



Robert Hodges, YKHC's Executive Chef, stands in the renovated hospital kitchen in Bethel. This now-complete renovation is another milestone of the Paul John Calricaraq Project. The new kitchen is now on line serving patient meals. A new dining area will open in 2020.

INSIDE

Numbers to Call.....	2
Board of Directors.....	2
President & CEO Message.....	3
New Hospital Kitchen	3
Customer Comment Process.....	4
PJCP Update	5
A CLOSER LOOK:	
Dietary Department	6
WHO WE ARE:	
Mien Chyi and Phillip Johnson.....	7
HEALTHY LIVING—	
American Heart Month.....	8
Healthy Alaskans 2020 Update	9
CHAP News.....	10
Staff Moves.....	11
Village Travel Schedule	12

FYI

DHAT Scholarship Applications Now Open

YKHC is happy to be sponsoring another cohort of Dental Health Aide Therapists in 2019.

Applications and more information are now available at www.ykhc.org/dhat. Please share this opportunity with anyone you may know who would be a good fit!

Questions? Contact Dr. Judith Burks, DHAT Coordinator, at judith_burks@ykhc.org or 907-543-6251



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



Mary Ayunerak
Alakanuk



Michael Hunt, Sr.
Kotlik

Unit 2



Geraldine Beans
St. Mary's



Wassilie 'Wesley' Pitka
Marshall

Unit 3

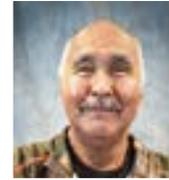


Bonnie Persson
Upper Kalskag



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



Unit 6 Seat is currently
vacant.

Unit 7



Adolph Lewis
Kwigillingok

Unit 8



Abraham David
Mekoryuk



James Sipary
Toksook Bay

Unit 9



Patrick Tall
Chevak



John Uttereyuk
Scammon Bay

Unit 10



Darren Cleveland
Quinhagak

Unit 11



Marvin Deacon
Grayling

Honorary Board

Member



James Charlie, Sr.
Toksook Bay

Message

from the
President & CEO

As spring time approaches, continued luck to all the manaq-ers out ice fishing! As we all know, eating traditional foods is incredibly important. Later this year, after we open the first phase of our Paul John Calricaraq Project (PJCP), and again next year after we open our new cafeteria, we will be offering more traditional foods and other food offerings than ever before. In this column, Deanna Latham, VP of Support Services, will explain more about our new food program.



Atan Winkelman ice fishing on the Upper Kuskokwim River.



President and CEO
Dan Winkelman.

The PJCP has reached another major milestone with the progression of the hospital renovation. Our Dietary staff has moved into the newly renovated and fully upgraded kitchen.

Meals for our patients in the Pediatric and Adult Inpatient wing no longer have to be shuttled to the hospital and meal preparation is more efficient with the new layout. As part of the upgrade, new equipment, such as our new rotisserie oven, allowed us to slow roast turkeys for our Thanksgiving and Christmas meals .

We will continue to implement a more diverse menu in the coming year with more traditional foods. The hospital is now able to accept traditional food donations including moose, caribou, and whole salmon. Please contact Robert Hodges at 543-6504 to learn how to donate to our traditional foods program.

The servery and cafeteria will be completed later this winter for our guests, staff, and outpatient customers, and a temporary dining area will be set up in the current location of the Grab and Go Shop until the new dining and gathering room is completed next year.

We are also working on the possibility of being able to offer bedside ordering in the future. We are excited to be able to provide this enhanced service to our customers and we thank you for your continued patience while under construction.



Deanna Latham, Vice
President of Support
Services.



The new kitchen is open for business. See more photos on page 6.

CUSTOMER COMMENT PROCESS TO INCLUDE GRIEVANCES AND COMPLIMENTS

YKHC has had a Customer Comments process in place for a number of years so our customers can offer a verbal or written comment, complaint, suggestion, or compliment about the services they've received.

Verbal comments are to be handled as close to the point of service as possible. Written comments are to be responded to within three working days.

The reason for the Customer Comments process? To let YKHC customers know that, as an organization, we care about the services provided at YKHC, and that our goal is to deliver excellent customer service even when dealing with suggestions and complaints.

What's New?

YKHC has expanded Customer Comments to include "grievances," a written or verbal complaint that was not resolved by staff present at the time the complaint was made by a patient, or the patient's representative, regarding the patient's care, abuse or neglect, or issues related to the hospital's compliance with the Center for Medicare and Medicaid Services (CMS) Conditions of Participation.

- The grievance process requires an investigation into the grievance by the Governing Body or a delegated entity within YKHC. The Hospital Services Team was delegated by the Governing Body to be the Grievance Committee.
- The investigation team must be a group of interdisciplinary professionals willing to remain impartial throughout the investigation.
- A letter must be sent to the grievant within seven days of re-

ceipt explaining the findings of the investigation, or alerting the grievant that additional days are needed to fully investigate the grievance.

PI has developed a new *Customer Comments Form* that includes the following contact numbers in the event that the grievant is not satisfied with YKHC's resolution.

- **Alaska State Department of Health and Social Services: 907-334-2482.**
- **The Joint Commission: 800-994-6610.**

You can download the new customer comment form from our website at www.ykhc.org—scroll to the bottom of any page on the website and click the "Submit a Comment" link.

Why the Changes?

The Joint Commission (TJC) and the CMS believe that health-care organizations need to have a special process to investigate and resolve customer complaints that are actually grievances concerning care, abuse, neglect, and/or CMS Conditions of Participation; and that the grievant needs to be contacted via letter with the results of the investigation.

Questions? Contact Lillie Reder, PI Coordinator, at 543-6165, or Jaye Marcus-Ledford, PI Administrator, at 543-6131.

SAFETY TIP: Treat Frostbite Immediately

What to Do When Winter Has You in its Icy Grip.

Before venturing outside in winter, be sure to:

- Check the temperature and limit your time outdoors if it's very cold, wet or windy
- Bundle up in several layers of loose clothing
- Wear mittens rather than gloves
- Cover your ears with a warm hat
- Wear socks that will keep your feet warm and dry

Frostbite

- Get indoors immediately
- Seek medical attention

- Remove constrictive clothing and jewelry that could impair circulation
- Place dry, sterile gauze between toes and fingers to absorb moisture and keep them from sticking together
- Elevate the affected area to reduce pain and swelling

Hypothermia

- Remove any wet clothing
- Call for medical attention
- Add blankets, pillows, towels or newspapers beneath and around the victim
- Cover the victim's head
- Handle the victim gently to avoid cardiac arrest
- Keep the victim in a horizontal position



February 2019

DR. PAUL JOHN CALRICARAQ PROJECT

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

PJCP CONSTRUCTION

The project was shut down for eleven days so contractors could take a break for the holidays.

At the first floor, preparation of the concrete slab for flooring continues. Installation of structural framing to support the ceiling systems is underway at the main waiting area. Acoustic panels are being installed at registration booths. Above ceiling electrical and low voltage work continues. Panel termination continues in electrical rooms. The Architect and Engineer completed above-ceiling inspections for gridlines 9 to 15 on December 19. The above-ceiling inspections are complete for gridlines 4 to 15; contractors are completing punchlist items and YKHC is back checking punchlist completion prior to ceiling tile installation.

At the second floor, pulling of communication cable continues. Wall guard wainscot and corner guards installation continue. Framing for ceilings has started.

On third floor, tiling is ongoing for patient bathrooms. Plumbing of medical gas and air, and electrical work at the north room headwalls continues. Another review of headwalls in labor and delivery and patient rooms occurred in early January. Framing walls and rough-in of electrical, plumbing and HVAC at the east end continues, with removal of the temporary construction loading docks at each of the three floor levels.

Casework installation continues at all floors. The new boilers continue to do a good job of providing temporary heat for the water line glycol heat trace and for temporary heating of the building until the tap is made to the AVEC heat recovery heat lines.

HOSPITAL RENOVATION

The abatement of the laundry room flooring is complete and renovation has started. A Certificate of Substantial Completion was issued for Phase 2A CT area of diagnostics. Contractors are completing remaining punchlist corrections and taking care of warranty items in Phases 1A and 2A. The old CT scanner was removed in mid-December, opening the space for the contractors to start demolition and begin renovation for Phase 2B radiology as soon as the portable mammography equipment is installed and inspected by a medical physicist.

Demolition is mostly complete at the area for Phase 1B servery area, adjacent to the new kitchen and renovation for the new servery space is underway. Structural steel upgrade installation continues throughout the interstitial space.

SPECIAL INSPECTIONS

YKHC is providing final above-ceiling inspections for fire stopping and fire proofing throughout the hospital renovations and the clinic. Quality Assurance Services is providing certified welding inspections at hospital structural upgrades.

OTHER PROGRAM ELEMENTS

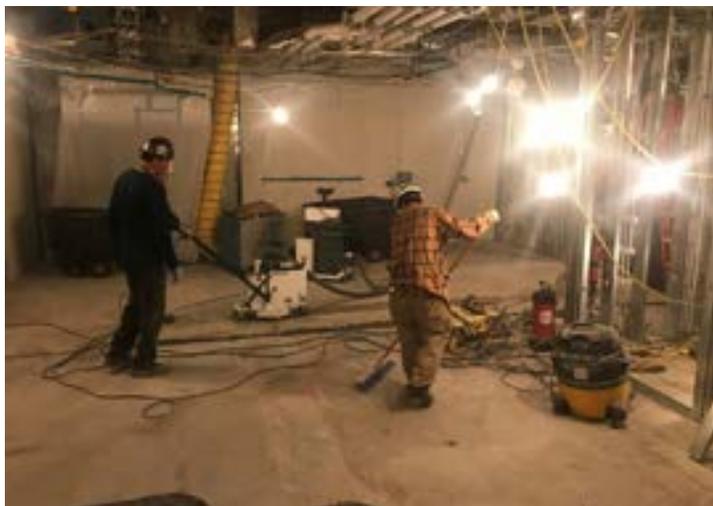
Medical FF&E: Arcadis and YKHC continue to refine the specifications and procurement list needed to purchase the medical equipment.

Dental FF&E: Arcadis and YKHC are working with Burkhart Dental on dental equipment procurement.

Furniture: Arcadis and YKHC are working with BiNW on miscellaneous furniture additions and modifications to clinic and hospital. BiNW will provide planning and cost estimates for two-bin shelving and medical equipment shelving.

FUTURE MILESTONES

- Final approval of labor and delivery room headwall
- Start of Phase 2B demolition for Radiology renovation
- AVEC heat recovery line tap for the clinic
- Complete Phase 3A remodel at Housekeeping
- Art proposals due January 31, 2019
- Procurement of remaining medical equipment
- Prepare Non-Medical Equipment Bid Packages



Patching and prepping the floor at Hospital Servery.

A Closer Look

Dietary & Kitchen Remodel



Plates, cups and bowls, ready for service.

Recently, the Dietary Department successfully transitioned into the newly-remodeled kitchen space in the hospital. The preliminary move started in November and the space is now fully online and operational.

Thank you to all the staff who helped make this transition possible. Teams from Construction, Dietary, Technology, Safety and Security and Clinical Facilities all worked together to make this happen.



Above: Food Service Worker Jeff Caramat prepares vegetables in the spacious work area. Below, ready to start cooking.



Executive Chef Robert Hodges takes inventory. Plenty of storage area in the pantry.



Medicaid and YK-Pay Patient Travel

- Patients must travel on the airline that is designated on their itinerary. If you alter from your itinerary in any way you may be responsible for your own air fare, taxis, lodging and meals.
- Escort must stay with the patient at all times.
- Check in two hours prior to your flight's departure time.
- Remember to bring vouchers, identification, incidental money for items not covered by Medicaid, and snacks.
- Taxi vouchers are not to be used for any reasons other than your medical appointments, to and from lodging or to and from airport.
- If your travel plans change you must call **543-6625 for Medicaid** or **543-6360 for YKPay**.
- If you are in Anchorage, please contact your provider or Quayana Travel.

YKHC PHARMACY

90-Day Medication Refills Now Available

ALWAYS ON HAND

- **A good way to help you stay on track.**

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

CONVENIENCE

- **Have your medications sent to you by mail.**

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

FEWER CALLS TO YOUR PHARMACY

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

Some medications CANNOT be filled 90-Day

- Narcotics • Compounds • Refrigerated medications

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

WHO WE ARE

This month we will be offering a view into the life of **Mien Chyi** and **Phillip Johnson**. Mien is a pediatrician; Phillip is a family medicine provider. The couple just welcomed a newborn into their family.

Mien came to YKHC in 2008 as a pediatric resident after receiving her medical degree from the University of Michigan. She says one of the most unique aspects of her work is that a lot of her patients can't talk to her because they're children. Mien says, "I must read the body language and the signs on the children themselves to figure out what's going on."

Phillip says a desire to work in Alaska is what led him to YKHC, even though the prospect was somewhat intimidating. "Looking at logistical challenges here in Bethel, I know what to do—but how do I make that work in a village? It's one thing to know the medicine, but it's another thing to be able to know the patient the best. The best solution is what works for them."

Phillip joined YKHC in September of 2015. They placed him in Delta Clinic, Mien's own "home clinic." Mien and Phillip started to bond soon after when Phillip joined Mien's running group. "He joined that and it was on our runs, actually, that we started talking and got to know each other better," Mien says.

Mien says meeting Phillip changed a lot for her. "I never thought I'd have children and I think that's a funny thing to say because I am a pediatrician. Meeting Phillip really changed that for me."

Phillip says now that they're parents themselves, they've been granted a better perspective as providers. "It was different to be on the patient side, the difference between knowing about it and doing it. I think it's going to make Mien and me better providers and clinicians."



Phillip Johnson, a family medicine provider, and Mien Chyi, a pediatrician are discovering that being parents themselves helps them become better doctors. The little one (Wren, with a pink hat) is snuggled inside Phillip's jacket.



Story and photos by Public Relations staff.

Healthy Living

American Heart Month

February is American Heart Month, a month dedicated to raising awareness on the importance of making healthy choices to protect your heart.

Heart disease is preventable. Healthy lifestyle choices, which include eating heart-healthy foods, exercising, and engaging in stress management, can help prevent the development of heart complications. Below are some tips for staying heart healthy.

Heart Healthy Foods

The American Heart Association (AHA) recommends adding color to your diet. This means eating a variety of fruits and vegetables of all different colors to ensure that you are eating a nutrient dense diet. Frozen, fresh, canned, or dried fruits and vegetables can all count! Just be sure to check the nutrition label on frozen, canned and dried fruits—many contain added sugars or salt.



The AHA recommends limiting the amount of salt consumed each day to help protect your heart. One way to help lower salt content on canned goods is to rinse off canned vegetables with water before cooking. This has been shown to significantly reduce the amount of salt on the vegetables. Also consider using alternative ingredients to add flavor to a dish – try different spices, lemon juice, garlic and other healthier items to add flavor to the food you eat instead of salt!

Exercise

The AHA and American Diabetes Association (ADA) both recommend that individuals exercise for at least 150 hours a week. This may seem like a lot, but it really means only 30 minutes of exercise for five days of the week.



Also, it has been shown that this can be broken up into shorter bursts of time (5-10 minutes, several times during the day) and still provide the same health benefits as if you exercised for 30 minutes straight.

Exercising has been shown to reduce the risk for heart disease by lowering blood glucose, blood pressure, and improving cho-

lesterol levels. Exercise can include going for a walk, chopping wood, hauling water, or any other form of fitness that you enjoy.

Stress Management

Stress can have a negative impact on health. Over time it can affect heart health by leading to increased blood pressure and elevated blood sugars, among other illnesses. Stress can also lead to negative coping behaviors that can increase the risk for heart disease such as smoking, alcohol consumption, over eating, and physical inactivity. It is important to manage stress in order to prevent these negative outcomes.

Some useful ways for managing stress include talking with family and friends, laughing, deep breathing and positive self-talk. Sometimes meeting with a counselor or other health care provider can also help.

If you are experiencing a lot of stress, feel depressed, or have some other mental health concern, please reach out to YKHC's Behavioral Health Department at 907-543-6499.

RECIPE OF THE MONTH

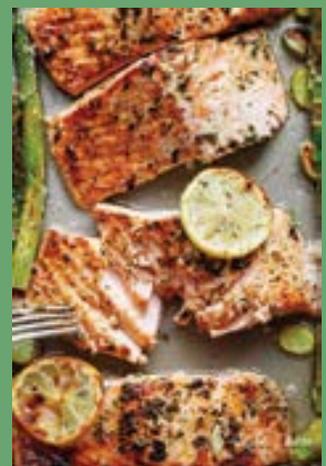
Heart Healthy Lemon Garlic Salmon

Ingredients:

- 4 salmon filets
- 2 tbsp minced garlic
- 2 tbsp parsley
- 1/3 cup lemon juice
- Olive Oil
- ½ teaspoon black pepper

Instructions:

1. Preheat oven to 375 degrees
2. Grease baking sheet with olive oil then place salmon on baking sheet skin side down
3. Rub each fillet with garlic and parsley to evenly coat
4. Pour lemon juice over the filets
5. Bake for 15-20 minutes or until the salmon is thoroughly cooked
6. Serve with a side of vegetables



HEALTHY ALASKANS 2020 UPDATE

Alaska Department of Health & Human Services and Alaska Native Tribal Health Consortium Press Release

ANCHORAGE – The state health improvement plan, Healthy Alaskans 2020 (HA2020), with one year to go before the target date of 2020, shows that Alaska has met eight of the established goals for improving the health of all Alaskans.

A separate scorecard tracks the same health goals for the Alaska Native population. To date, Healthy Alaskans 2020 has met four of the established goals for Alaska Native people.

Current data from the 2018 Update of the HA2020 Scorecard (using most current data available) indicate that Alaska's population has:

- Reduced the cancer mortality rate.
- Increased the percentage of adolescents (high school students in grades 9-12) who have not smoked cigarettes or cigars or used chewing tobacco, snuff or dip in one or more of the last 30 days.
- Reduced the percentage of adults (age 18 years and older) who report binge drinking in the past 30 days.
- Reduced the percentage of adults (age 18 years or older) reporting that cost was a barrier to receiving healthcare in the last 12 months.

"HA2020 continues to be an important mechanism for tracking the health status of Alaska Native people," said ANTHC Chairman and President, Andy Teuber. "This year, we are pleased to see progress on the Alaska Native scorecard in the areas of youth binge drinking, teen dating violence, and children receiving their recommended vaccines."

"The data tell us we are making progress toward achieving certain health goals such as reducing cancer deaths, reducing use of tobacco products among adolescents, and increasing access to healthcare for Alaskans," added DHSS Commissioner Adam Crum. "However, the data show a downward trend on many of the established goals, which is extremely concerning. Now, more than ever, we must work together to help improve the health of Alaskans. There is still much work to be done to achieve the 25 goals of Healthy Alaskans 2020."

Work is already beginning on the Healthy Alaskans 2030 plan, which will be the framework that health partners across the state will follow over the next 10 years. A survey is asking which health issues are most important to Alaskans, to help inform those collaborating on the next phase of the plan. To participate in that survey, visit HA2020.alaska.gov.

Healthy Alaskans 2020 is a joint project of the Alaska Department of Health and Social Services and the Alaska Native Tribal Health Consortium, and is part of the national Healthy People 2020 project to provide science-based, 10-year national objectives for ambitious — yet achievable — goals to improve the health of all Americans. To learn more about HA2020's 25 Leading Health Indicators, or to participate in Healthy Alaskans 2020 efforts, go to: <http://ha2020.alaska.gov>.

Connecting Alaska Native
People to **QUIT** Smoking

CANQuit Study

*To participate in the research study
you must be an Alaska Native person.*

You must:

- be 19 years or older
- be willing to use Facebook
- have internet access
- be currently smoking
- be willing to try quitting
- **NOT** be in a quit smoking program right now

The Alaska Native Tribal Health Consortium and Mayo Clinic want to learn how to help Alaska Native people who smoke.

If you join, you will take part in a phone interview for up to one hour. You will give opinions on content we created for a Facebook group. The group connects Alaska Native people to quit smoking.

Receive a \$25 Visa gift card for your time.

<http://www.mayo.edu/research/can-quit-study>

**Contact toll free #: (833) 874-2522
or email canquitstudy@mayo.edu
to participate.**



ALASKA NATIVE
TRIBAL HEALTH
CONSORTIUM

NIDA funded # R34DA046008-01

IRB # 2017-12-054

CHAP NEWS

Community Health
Aide Program

DECEMBER 2018 HEALTH AIDE OF THE MONTH: Annette Nick, CHA III

Annette Nick, CHA III, is from the small village of Atmautluak. It's about 30 miles from Bethel, even closer by air. Annette has been working for YKHC for five years. At one time she was the only health aide in Atmautluak; now she has two other health aides on the team. Annette truly cares for her village and the people who live there. Even in small villages such as Atmautluak, emergency and trauma occur.

Health Aides across Alaska work tirelessly every day, including holidays, to care for their communities. It is rare for any of our villages to have a first responder EMS 911 team available to respond to emergencies. So, our brave health aides are the first to respond to trauma, urgent care and even death.

With only 16 weeks of session training to become a CHP, health aides with as little as five weeks of training experience many traumatic events. Annette, along with her co-worker, responded to an event which required them to care for the patient overnight. When you spend six hours a day with your team, they become your work family. It's great to have a strong team that is willing to help you out, even if it means caring for a patient overnight.

Quyana to our hard-working health aides all across the YK Delta. Another thank you to the families of our Health Aides. We appreciate you both.

—Katherine Evon, BS, Field Supervision Coordinator



Annette Nick.

HEALTH AIDES-IN-TRAINING GET FAMILIAR WITH MEDEVACS

The Session II Health Aide students recently paid a visit to the Life Med hanger. They had the opportunity to talk with the crew about medevacs and how the Health Aides play an integral role in life saving emergent care in the YK Delta. A big thank you goes to the Life Med crew for taking time from their busy schedule. And big thank you also goes to the Health Aides for the care they provide to people in our region.

Pictured in photo from left to right: William Kelly (St.

Mary¹s), Shannon Tulik (Toksook Bay), Desiree Coffee (Akiak), Cyndi Beebe (Qinhagak), Bill Jones (Life Med crew), Josephine Henry (Qinhagak), Clifton Dalton (Life Med crew), JoJo Changsak (Russian Mission), Barrie Levin (BTI), Thomas Brown (Toksook Bay), and Cameron Mortensen (BTI)

—Jessie Judy, DNP, NP-C



STAFF MOVES

FAREWELL TO TWO VERY LONG TIME EMPLOYEES

YKHC celebrates the retirement of Juanita Treat and John Mojin.

Juanita Treat was employed by YKHC for 51 years. She is from Bethel and she grew up across the river at the old airfield. She spent her whole life here in Bethel, minus one year in Chicago for school.

She started her career at YKHC as a file clerk dict-a-phone machine transcriber, and also worked at the switchboard office. Eventually she moved to working in finance and hospital community relations.

Juanita is married to Leon Treat, they have eight children together, some of whom are adopted or were foster children. Juanita and Leon have 12 grandchildren, and nine great grandchildren.

Juanita's favorite memory from her career at YKHC is when she was HAO for one week. Juanita's advice to current and future employees is to find something you like doing, if you find something you are good at, keep doing it and don't be afraid to try something new.



Juanita Treat and John Mojin. Recently retired after a combined tenure of almost 100 years!

John Mojin was employed by YKHC for 47 years. John is from Bethel and spent his early years in Nunapitcuk. John went to school in Oklahoma at Chilocco Indian School; He spent four years there and graduated in the top 10 out of 800 students.

He started his career for YKHC at Supply & Processing then became an interpreter when the position became open. John is married to Darlene; they have five children together and have seven grandchildren.

John has enjoyed his career as a translator. He loved to translate for the people from the delta, and he enjoyed being able to help the people from this region.

His advice to current or future employees is to find a job that you would prefer or a job that you would like. For the younger generation to look at jobs such as nursing or a doctor as something you can achieve and that it's something that is not out of reach.

Maryanna Jimmie promoted to Professional Recruiting

HR is very excited to announce the promotion of Maryanna Jimmie to the professional recruiting role. She was offered and accepted this role several months ago but we had to wait to fill recruiting specialist role she was leaving.

Maryanna is very diligent, professional and dedicated member of the HR team and we are excited to support her in her new role.



Return of Sammijo

HR is happy to announce that we have a returning HR veteran rejoining our team as the new Recruiting Specialist, Sammiejo Smith. She comes with a wealth of knowledge and previous recruiting experience and we are excited to have her back on the team.



Scammon Bay Health Aides Honored



The Health Aides of Scammon Bay were recently recognized by the City of Scammon Bay: "In recognition of your commitment and hard work as a Community Health Aides for our community of Scammon Bay. For all the long hours tending to those in need. We thank you for everything."

Isiah Rivers, CHA II; Esther Tobeluk, CHP; Pauline Simon, CHP; Lianna Kasayulie CHA III.

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.

February

DENTAL

Emmonak: Camille Humphrey, Dentist.....	1/29-2/6
Marshall: Steven Burnett, Dentist with Nadine Long	2/4-2/10
Nunapitchuk: Dr. Thomas Allen, Dentist	2/11-22
Chefornak: Fruit Drink Study. Cameron Randell & Chien-Yu Chen.....	2/20-21

FAMILY MEDICINE

Russian Mission: Abigail Morgan, WHNP.....	2/12-14
Hooper Bay: Jeff Thompson, PA-C.....	1/28-2/2
Chevak: Sandy Beeman, PA-C.....	2/12-14
Scammon Bay: Linda Hewett, FNP.....	2/19-22
Tuluksak: Kevin Krennek, FNP.....	2/25-28
Upper Kalskag: Colleen Britt, FNP, and Agnes Nicoli.....	2/26-3/1
Mountain Village: Denise Tran, FNP.....	2/26-28

HEALTH AIDE TRAINING

Aniak: Brandon Nelson (CHAT)	2/11-2/15
Kipnuk: Barbara Mickelson (CHAT)	2/19-22

OPTOMETRY

Kipnuk: Thomas	2/25-3/1
-----------------------------	----------

BEHAVIORAL HEALTH

Pilot Station: Paula Jones, BH.....	2/12-13
Mountain Village: Paula Jones, BH.....	2/20
St Mary's: Paula Jones, BH	2/21-22

March

DENTAL

Shageluk: Carrie Tikiun, DHAT and Assistant.....	3/4-8
Grayling: Erin Feller, Dentist	3/11-15

Chevak: Sadie Green, DHAT.....	3/11-15
Akiak: Dr. Zimmin, Dentist, with Sophie Swope, Dwayne Sergie	3/18-29
Anvik: Conan Murat, DHAT	3/18-22
Pilot Station: Bernadette Charles, DHAT with Janelle Amos and Kara Stevens.....	3/18-22
Stony River: Carrie Tikiun, DHAT	3/25-29
Pilot Station: Steven Burnett, Dentist with Nadine Long.....	3/31-4/5

FAMILY MEDICINE

Lower Kalskag: Colleen Britt, FNP and April Mattson	3/4-7
Chevak: Sandy Beeman, PA	3/5-7
Kipnuk: Anne Komulainen, PA-C	3/11-14
Scammon Bay: Rebekah Diky, PA-C	3/12-14
Pilot Station: Denise Tran, FNP.....	3/12-14
Grayling: Rachael Youngblood, FNP & Agnes Nicoli	3/18-22
Tuntutuliak: William Miller	3/18-21
Chevak: Linda Hewett, FNP.....	3/19-21

April

DENTAL

Kwigillingok: Sean Davis, Dentist and Marissa Alexie.....	4/1-12
Lower Kalskag: Conan Murat DHAT.....	4/8-12
Scammon Bay: Sadie Green DHAT	4/8-12
Pilot Station: Bernadette Charles, DHAT w/ Janelle Amos and Kara Stevens	4/22-26
Mountain Village: Steven Burnett, Dentist with Nadine Long.....	4/22-26
Crooked Creek: Carrie Tikiun, DHAT	4/29-5/3
Chevak: Sadie Green DHAT 4/29-5/3	

FAMILY MEDICINE

Chevak: Sandy Beeman PA-C.....	4/9-11
Mekoryuk: Dr. Humphery, Jennifer Mochin, Sophie Swope.....	4/15-26
Russian Mission: Rachael Youngblood, FNP & Rachel Konteh.....	4/15-19
Scammon Bay: Rebekah Diky, PA-C	4/16-18
Pilot Station: Eileen Lawson, PA-C	4/22-24
Sleetmute: Colleen Britt, FNP & April Mattson.....	4/29-5/2