



# Saving Smiles at YKHC Dental

**PRIORITIES:** YKHC is committed to improving children’s dental health in our region. See page 3 for President & CEO Dan Winkelman’s explanation of why projected budget cuts are irresponsible and dangerous.

**ABOVE:** Dental Health Aide Therapist Bonnie Hunt is with Nevah Valadez, 5, at the dental clinic in Bethel. YKHC Dental staff will be hosting Smile Alaska Style at Cama-I 2019 in Bethel on Saturday, March 30 at Bethel Regional High School.

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## FYI

### Improvements in Patient Registration

Patients no longer have to wait for their number to be called at registration!

YKHC has partnered with Qless to create virtual lines for registration. When arriving at the hospital in Bethel, patients can join the “line” in a few ways:

- Download the Qless mobile app
- Visit [www.ykhc.org/qless](http://www.ykhc.org/qless)
- Text “YKHC” to (501) 299-2130
- Join from a kiosk near registration

When you provide your cellphone number to Qless, you’ll receive updates about wait times and be notified when it’s your turn.

As Qless is tested at registration, the platform will ultimately be used to alert the various clinics and outpatient services that patients have arrived. This will update patients on their waiting times as well as notify them when an outpatient clinic or service is ready to see them.

## 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 Refill Line ..... 543-6988  
Toll Free ..... 877-543-6988  
Physical Therapy ..... 543-6342  
Women's Health ..... 543-6296  
Irrivik Birthing Center ..... 543-6346  
Behavioral Health Services ..... 543-6100  
**BH CRISIS RESPONSE LINE** ..... 543-6499  
Substance Abuse Treatment ..... 543-6730  
Sobering Center ..... 543-6830  
Developmental Disabilities ..... 543-2762  
Emergency Room ..... 543-6395  
Office of Environmental Health & Engineering,  
Injury Control & EMS ..... 543-6420

## ADMINISTRATION & SUPPORT

Administration ..... 543-6020  
Human Resources ..... 543-6060  
Public Relations ..... 543-6013  
Travel Management ..... 543-6360

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The Messenger is also available for download on our website at [www.ykhc.org/messenger](http://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

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St. Mary's



Wassilie 'Wesley' Pitka  
Marshall

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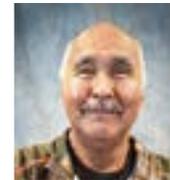


Bonnie Persson  
Upper Kalskag



Patricia Yaska  
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Akiachak



James Nicori  
Kwethluk

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Stan Hoffman, Sr.  
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Gloria Simeon  
Bethel



Walter Jim  
Bethel



Chris Larson  
Napaskiak

### Unit 6



Unit 6 Seat is currently  
vacant.

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### 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

*A version of this article recently appeared in the Anchorage Daily News.*

Significantly cutting Medicaid is irresponsible and dangerous. And it will not save the State of Alaska money

Remember when your mom or dad showed you how to cut kindling? It started with using the right tool for the right job . . . a sharp and nimble axe. Otherwise it would be irresponsible and dangerous.

*Significantly cutting Medicaid is irresponsible.*

In the Yukon-Kuskokwim delta, we have about 19,800 Medicaid recipients total. Due to Medicaid expansion, we have 2,700 new recipients. The following data is from former Governor Walker's FY2020 budget as compared to Governor Dunleavy's amended FY2020 budget. Cutting over 25%, or \$848 million in combined state and federal funds from the state's overall health budget, while cutting \$1.8 billion from last year's total statewide spending in only one year, is irresponsible. It will likely extend the current recession and/or significantly sink us deeper into recession.

*Significantly cutting Medicaid is dangerous.*

In remote areas like the delta, Medicaid provides access to care because it pays for a patient's airfare to get to a higher level of care. The new proposed state budget reduces Medicaid eligibility, services and rates paid. This means many women, men, single mothers, their daughters, their sons and infants will most likely lose access to vital primary, dental and vision care. In many of our village clinics, these services are limited due to their remote location. Without regular and timely routine examinations at a higher level of care like the Bethel hospital, more costly emergency visits can happen. Being forced to wait several months till a toothache turns into an abscess or sepsis infection because you cannot afford the \$200 – \$500 roundtrip airfare from your village to Bethel is more dangerous for the patient.

*Significantly cutting Medicaid is not just irresponsible, it's not just dangerous, it will not save the State of Alaska money. In fact, it will cost the State of Alaska hundreds of millions of dollars.*

Here is the math. In FY2019, the federal government paid 93% of the costs of Medicaid expansion and will pay 90% in FY2020 and beyond. Additionally, for every Alaska Native that is seen in a tribal facility, like YKHC, the federal government pays 100% of the Medicaid costs and the state pays zero from its general fund. The proposed budget will cut almost 40% or \$271 million from Medicaid in FY2020. Therefore, due to this heavy matching assistance by the federal government for Medicaid expansion and Medicaid recipients generally, the \$271 million cut will result in approximately a \$490 million loss of federal revenues to Alaska from the federal government.

Numerous studies and articles have touted the thousands of new jobs the Alaska health sector has created. In fact, most economists agree that Alaska's current recession would have been much deeper without the health sector jobs to cushion every Alaskan in this current recession.



President and CEO  
Dan Winkelman.

see **BUDGET MESSAGE**, p. 11

## PROMOTING NATIONAL PATIENT SAFETY AWARENESS WEEK:

The Institute for Healthcare Improvement is leading the movement on patient safety this year and asks hospitals nationwide to “Get in Gear” and advocate for patient safety.

This year, from March 11 to March 15, YKHC is once again joining hospitals across the nation in advocating for and promoting National Patient Safety Awareness Week. The goal of this week is to support all community members in learning more about health care safety.

Whether you work for YKHC, are a patient of YKHC, or a resident of the YK Delta, we want to encourage everyone to learn about promoting safety in our health care system. We want to teach patients to be proactive and encourage them to use their voices as active participants in their health care.

Your hospital visit begins at registration, and we as patients have an important role to ensure our information is up to date and correct. Your photo ID will be requested and verified each time you register. Your name, date of birth, health insurance information, mailing address, personal contact numbers, and emergency contact numbers are all checked for accuracy at each visit.

If you know that there have been changes in your insurance information since your last visit, make sure you are prepared to give registration your new cards so that they can be added to your medical record. Conducting these double-checks safeguards your patient identity and decreases the likelihood of patient identification errors.

The double check of your patient identity will occur throughout your visit. Each time you see a YKHC employee assisting with your health care, they will be asking you two patient identifiers. As per the National Patient Safety Goal number one, YKHC uses

your full name and date of birth as this double check for patient identity.

Patients need to speak up if they have questions before, during, or after a health care visit. Come prepared to medical appointments with a list of your current medications, known allergies, and any questions you have.

If you don't understand something a provider explains to you, clearly ask them to rephrase or repeat the information they are giving you. Make sure that before you leave, all your questions and concerns are answered.

After your appointment you will be given discharge paperwork explaining why you were seen, what your diagnosis is, any home care and/or medication instructions, and any need for follow up appointments or referrals. These instructions will be explained to you by the provider and

the nursing staff. If you don't understand any of the instructions that you are given, let them know that you are unsure of the instructions and ask them to explain them again in a different manner.

Prior to leaving the hospital, make sure you are confident in your understanding of your most recent visit and any instructions that were given to you. This is one of the most important steps in being an active participant in your health care. If at any time after your discharge you feel that you have forgotten or do not understand your instructions, please call back to ask for clarification.



### SAFETY TIP FOR MARCH: Smoke Alarms

#### Check smoke detectors when you change your clocks for Daylight Savings Time.

Daylight Saving Time begins Sunday, March 9. Clocks are set forward one hour, except in Hawaii and most of Arizona. Three out of every five home fire deaths result from fires in homes with no smoke alarms. Test your smoke alarms every month and replace the battery at least once a year. If the alarm makes a “chirping” sound, replace it immediately.

Smoke alarms should be in every bedroom and in the common areas on each floor of a home. Mount them at least 10 feet from the stove to reduce false alarms, less than 12 inches from the ceiling and away from windows, doors and ducts.

Smoke alarms can be interconnected wirelessly. That means, when one sounds, they all sound. Be sure to purchase smoke alarms with the label of a reputable testing agency, like Underwriters Laboratories (UL).



March 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 DESIGN

The Bettisworth North/ZGF Architects/Jones & Jones design team continues to provide construction administration services. The Art and Cultural committee met to review 233 artwork proposals for the hospital and new clinic.

## PJCP CONSTRUCTION

At the first floor-Block A, concrete slab preparation and flooring installation continues. Ceiling systems and light fixtures are being installed and the main waiting area accent wall was painted. Ductwork and insulation work is in progress in the entry high ceiling. Panel termination is ongoing in electrical rooms. Contractors are completing punchlist items and YKHC is back-checking punchlist completion prior to ceiling tile installation from gridlines 15 to 4. Casework and locker installation is progressing.

At the second floor, pulling of communication cable continues. Wall guard wainscot and corner guard installation continues. Framing for third floor architectural ceilings is progressing in corridors and nurse stations.

On the third floor, patient bathroom tiling is ongoing. Plumbing of medical gas and air, and electrical work is progressing at the north room headwalls as casework headwall types A and J get going again. Framed walls at the east end were covered with gypsum wall board. Temporary construction loading docks at each of the three floor levels were removed.

Casework installation continues at all floors. The new boilers continue to heat the building and provide freeze protection. Contractors and the Commissioning team are preparing for startup of the new generators.

## HOSPITAL RENOVATION

The laundry room Phase 3A renovation continues in both the clean and dirty sides. Flooring was placed after ceiling and wall finishes were completed. New and existing equipment is staged for installation in early February.

Contractors are completing remaining punchlist corrections resulting



First floor main entry accent wall (water theme)

from the architect and engineer's inspections and continue to address warranty items in Phases 1A and 2A. Phase 2B Radiology is ready for renovation as soon as the portable mammography equipment is installed, or existing equipment can be temporarily relocated.

Completion of walls, ceiling and flooring, and the installation of kitchen equipment occurred at Phase 1B Servery. Structural steel upgrade installation continues sporadically throughout the interstitial space.

The Hospital utilized City of Bethel water during a few early morning changes of piping for the hospital, West Wing, CHSB and the 800 Building. The existing water system configuration in the mechanical room is being removed to allow for an access corridor between the hospital and clinic.

## SPECIAL INSPECTIONS

YKHC is providing final above-ceiling inspections for fire stopping and fire proofing throughout the hospital renovations and the Clinic, and for electrical and mechanical as needed when the A/E is not available for small areas. Quality Assurance Services is providing certified welding inspections at hospital structural upgrades.

## OTHER PROGRAM ELEMENTS

**Furniture:** Arcadis and YKHC are working with BiNW on miscellaneous furniture additions and modifications to the clinic and hospital.

## PROJECT BUDGET 12/01/18 – 12/31/18

Cost Code Description	Current Budget	Current Commitments	Forecasts	Spent (As Of 12/31/18)
Construction Cost	\$217,184,646	\$216,079,099	\$1,105,547	\$122,059,857
Design Service Fee	\$18,176,238	\$18,171,950	\$0	\$16,451,332
Furniture, Fixtures & Equipment	\$24,773,935	\$9,536,798	\$10,636,905	\$2,208,984
Other Project Cost	\$58,265,181	\$15,364,407	\$39,948,322	\$20,720,747
Housing	\$17,500,000	\$17,500,000	\$0	\$15,046,038
<b>Pjcp Total</b>	<b>\$335,900,000</b>	<b>\$276,652,255</b>	<b>\$51,690,774</b>	<b>\$176,486,957</b>

## REGIONAL PARTNERS PLAN HEALTH CARE DELIVERY IMPROVEMENTS



On February 21, representatives from the Unit 11 villages of Grayling, Anvik, Shageluk and Holy Cross met with CEO Dan Winkelman and other members of the Senior Leadership team to discuss ways to improve health care services in the interior region.

**Left:** YKHC Board Member Marvin Deacon of Grayling talks with President and CEO Dan Winkelman. **Center left:** Alfred Demientieff of Holy Cross and Mr. Deacon. **Center right:** Hospital Services Vice President Jim Sweeney and Eugene John Paul of Holy Cross. **Bottom:** Alfred Demientieff; Marvin Deacon; Eugene John Paul; Harry Maillelle of Grayling; Jim Sweeney; Rahnna Boyer, VP of Village Health and Workforce Development; Roger Hamilton of Shageluk; and Dan Winkelman.



## MEASLES MAKES A COMEBACK IN WASHINGTON STATE

As many may have heard, there is a measles outbreak in the Pacific Northwest (mainly Washington State) which heavily affected one particular county.

This region was found to have one of the lowest vaccination rates in the area. On Friday, February 1, 2019 a State of Emergency was announced by the governor of Washington in relation to this outbreak. SeaTac airport in Seattle is a common flight hub for those traveling to and from Alaska which places us at a higher risk of getting exposed to the measles virus. According to the Centers for Disease Control and Prevention (CDC), 'Measles is so contagious that if someone has it, 90 percent of the people around that person who are not immune could become infected.'

The measles virus spreads through the air when an infected person coughs or sneezes. Measles starts with fever. Soon after, it causes a cough, runny nose, and red eyes. Then a rash of tiny, red spots breaks out. It starts at the head and spreads to the rest of the body. Measles can cause pneumonia, seizures, brain damage, and even death.

The CDC states, "Measles can be prevented with the MMR vaccine. The MMR vaccine is very safe and effective. The vaccine protects against three diseases: measles, mumps, and rubella. Two doses of MMR vaccine are about 97% effective at preventing measles." The CDC recommends children get two doses of MMR vaccine, starting with the first dose at 12 through 15 months of age, and

the second dose at 4 through 6 years of age. Teens and adults also need to check if they are up-to-date on their MMR vaccination. Children may also get the MMRV vaccine(<https://www.cdc.gov/vaccines/vpd/mmr/public/index.html#what-is-mmr>), which protects against measles, mumps, rubella, and varicella (chickenpox). Mumps can lead to deafness, brain or spinal cord infection, and painful swelling of the testicles. Rubella can cause miscarriage or serious birth defects if a pregnant woman gets infected.

Pregnant women cannot receive the MMR vaccine during pregnancy and this is why it is important to have received the vaccinations prior to becoming pregnant to prevent the birth defects that the Rubella virus can cause.

With people now traveling all over the nation/world on a regular basis, our region is at a greater risk if all of us are not vaccinated properly. This is why immunizations play a very important role as preventative measures across the nation and the YK Delta. Check with your

health care provider today to see if you're up to date on your vaccines!



A child with measles.

# SAVE THE DATE!

## TRIBAL UNITY GATHERING 2019

# April 3&4

**Yupit Piciryait Cultural Center – Bethel**

Honoring Our Past And Embracing Another 50 Years!  
*Qigcikluku kinguneput, ciuniurluki-llu allrakut tekitarkat*



### YKHC PHARMACY

## 90-Day Medication Refills

**ALERT: Postal service may be delayed to some YK Delta communities. Call in your refill at least 10 DAYS before you run out of meds.**

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

#### 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

# Healthy Living

National Nutrition Month

In honor of National Nutrition Month, below are some helpful tips on how to eat healthy, well balanced meals using MyPlate.

## Make half of your plate fruits and vegetables.

Fresh, frozen, dried or canned fruits are all healthy options. For canned fruits and vegetables, try rinsing them off before eating. This will help to remove some of the added sugar and salt that is used for processing.

## Enjoy fruit with meals or alone as snacks/dessert.

Make sure to eat fruits and vegetables in a variety of colors to make sure you get all of the nutrients your body needs to stay healthy.

Prepare vegetables in a variety of ways to keep things interesting – you can steam, sauté, roast most veggies or even eat them raw!

## Make a quarter of your plate grains

Make sure at least half of the grains you eat are whole grains.

## Make a quarter of your plate a protein

Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.

Try to eat at least one meatless meal a week—beans make for a great main course alternative protein.

## Drink and eat less sodium, saturated fats, and sugars

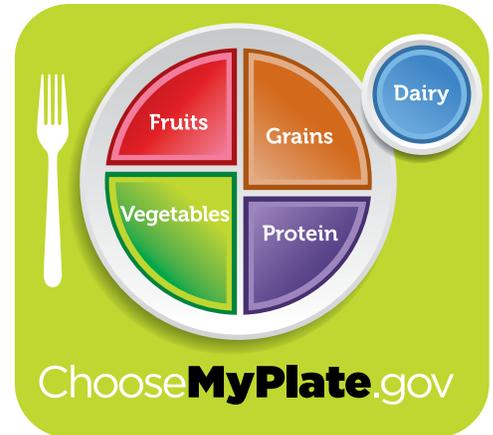
Limit the amount of food you eat that is high in sodium, saturated fat, and added sugar.

## Choose vegetable oils instead of butter

Drink water or unsweetened tea/coffee instead of sugary beverages.

Choose fat-free milk, cheese, and yogurt to help cut back on saturated fats.

*\*Adapted from [www.eatright.org](http://www.eatright.org)*



## RECIPE OF THE MONTH: Breakfast Quesadillas

### Ingredients

- 1 egg
- ½ cup Assorted vegetables (examples: cabbage, lettuce, carrots, bell peppers, broccoli, etc)
- ¼ tsp Black Pepper
- 1 whole wheat tortilla
- ½ C low fat cheese (cheddar, Monterey jack or pepper jack all work well)
- Olive oil or cooking spray

### Directions

1. Beat egg and cook in skillet until scrambled and set. Season with pepper.
2. Clean skillet and coat with olive oil or cooking spray. Place tortilla in skillet. Spread cheese evenly over the tortilla. Cook on high for 3-4 minutes until cheese begins to melt.
3. Reduce heat to low and place the egg mixture and assorted veggies on top of the cheese.
4. Fold tortilla in half to create half moon shape. Flip tortilla over

*Adapted from [www.diabetesfoodhub.org](http://www.diabetesfoodhub.org)*



- and cook until it is lightly toasted and cheese filling is completely melted, about 1-2 more minutes.
5. Transfer quesadilla to a plate, cut into wedges and serve!

## MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH

Did you know that colon cancer is a leading cause of cancer-related deaths among Alaska Native people?

### Colonoscopy

There are several ways to screen for and prevent colon cancer. The first way is with a procedure called a colonoscopy. This is a test that requires taking medication to clean out your colon before a procedure in which a long flexible tube is used to look at the inside of your entire colon.

During the procedure, a small camera on the end of the tube allows the doctor to see the inside of your colon. If the doctor sees any abnormalities, they can be removed at the time of the procedure.

In some cases, that is all that is needed to treat a very early cancer. If a bigger problem is detected, you can be referred to Anchorage for further testing and treatment. If a problem is found at the time of a colonoscopy, sometimes a repeat colonoscopy is needed within 1–5 years to follow up on the problem. If no problems are found, a follow up in 10 years is usually recommended.

### Fecal Test Kit

Another way to test for colon cancer is a test on your feces. This is done by getting a kit from your provider and following the directions to test your feces for blood or other problems. If the test is positive, your provider will likely recommend that you un-

dergo a colonoscopy to determine what the source of the blood might be.

Because of the high rate of colon cancer among Alaska Native people, it is recommended that all Alaska Native people begin this screening at the age of 40. If someone in your family has a history of colon cancer, you may have to begin screening earlier than 40. Because colon cancer might be easier to treat if it is found at an earlier stage with screening, it is very important that everyone get screened starting at the age of 40.

Some of the symptoms of colon cancer can include abdominal pain and bloating, change in the size of your bowel movements, blood in your bowel movements, unplanned weight loss or anemia (low red blood cell count.) If you have these symptoms, don't wait. Call your health aide or the clinic in Bethel to get an appointment right away.

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If you are 40 or older and haven't had colon cancer screening, call your health aide or your provider in Bethel to get a referral. The appointment line in Bethel is 907-543-6442.

## MARCH IS DEVELOPMENTAL DISABILITIES AWARENESS MONTH

In the month of March, awareness for Developmental Disabilities is being observed across the nation with themes that focus on public awareness, community inclusion, and living side-by-side with others within the home and community of choice.

In 1987, President Ronald Reagan made a proclamation to officially deem March as Developmental Disabilities Awareness Month. This month of March 2019, alongside many individuals and staff, we are not only providing awareness but also celebrating the many talents, skills, and remarkable experiences of those we serve and work with. More information about DD Awareness Month can be found at <https://nacdd.org/ddam-2/>.

YKHC has served many individuals with disabilities since 2004, providing support and assistance in different positions from direct care providers, who are hired from their home villages and flown into Bethel for various trainings, to Care Coordinators who make quarterly visits to see individuals and their families in their home villages.

For more information on how you could join our team you can visit the [ykhc.org](http://ykhc.org) website or call our office at 543-2762.

To have an intellectual developmental disability, an individual must meet certain criteria determined by a psychological evaluation, Individual Education Plan, Education Summary and Eligibility Review, medical records, and other documents necessary to support the concerns for any development delays.

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If you have any concerns or would like to inquire about IDD eligibility please contact the YKHC STAR Coordinator, Marsha Riley at 543-2762.

# CHAP NEWS

Community Health  
Aide Program

## JANUARY HEALTH AIDE OF THE MONTH: Anna Albert, CHA I

Anna Albert, CHA I, is from Tununak. She has been working as a Health Aide for three years. Anna is eager, she has great commitment in the job she does.

Tununak's population is about 300 and growing. Two Health Aides work tirelessly to ensure that the village is covered both day and night. January is a long and hard month. Weather is constantly down, especially in Tununak where weather is unpredictable. Anna's fast reaction and knowledge as a Session I Health Aide saved a patient's life.

A trained Session I gets one full day, eight hours, of emergency care. Anna was able to manage shock for a patient who was bleeding internally. She remained calm and reassured her patient they were in great hands until the medevac arrived.

Not many people get to see what shock looks like, because it's not what we see on a daily basis. Anna handled the situation with great composure and used her skills as a Session I Health Aide.

Thank you, Anna, for providing care for your village of Tununak. We at CHAP appreciate your hard work and dedication.



Anna Albert, CHA I

## EMERGENCY FUND FOR COMMUNITY HEALTH AIDES NOW AVAILABLE

Attention current and former Health Aides! There is a new program for you called the Community Health Aide Emergency Fund. It is a fund to help current and former health aides in an emergency. To be eligible, the applicant needs to have worked at least two years in the past as a Community Health Aide. This fund is operated through the Bethel Community Services Foundation, so you DO NOT have to be a current YKHC employee.

The Fund's purpose is to help you with a personal or family emergency. This might include helping with expenses due to prolonged illness or hospitalization, urgent/unexpected relocation to Bethel, search and rescue efforts, funeral expenses, or any other unanticipated financial burden. To apply for the funds, you only need to fill out a short form for approval. See a Supervisor Instructor for the application. If you need any more information about applying for this fund, contact Clinical Compliance Officer Joe Okitkun, or any SI, including Martha Attie, or Carla Suskuk.

For supporters of Community Health Aides: If you would like to contribute to a Permanent Fund for the CHA



Clinical Compliance Officer Joe Okitkun and Supervisor Instructor Carla Suskuk are at the offices of the Bethel Community Services Foundation. They are holding the first CHA Emergency Fund check awarded in January 2019 to a health aide in need.

Emergency Fund, please contact Michelle Dewitt at the Bethel Community Services Foundation, 543-1812, (email [michelle@bcsfoundation.org](mailto:michelle@bcsfoundation.org)) or Chester Mark at [camaicc2001@gmail.com](mailto:camaicc2001@gmail.com). To donate electronically, click the Donate button at [bcsfoundation.org](http://bcsfoundation.org) - and choose "Community Health Aide Emergency Fund"

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## BUDGET MESSAGE, From p. 3

In the wake of 1929, many prominent economists agree that economic theorist John Maynard Keynes got it right. Mr. Keynes knew that a state, business or family could not cut their way to prosperity. Instead, any cuts need to be measured, reasoned and make mathematical sense. Regardless of your political ideology, if we stick our head in the snow and wilfully ignore half of the equation and forego raising any revenues, surely a phased approach to cutting the budget is necessitated so we do not remove \$1.8 billion from our economy in one year.

Surely cutting programs like Medicaid that produce thousands of jobs and hundreds of millions of dollars in federal revenues for a net gain to Alaska are instead prioritized. Albeit that

approach is not entirely measured or reasoned, but at least it would make mathematical sense.

The Alaska House is now positioned to provide a check and balance on this budget and make a political deal that secures Alaska's future, not cut it short. After all, under the Alaska Constitution it is the Legislature's duty to appropriate money, not the Governor's.

This proposed budget is like using a chainsaw instead of an axe to cut kindling. Alaskans deserve better.



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## LEGISLATIVE CONTACTS

For your reference, contact numbers and emails for state representatives on the Finance and Health & Social Services committees are listed below. The list includes Speaker of the House Bryce Edgmon and Senator Lyman Hoffman.

**Representative Bryce Edgmon,  
Speaker of the House**

Phone: 907-465-4451  
Toll-Free: 800-898-4451  
Fax: 907-465-3445  
Email: Representative.Bryce.Edgmon@akleg.gov

**Representative Ivy Spohnholz**

Phone: 907-465-4940  
Toll-Free: 866-465-4940  
Fax: 907-269-0124  
Email: Representative.Ivy.Spohnholz@akleg.gov

**Representative Tiffany Zulkosky**

Phone: 907-465-4942  
Toll-Free: 800-323-4942  
Fax: 907-465-4589  
Email: Representative.Tiffany.Zulkosky@akleg.gov

**Representative Matt Claman**

Phone: 907-465-4919  
Toll-Free: 888-465-4919  
Email: Representative.Matt.Claman@akleg.gov

**Representative Harriet Drummond**

Phone: 907-465-3875  
Toll-Free: 800-922-3875  
Email: Representative.Harriet.Drummond@akleg.gov

**Representative Geran Tarr**

Phone: 907-465-3424  
Toll-Free: 800-303-2455  
Fax: 907-269-0148  
Email: Representative.Geran.Tarr@akleg.gov

**Representative Sharon Jackson**

Phone: 907-465-3783  
Toll-Free: 877-460-3783  
Fax: 907-622-3784  
Email: Representative.Sharon.Jackson@akleg.gov

**Representative Lance Pruitt**

Phone: 907-465-3438  
Toll-Free: 888-478-3438  
Fax: 907-269-0105  
Email: Representative.Lance.Pruitt@akleg.gov

**Representative Neal Foster**

Phone: 907-465-3789  
Toll-Free: 800-478-3789  
Fax: 907-465-3242  
Email: Representative.Neal.Foster@akleg.gov

**Representative Tammie Wilson**

Phone: 907-465-4797  
Toll-Free: 800-860-4797  
Fax: 907-452-3430  
Email: Representative.Tammie.Wilson@akleg.gov

**Representative Jennifer Johnston**

Phone: 907-465-4949  
Toll-Free: 800-478-4950  
Email: Representative.Jennifer.Johnston@akleg.gov

**Representative Andy Josephson**

Phone: 907-465-4939  
Toll-Free: 800-465-4939  
Fax: 907-269-0264  
Email: Representative.Andy.Josephson@akleg.gov

**Representative Gary Knopp**

Phone: 907-465-2693  
Toll-Free: 800-463-2693  
Fax: 907-283-2763  
Email: Representative.Gary.Knopp@akleg.gov

**Representative Barton LeBon**

Phone: 907-465-3709  
Toll-Free: 877-665-3709  
Email: Representative.Barton.LeBon@akleg.gov

**Representative Dan Ortiz**

Phone: 907-465-3824  
Toll-Free: 800-686-3824  
Email: Representative.Dan.Ortiz@akleg.gov

**Representative Cathy Tilton**

Phone: 907-465-2199  
Toll-Free: 800-342-2199  
Email: Representative.Cathy.Tilton@akleg.gov

**Representative Kelly Merrick**

Phone: 907-465-3777  
Toll-Free: 800-861-5688  
Email: Representative.Kelly.Merrick@akleg.gov

**Representative Colleen Sullivan-Leonard**

Phone: 907-465-4833  
Toll-Free: 800-782-4833  
Email: Representative.Colleen.Sullivan\_Leonard@akleg.gov

**Representative Ben Carpenter**

Phone: 907-465-3779  
Toll-Free: 800-469-3779  
Email: Representative.Ben.Carpenter@akleg.gov

**Senator Lyman Hoffman**

Phone: 907-465-4453  
Toll-Free: 866-465-4453  
Fax: 907-465-4523  
Email: Senator.Lyman.Hoffman@akleg.gov

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*YKHC is a 501 (c) 3 organization and does not support or oppose any candidate for public office*

## 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.

### March

#### DENTAL

**Shageluk:** Carrie Tikiun, DHAT and Assistant .. 3/4-8  
**Grayling:** Erin Glauque, 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  
**Mekoryuk:** Alexander Judy, MD .....3/11-14  
**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  
**OPTOMETRY**  
**Kwethluk:** Krystle Penaflor ..... 3/3-8  
**Kotlik:** Dalila Lucatero .....3/11-15  
**Alakanuk:** Thomas Kalistook .....3/18-22  
**Pilot Station:** Brian Blum .....3/25-29  
**HEALTH AIDE TRAINING**  
**Kwethluk:** Cameron Morensen.....3/25-29

### April

#### DENTAL

**Pilot Station:** Steven Bunett with Natine Long4/1-5  
**Kwigillingok:** Sean Davis, Dentist and Marissa Alexie.....4/1-12  
**Hooper Bay:** Erin Glauque, Dentist ..... 4/1-11  
**Lower Kalskag:** Conan Murat DHAT..... 4/8-12  
**Scammon Bay:** Sadie Green DHAT ..... 4/8-12  
**Russian Mission:** Carrie Tikiun, DHAT .....4/15-19  
**Mekoryuk:** Dr. Humphrey with Jennifer Mochin .....4/15-26  
**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

**Stony River:** Colleen Britt, FN\_ and Agnes Nicoli .....4/1-3

**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  
**HolyCross:** Marsh Dunkley, MD .....4/22-25  
**Sleetmute:** Colleen Britt, FNP & April Mattson .....4/29-5/2

**Hooper Bay:** Robert Tyree, MD.....4/29-5/2

#### HEALTH AIDE TRAINING

**Aniak:** Brandon Nelson and Cameron Mortensen, CHAT .....4/15-19  
**OPTOMETRY**  
**Toksook Bay:** Pam Conrad.....4/1-5  
**Kongiganak:** Brian Blum..... 4/8-12

### May

#### DENTAL

**Scammon Bay:** Sadie Green, DHAT ..... 5/6-10  
**Marshall:** Steven Burnett, Dentist, with Nadine Long.....5/13-17  
**Alakanuk:** Renee Cheemuk, DHAT .....5/14-17  
**Marshall:** Bernadette Charles, DHAT .....5/20-24  
**Upper Kalskag:** Conan Murat, DHAT .....5/20-24  
**FAMILY MEDICINE**

**Scammon Bay:** Sandy Beeman, PA-C ..... 5/7-9