



BE SEEN and BE SAFE



With the dark of winter returning, help motorists and others on roadways by making sure you are SEEN. Protect yourself and those you love by wearing light colored outer clothing, reflective gear, and walking with a flashlight. This month the Messenger begins a regular feature on seasonal safety tips. See page 10.

INSIDE

Numbers to Call.....	2
Board of Directors.....	2
President & CEO Message.....	3
Joint Commission Accreditation....	4
PJCP Update	5
A CLOSER LOOK:	
Community Health & Wellness.....	6
WIC and Obesity	7
Zombie Run.....	7
HEALTHY LIVING—	
National Diabetes Month.....	8
Antibiotics.....	9
CHAP News.....	10
Safety Reminder	10
Water Operator Training.....	11
Flu Shot Season.....	11
Staff Moves.....	11
Village Provider Visits.....	12

FYI

SAFETY MESSAGE: Carbon Monoxide Detectors

Anything that burns fuel can potentially become a source of carbon monoxide (CO), an invisible, odorless gas that can kill.

CO alarms should be installed in a central location outside each room and on every level of a home.

The safety tips for CO detectors mirror those of smoke alarms: change the batteries, test them and interconnect them, if possible.

Also, make sure vents for your gas appliances (fireplace, dryer, stove and furnace) are free and clear of snow or debris.

Source: NSC (National Safety Council)

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
 Irvnik 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



Mary Ayunerak Alakanuk



Michael Hunt, Sr. Kotlik

Unit 2



Geraldine Beans St. Mary's



Wassilie 'Wesley' Pitka Marshall

Unit 3

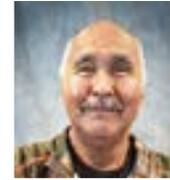


Bonnie Persson Upper Kalskag



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 7



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

Waqaa! This month's Messenger is focused on Community Health & Wellness.

I have asked Tiffany Zulkosky, VP of Communications, and Rahnia Boyer, our VP of Village Health & Workforce, to share our *Partners in Safety* initiative with you.



President and CEO
Dan Winkelman

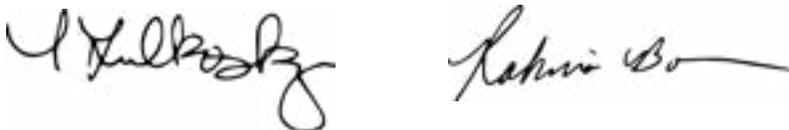
Partners in Safety

YKHC clinical data and the Alaska Bureau of Vital Statistics informs us that unintentional injuries, accidental drownings, and suicide are leading causes of death in the Yukon-Kuskokwim Delta. In 2017, in an effort to reduce these occurrences, the YKHC Board of Directors launched the *Partners in Safety* initiative.

In early 2018, through *Partners in Safety*, YKHC was proud to present service area tribes with injury prevention gear, including life vests, gun cabinets and off-road helmets, to be given away by the tribe at annual gatherings, special events, or in any other locally-held giveaways. How and when the gifts were distributed were up to local Tribal Councils, YKHC simply asked that tribes ensure the equipment was free of charge and went to individuals who intended to use the items.

YKHC also participates in the State of Alaska Kids Don't Float program to supply communities with free life vests. We have partnered with this program for over fifteen years. In 2018, we ordered more than 2,000 life vests that were distributed to 48 Kids Don't Float stations located in YK Delta communities.

The YKHC Board of Directors is continuing the *Partners in Safety* initiative. YKHC is in the process of ordering life vests, gun cabinets and off-road helmets for distribution to service area tribes in the early part of 2019. We appreciate our tribes' leadership in our region and look forward to continued partnership as we work to accomplish YKHC's mission of "Working Together to Achieve Excellent Health."



Tiffany Zulkosky,
Vice President of
Communications



Rahnia Boyer, Vice
President of Village
Health and Workforce
Development

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

*The Joint Commission (TJC), an independent and not-for-profit national body, has been accrediting health care organizations for more than 50 years. Accreditation and certification by The Joint Commission is recognized nationwide as a symbol of **excellence** and **commitment**.*



Patient safety and quality of care are hallmarks of this organization. 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*.

Surveyors were on site at the end of summer to review Life Safety, Environment of Care, and Behavioral Health areas at our regional hospital, Sub-Regional and Village Clinics.

This was the first TJC survey of YKHC conducted using the SAFER (Survey Analysis For Evaluating Risk) matrix. This new matrix was implemented in an effort to improve patient safety measures.

The Joint Commission final report for our accreditation was issued on September 19.

Our accreditation is a testament to the **tremendous hard work** and **commitment of all of our staff** at YKHC. We would like to thank all of our employees for their tireless efforts in helping to provide accessible, quality and compassionate care to our region.





November 2018

DR. PAUL JOHN CALRICARAQ PROJECT

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

DESIGN

The Bettisworth North/ZGF Architects/Jones & Jones design team continues to provide construction administration services. The team continues to work on exterior building signage, designing headwalls for labor and delivery, wayfinding signage and supporting the art procurement.



CONSTRUCTION

Temporary power was brought into the clinic. Plumbing and control work continues at the boiler room and air handlers in the penthouse in preparation for startup to use the systems for building heat this winter. Termination of wiring in the electrical rooms is ongoing.

Contractors continued to work to bring the site to grade at the main entry parking lot and the rear of the building fire lane. Arctic pipe fabrication continues for the fire hydrants and for the new main line from the lift station. The water line was tied into the City main line. Installation of insulated metal panels at the interstitial soffit area continued near the hospital. The sewer system lift station building has been sided and dried in; plumbing work continues at the interior. The new bottle storage area was framed and covered, and is waiting for roof and siding.

Door and hardware installation began on the first floor. Concrete slabs are being prepared for finish flooring materials in the Lab. Vinyl wall guard is ongoing throughout the first floor. Drywall installation is substantially complete on the second floor, taping and mud continues. Ductwork seismic restraint installation is progressing. At the third floor, ceiling grid is ongoing along with casework and painting of the main corridors and core areas. Framing and drywall continues, as well as work on the roofing and structural connection of the fire separation wall between the clinic morgue area and hospital maintenance rooms.

HOSPITAL RENOVATION

Power was activated to the hospital and brought to the new electrical room for Phase 1, Kitchen and Housekeeping. Food service equipment is being installed in the kitchen and the coolers/freezers are being connected to the roof top refrigeration unit. Plumbing, electrical and control work has been ongoing at air handler #3 above the kitchen as well as in penthouse #2, which are required for the opening of Phase 1. Rough-in work is ongoing at the CT room in Phase 2; remaining rooms have drywall in place. Plumbing testing is ongoing in Phase 2 and in the interstitial space.

SPECIAL INSPECTIONS

YKHC is providing final inspections for fire-proofing and fire stopping work prior to covering in Phases 1 and 2, and electrical rooms of the hospital, along with other areas throughout the clinic. A welding inspector was on site August 28 to visually inspect various welds at the clinic connection to the hospital, areas within the hospital interstitial space, reuse heat pipe joints and above ceiling light supports in five rooms of the clinic.

OTHER PROGRAM ELEMENTS

Medical Furniture and Equipment: Arcadis and YKHC continue to refine the medical equipment specifications and procurement list prior to purchase. Coordination with medical equipment manufacturers continues.

Dental Furniture and Equipment: YKHC is reviewing dental equipment provider proposals for cassettes and dental tools and working on direct purchase items.

Furniture: Team is working to refine storage furniture for 2nd floor Rehabilitation department and organize furniture shipments received in Bethel.



Painting the refurbished fuel oil tanks and piping

A Closer Look

Community
Health & Wellness

GIVING THANKS FOR TOBACCO PREVENTION SUPPORT

by Victoria Galanopoulos, Tobacco Prevention Coordinator

As the fall and winter holidays approach, I pause and reflect on the many things to be grateful for this season—particularly the positive impact tobacco prevention advocates have in our communities.

Therefore, in recognition of November—National Lung Cancer Awareness Month—I would like to give thanks to the following people who contribute to the ongoing efforts to reduce premature death and disease associated with tobacco use.

Parents—for quitting tobacco and serving as role models for their children.

Tribal and Community Leaders—for creating and adopting smoke-free workplace laws.

Youth—for taking action to make their schools healthy, tobacco-free places.

Elders—for passing down knowledge and traditions, not tobacco.

While Alaskans have made great strides in tobacco prevention, and thousands of lives have been saved, there is still much work to do. Tobacco use still remains the leading cause of preventable death, causing nearly 680 deaths annually in Alaska and more than 480,000 nationally.

Although tobacco use among Alaska's high school youth has declined since 1995, we have seen no progress in youth smoking rates since 2013 and far too many youth still use smokeless tobacco or other products such as iqmik and e-cigarettes. More specifically, in our region of southwest Alaska, an estimate of 33 percent of our high school students are using smokeless tobacco, which is the highest prevalence in the state. We are working to reduce those numbers through smoke-free and tobacco-free policies, a strategy proven to help prevent youth from smoking and show kids that tobacco use is not the norm.

We also support and promote national events such as the Great American Smokeout to highlight trends in tobacco use, educate on health impacts and provide solutions and tools to reduce premature death and suffering associated with tobacco use.

This year the Great American Smokeout will occur on Thursday, November 15. As leaders in promoting health and wellness, we encourage our staff, community partners, village neighbors and patients to commit or recommit to healthy, tobacco-free lives—



Melanie Roland, Tobacco Prevention Outreach Specialist and Victoria Galanopoulos, Tobacco Prevention & Cessation Coordinator, at Zombie Run Fitness Center October 2018. Lung health demonstration—healthy vs diseased lung (actual pig lungs).

not just for a day, but year-round. The most important thing tobacco users can do to improve their health is to quit cigarettes and other forms of tobacco.

Tobacco users want to quit

Seventy-one percent of Alaska's adult smokers **want to quit**, and 61 percent have tried to quit within the past year. We know nicotine is one of the strongest addictions one can have. We encourage people to *keep trying* to quit. It may take several attempts before a tobacco user quits for good. The Great American Smokeout used to encourage smokers to quit cold turkey on a single day. We now know that *quitting is a process*. It starts with a plan, often takes time and requires a lot of support.

YKHC provides that support through our Tobacco Cessation Program. A local team of certified tobacco treatment specialists is available to answer your questions and assist with a personalized quit plan.

To find out more about YKHC's Tobacco Cessation Program call 907-543-6312

WIC: Working to Prevent Maternal and Childhood Obesity

The special supplemental nutrition program for Women, Infants, and Children (WIC) serves approximately 7.6 million per month! That is over half of *all* infants and one fourth of children 1 to 5 years of age in the U.S. each month.

by Patrick Ayres MS, EPC, Coordinator, WIC

Research has demonstrated that obesity is a risk factor for type II diabetes. In addition, obese pregnant women have significantly higher risk of developing gestational diabetes.

WIC is uniquely positioned to help prevent pregnant women from gaining excessive amounts of weight in pregnancy and ensure children enter kindergarten at a healthy weight. Excessive weight gain in pregnancy not only increases health risks for the mother, but has been shown to increase the risks of obesity in children.

Research indicates that a child who begins kindergarten overweight is four times more likely to become obese. In recent years, a number of activities involving WIC have focused on preventing childhood obesity. The State of Alaska's program

"Play Every Day" (www.playeveryday.alaska.gov) educates and encourages children to be active every day. In addition, this program is encouraging children to drink more water, instead of sugary drinks.

Lastly, healthcare costs are roughly \$6,730 per year for a child on Medicaid being treated for obesity. In contrast, it only costs \$2,446 to treat a non-obese child on Medicaid, or nearly three times the cost.

If you would like more information on how WIC can help women and children in the YK Delta, contact us at 907-543-6459.

2018 ZOMBIE RUN A SUCCESS!

by Diabetes Prevention & Control

Diabetes Prevention & Control held the 5th Annual Spawn of the Dead event at the YK Fitness Center in Bethel.

Over 100 people visited the various activity booths throughout the day and 70 participated in the Zombie Run.

The department would like to thank our YKHC and community partners for contributing to the success of the event.

YKHC Partners: Injury Prevention, Tobacco Prevention, Dental, Immunizations, Public Relations

Community Partners: YK Fitness Center, Bethel Police Department, Bethel National Guard, Bethel Life Savers Fund, KUC, Kuskokwim Backwater Approach, and the Alaska Red Cross

Thank you to all the participants and partners -- we could not have done this event without your help!



Office of Environmental Health staff member Ali Everhart gets transformed into a zombie by our EMS department.



Sgt. Corbett of the Bethel Police Department responds to the scene of the Zombie Apocalypse

Healthy Living

National Diabetes Month

November is National Diabetes Month and November 14 is World Diabetes Day. Join YKHC Diabetes Prevention and Control in celebrating and raising awareness about diabetes throughout the month.

Did you know that 23.8% of individuals with diabetes are undiagnosed—meaning they do not realize they have diabetes? Diabetes can be a life-threatening disease if not treated properly, so it is very important to get screened regularly to determine if you have or are at risk of developing diabetes.

Screening Booths: Find out if you are at risk for diabetes by visiting our staff at a screening booth in the Hospital Main Lobby every Wednesday in the month of November, from 11 a.m.–1 p.m.

World Diabetes Day: Blue is the color associated with diabetes prevention. Help us promote awareness of diabetes by sending in photos of yourself and two others wearing the color blue on World Diabetes Day, November 14, and each person in the photo will receive a free Diabetes Prevention and Control t-shirt.

Diabetes is very prevalent in our region—15.1 percent of American Indians/Alaskan Natives are diagnosed with diabetes.¹ This is higher than the national average of individuals who are diagnosed, which is at 9.4 percent².

Proclamations: Several communities throughout the YK region have pledged to proclaim November as Diabetes Month. Contact your local tribal council to see if they have taken the pledge and to find additional ways to get involved with diabetes prevention in your community.

Type II diabetes is a preventable disease! Increased awareness and education around diabetes can help lower the rates of individuals who develop the disease.

References

1. American Diabetes Association: www.diabetes.org/diabetes-basics/statistics/
2. Center for Disease Control: www.cdc.gov/diabetes/data/

For more information, or to submit your World Diabetes Day selfies, please email us at diabetes_program@ykhc.org or give us a call at 543-6133.

RECIPE OF THE MONTH: Homemade Peanut Butter

Many foods contain hidden sugars and other additives, including store-bought peanut butter. Try this quick recipe to make healthier peanut butter, without all of the added sugar, that tastes great and is easy to make!

Ingredients:

- 2 cups dry roasted, salt-free peanuts
- 1-2 tablespoons of honey

Instructions:

Place peanuts in a food processor. Turn the food processor on and let it run for 4-5 minutes. During this time, you will see the peanuts go in stages from crumbs to a dry ball to a smooth and creamy “liquid” peanut butter. Add honey according to taste preferences. Store in the fridge.

—courtesy of www.pinchofyum.com



DO I REALLY NEED AN ANTIBIOTIC?

What is bacteria?

Bacteria are organisms (germs) that are too small to be seen without a microscope. They can be found everywhere in the environment outdoors and indoors. Certain kinds of bacteria can be helpful while other kinds of bacteria can be harmful and make us sick.

What are viruses?

Viruses are germs that are even smaller than bacteria and can cause infections such as a cold, the flu, and bronchitis. A virus can travel through the air and enter your body when a sick person coughs or sneezes. Your body will try to fight and kill the virus. If your body can't kill the virus right away, then you will start to feel sick in 1-2 days. No medication can cure a sickness caused by a virus – especially not antibiotics.

What are antibiotics?

Antibiotics are the drugs that your provider or Health Aide prescribes to treat infections caused by bacteria. For many years, they have been the “first line of defense” in treating bacterial infections. Yet, the Centers for Disease Control and Prevention (CDC) estimates that more than half of all antibiotics prescribed are not necessary. Antibiotics are powerful medicines that can kill bacteria and only bacteria. Antibiotics DO NOT kill viruses and should not be used to treat them. Taking antibiotics that you do not need, for example to treat viral infections, can lead to antibiotic resistance.

What is antibiotic resistance?

The development of antibiotic resistance is one of the most challenging problems in health care today. Antibiotic resistance occurs when bacteria evolve so that an antibiotic is no longer able to kill them.

As a result, some antibiotics have become less effective against the bacterial infections that they are designed to treat. Infections caused by bacteria resistant to antibiotics can be very difficult to treat.

In recent years fewer new antibiotics have been made. Misuse of antibiotics occurs because many of us believe antibiotics will make us better whenever we are sick. The public often expects or demands antibiotics for every sniffle that comes along. Research has shown that patients will request a different provider if they don't get an antibiotic they believe they need.

Overuse and inappropriate use of antibiotics can make them not work when you really need them, because bacteria develop resistance to them. The resistance allows the bacteria to keep growing making you more sick. We need to protect the antibiotics that we have, to ensure they continue to work now and in the future.

Illness	Usual Cause		Antibiotic needed
	Virus	Bacteria	
Cold/Runny Nose	✓		NO
Bronchitis/Chest Cold	✓		NO
Whooping Cough		✓	Yes
Flu	✓		NO
Strep Throat		✓	Yes
Sore Throat (except strep)	✓		NO
Fluid in the Middle Ear (otitis media)	✓		NO
Urinary Tract Infection		✓	Yes

What can I do to help fight the problem of antibiotic resistance?

If you take antibiotics when you really do not need them, they may lose their strength and ability to treat the bacteria when you really do need them. So, what can you do help fight the problem of antibiotic resistance:

- Never insist your provider prescribe an antibiotic for you.
- Cover your mouth and nose when coughing or sneezing, dispose of tissues after you have used them.
- Practice good hand-washing techniques to decrease your risk of getting or spreading infection—hands should be washed with warm water or soap for at least 20 seconds.
- Never take antibiotics for viral infections
- Maintain a healthy life style by eating a balanced diet, drinking plenty of fluids, exercise, and getting plenty of rest.
- Never take antibiotics prescribed for someone else
- Never take antibiotics that were left over from a previous infection
- Take antibiotics as prescribed
- REMEMBER: Antibiotics DO NOT treat viral infections
- Antibiotics only fight infections caused by bacteria
- Avoid unnecessary use of antibiotics
- Talk with your provider or pharmacist about side effects of antibiotics
- Don't request an antibiotic when your provider or health aide says it isn't needed

If you are not prescribed an antibiotic, talk to your provider or pharmacist about what over-the-counter medications might help you feel better and get relief from your symptoms—fever, pain, cough, runny nose, and other cold symptoms.

Responsible use of antibiotics will help to ensure they are more likely to work when we really need them. Please talk to your provider, pharmacist, or health aide if you have any questions.

CHAP NEWS

Community Health Aide Program

AUGUST 2018 HEALTH AIDE OF THE MONTH: April Mattson, CHP from Aniak

Aniak Sub-Regional Clinic has gone through several staffing challenges over the last few months. April has stepped up in taking additional call days, leading performance improvement projects, creating a new patient education board in our lobby, coming up with new ideas in working with our patient due lists, and leading the training of new employees.

She has also helped out in our lab when our lab technician is out. In short, no matter what challenges arise, April is always the first to say she will help, is always willing to go the extra mile, and exemplifies the YKHC mission.

She has modeled an excellent work ethic and dedication that deserves recognition.

We have all benefited from April's efforts in making sure our patients have coverage for on-call emergencies, ensuring our chronic patients and children are monitored through our due lists, providing relevant and important information through new patient education boards supporting the mission and drive to improve patient care services through performance improvement projects, and portraying a model for teamwork and dedication for fellow staff.

Thank you, April, for being such a valuable and committed employee.

—Kimberly Madden, Aniak SRC Operational Manager



April Mattson

THIS IS QUITTING:

A NEW RESOURCE TO HELP TOBACCO USERS QUIT

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

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

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

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

For extra support with cravings, text COPE to 907-891-7140. If you slip up, text SLIP to 907-891-7140 for help getting back on track

To stop receiving messages, text STOP to 907-891-7140

DRIVER AND PEDESTRIAN SAFETY REMINDER

We want to remind everyone to exercise extreme caution when walking and driving around YKHC properties and their communities in general.

With the arrival of fall and winter, it is beginning to get darker earlier. Shorter days, fatigue, night vision, and impaired drivers all contribute to making driving at night more dangerous than any other time of day.

Here are some tips for driving at night.

- Do a Quick Car Safety Check-up. Make sure your headlights, taillights, mirrors and signal lights are clean and working properly.
- avoid driving distractions like texting, eating, adjusting the radio.
- be a more courteous driver
- use your headlights
- keep your eyes moving and be alert!
- stay awake!
- watch for other people walking on roadways, medians and curbs
- reduce your speed.
- enter and exit driveways carefully, be patient do not rush.

For walkers out after dark

- Fasten reflective tape on clothes or bags
- Use flashlights or glow sticks
- Put electronic devices down, keep your head up and stay vigilant
- Look both directions before crossing the street

WATER OPERATOR TRAINING

Sixteen YK Delta Water Plant Operators attended the Provisional/Level 1 Water Systems Training in Bethel, October 15-19, hosted by the YKHC Office of Environmental Health. We are proud to work with these individuals dedicated to providing their communities and workplaces with clean drinking water.



Front row: Henry Pasitnak (Akiachak), Marvin Jimmy (Kipnuk), Nickefer Nicholas (Kasigluk), Paul Maxie (LKSD Napaskiak), Wassilie B. Andrew (LKSD Kwigillingok), Robert Guy (YKHC), Alfred Evan (Napakiak), Theodosius Paul (Kwigillingok), Russell Pollock (BNC Bethel)

Back row: Jimmy Anthony (LKSD Nightmute), Nelson Egoak (Napaskiak), Ralph P. Andrew (LKSD Mekoryuk), Joshua M. Guy (YKHC), David Gilila Jr. (YKHC), Charles Long (Mountain Village), Molly Berlin (Nunapitchuk), Robert White (YKHC Instructor), Ali Everhart (YKHC Instructor), Brian Berube (ANTHC Guest Instructor)

FLU SEASON IS HERE: Time to get your shot

The flu vaccine is safe, and recommended for everyone six months of age and older. It is the best way to protect yourself and your loved ones from the flu.

Getting the flu vaccine each year can keep you from getting sick and spreading the flu to children, elders, and those with certain medical conditions—these groups can get very sick from flu.

Village clinics have flu vaccine available for community residents at no charge—call your local clinic for an appointment. Bethel residents can get the vaccine at YKHC outpatient clinics (543-6442) or Bethel Family Clinic.

Public Health Nursing will have vaccine available for people age 30 years and younger (543-2110).



Chief Financial Officer Lisa Wimmer gets her flu shot along with other members of the Senior Leadership Team.

STAFF MOVES

Alyssa Gustafson

was honored at the 2018 Alaska Environmental Health Conference in Anchorage, Alaska. She received the Certificate of Merit on behalf of the Alaska Environmental Health Association. Alyssa has worked at YKHC for six years as a Field Environmental Health Officer in the Office of Environmental Health & Engineering; she also served as Safety Director and helped prepare for the 2018 The Joint Commission accreditation visit. Congratulations Alyssa on this honor!



—Jennifer Dobson, *Office of Environmental Health*

Christopher Beltzer, is YKHC's new General Counsel.

Chris, originally from Nebraska, comes here from Anchorage. During his college years, he worked on the beach gang crew at a salmon cannery in Naknek. He then worked for a barge company delivering cargo to western Alaska, including Bethel, and the Pribilof Islands.



After graduating in 2004 with a JD/MCRP, Chris moved permanently to Alaska with his wife and three children. Over the last 14 years, Chris has had a variety of experiences working as an assistant borough attorney, an assistant attorney general, and in private practice.

Chris is excited about YKHC's mission and vision and looking forward to becoming a member of the Bethel community. He enjoys hiking, biking, and volleyball, although as he learned recently, he cannot jump as high as he used to.

—Rahnia Boyer, *VP Village Operations and Workforce Development*

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.

November 2018

DENTAL

Mtn. Village: Bernadette Charles, DHAT 11/1-11/23
Upper Kalskag: Conan Murat, DHAT 11/5-9
Nunam Iqua: Renee Cheemuk, DHAT 11/5-8
Chevak: Sadie Green, DHAT 11/12-16
Kwethluk: David Humphrey, Cameron Zimin, Dentists 11/18-20
Grayling: Conan Murat DHAT 11/26-30
Kotlik: Renee Cheemuk, DHAT 11/26-30
Pilot Station: Steven Burnette, DDS 11/26-30

FAMILY MEDICINE

Chuathbaluk: William Ford, NP-C 10/29-11/1
Akiachak: William Miller, FNP 11/5-8

Marshall: Denise Tran, NP 11/5-9
Lime: William Ford, NP-C 11/5
Alakanuk: Rachael Youngblood, FNP 11/12-16
Pilot Station: Eileen Lawson, PA-C 11/13-15
Lime Village: William Fort, NP-C 11/5
Sleetmute: William Ford, NP-C 11/5-6
Stony River: William Ford, NP-C 11/7-8
Stony River: Rachael Yountblood, FNP 11/5-7
Alakanuk: Rachael Youngblood, FNP 11/12-16
Scammon Bay: Rebekah Diky, PA-C 11/13-15
Chevak: Linda Hewett, NP 11/27-29
Tuntutuliak: William Miller, FNP 11/26-29

PHYSICAL THERAPY

St. Mary's SRC: Eliza Caquioa, PT 11/27-29

December 2018

DENTAL

Mtn. Village: Bernadette Charles, DHAT 12/3-7, 17-21
Shageluk: Carrie Tikiun, DHAT 12/3-7
Crooked Creek: Carrie Tikiun, DHAT 12/3-7
Kotlik: Dr. Jill Calvert, DDS 12/7-20

Scammon Bay: Erin Feller, Denist 12/6-14
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
Pilot Station: Denise Tran, NP 12/4-6
Chevak: Linda Hewett, NP 12/18-20

January 2019

DENTAL

Chuathbaluk: Conan Murat, DHAT 1/7-11
Scammon Bay: Sadie Green, DHAT 1/7-11
Russian Mission: Carrie Tikiun, DHAT 1/14-18
Chevak: Sadie Green, DHAT 1/21-25
Sleetmute: Carrie Tikiun, DHAT 1/28-31

FAMILY MEDICINE

Chevak: Sandy Beeman, PA-C 1/8-10
Chevak: Linda Hewett, FNP 1/22-24
Scammon Bay: Rebekah Diky, PA-C 1/29-30