director

I am pleased to announce that Dr. Mark Reynolds has accepted the position as YKHC's Dental Director. Dr. Reynolds has worked at YKHC since 2014, demonstrating leadership attributes as a Staff Dentist, Deputy Director and key project lead to design our new clinic space. Congratulations on your new role Dr. Reynolds!



I would also like to extend a sincere thank you to Dr. Judith Burks for filling in during this long transition. She did a great job keeping us moving in the right direction and we can look forward to her continued work with the DHAT program, our strategic goal of Improving Children's Oral Health and our journey to high reliability.

We have a great team in Dental and I am looking forward to the improvements over the next few years.

—Patricia Smith, Patient Care Services Administrator

New Pharmacy Director

Please welcome Susan Wheeler, PharmD, as our new Pharmacy Director. Susan began at YKHC in 2006 as a staff pharmacist. She remained in Pharmacy until 2011, when she transferred to the RAVEN department as a RAVEN Pharmacist. For the past three years, Susan has served as our RAVEN Administrator.



We would like to thank Melanie Gibson, PharmD, for her leadership in Pharmacy for the past 11 years! We look forward to continuing to work with her as our Model of Care Pharmacist.

—Patricia Smith, Patient Care Services Administrator

Welcome back Janette

Janette Ulak is from Scammon Bay where she worked several years ago for YKHC as a Primary Dental Health Aide. She then worked as a dental assistant in the Air Force for eight years.



Janette decided she wanted to further her education and move back to help provide dental care for our region. This summer, Janette received her Associates of Applied Science in Dental Health Therapy. Last month she began working for YKHC as a Dental Health Aide Therapist. We are happy to have her working here as a dental provider. She is a great addition to the team!

—Judith Burks, DDS, DHAT Coordinator

WHO'S COMING TO A CLINIC NEAR YOU?

The following providers will be bringing healthcare services closer to your home in the coming months. To schedule an appointment time, contact your village health clinic.

Dates are subject to change dependent on weather.

September 2018

DENTAL

Marshall: Dr. Sean Davis 9/4-13
Sleetmute: Carrie Tikiun, DHAT 9/4-7
Scammon Bay: Sadie Green, DHAT 9/4-7
Pilot Station: Bernadette Charles, DHAT 9/6-14
Scammon Bay: Dr. Mark Reynolds 9/10-21
Russian Mission: Carrie Tikiun, DHAT 9/17-21
Lower Kalskag: Conan Murat, DHAT 9/24-28

FAMILY MEDICINE

Nightmute: Andrea Fahas, PA 9/4-5
Mountain Village: Denise Tran, NP 9/10-13
Pitka's Point: Chet Ford, NP 9/17-21
Hooper Bay: Colleen Britt, FNP 9/24-10/5
Mtn. Village: Eileen Lawson, PA-C 9/23-28
Chuathbaluk: Chet Ford, NP 9/24-28

HEALTH AIDE TRAINING

Kwethuk: Brandon Nelson, NP 9/17-21

October 2018

DENTAL

Mtn. Village: Bernadette Charles, DHAT 10/1-12
Crooked Creek: Carrie Tikiun, DHAT 10/1-5
Chevak: Sadie Green, DHAT 10/1-5
Alakanuk: Bonnie Hunt, DHAT 10/8-12
Anvik: Conan Murat, DHAT 10/8-12
Pilot Station: Bernadette Charles, DHAT 10/15-19
Russian Mission: Carrie Tikiun, DHAT ... 10/15-19
Kotlik: Renee Cheemuk, DHAT 10/15-19
Scammon Bay: Sadie Green, DHAT 10/15-19
Chefornak: Kristen Santuria and Cameron Randall (Dr. Chi's Dental Study) 10/21-23
Kotlik: Bonnie Hunt, DHAT 10/22-26
Holy Cross: Conan Murat, DHAT 10/22-26
Mtn. Village: Bernadette Charles, DHAT 10/29-11/23

FAMILY MEDICINE

Hooper Bay: Colleen Britt, FNP 9/24-10/5
Hooper Bay: Dr. Robert Tyree, MD 10/8-12
Kongiganak or Kasigluk: Dr. Alexander Judy, MD 10/15-18
Marshall: Anne Komulainen, PA-C 10/22-25
Akiachak or Tuntutuliak: William Miller, FNP 10/22-25
Akiak: Dr. Gilbert Steffanides, MD 10/29-31

PHYSICAL THERAPY

Emmonak: Jesse Gefroh, PT 10/30-11/1

November 2018

DENTAL

Mtn. Village: Bernadette Charles, DHAT ... 10/29-11/23, 30
Upper Kalskag: Conan Murat, DHAT 11/5-9
Nunam Iqua: Renee Cheemuk, DHAT 11/5-8
Chevak: Sadie Green, DHAT 11/12-16
Grayling: Conan Murat DHAT 11/26-30
Kotlik: Renee Cheemuk, DHAT 11/26-30

FAMILY MEDICINE

Alakanuk: Racael Youngblood, FNP 11/12-16
Scammon Bay: Rebekah Diky, PA-C 11/13-15
Chevak: Linda Hewett, NP 11/27-29

PHYSICAL THERAPY

Emmonak: Jesse Gefroh, PT 10/30-11/1
St. Mary's SRC: Eliza Caquiao, PT 11/27-29

December 2018

DENTAL

Mtn. Village: Bernadette Charles, DHAT 12/3-7, 17-21
Shageluk: Carrie Tikiun, DHAT 12/3-7
Kotlik: Dr. Jill Calvert, DDS 12/7-20
Lower Kalskag: Conan Murat, DHAT 12/10-14
Scammon Bay: Sadie Green, DHAT 12/10-14

FAMILY MEDICINE

Scammon Bay: Steve Bertrand, PA-C 12/4-7
Nunam Iqua: Holly Lybarger, FNP 12/10-14
Chevak: Linda Hewett, NP 12/18-20
