The Health Aide of the Year is chosen from among the 12 outstanding Health Aides of the Month profiled in the Messenger during the past year. The award is presented during the Tribal Gathering in April.

The 2018 Health Aide of the Year is Melody Kruger, CHP from Grayling. We've come a long way in the 50 years of the Health Aide Program and Melody is one to remember. She continues to provide care for not only her village, but for many different villages over the phone. Melody is the “go-to person” for on-call coverage because she seems to thrive when she is busy. She cares deeply for the people of our region and it continues to show in the work she provides.

Thank you, Melody, for everything you do. Thank you for continuing to show that you care. You are a valued employee of YKHC's Community Health Aide Program. Thank you for your commitment.

MELODY KRUGER
2018 HEALTH AIDE of the YEAR

Health Aide of the Year Melody Kruger is congratulated by President & CEO Dan Winkelman, CHAP Field Supervision Coordinator Katherine Evon, Vice President of Village Services and Workforce Development Rahnia Boyer, and CHAP Director Asela Calhoun at the Tribal Unity Gathering April 3.
### Resources

<table>
<thead>
<tr>
<th>YKHC main switchboard</th>
<th>543-6000</th>
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<tr>
<td>Toll Free</td>
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### Appointments

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<tr>
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<tr>
<td>Toksook Bay</td>
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<td>Hooper Bay</td>
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<td>Travel Management</td>
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### 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
- Anna Angaiak Nunapitchuk
- Adolph Lewis Kwigillingok

#### Unit 7
- Abraham David Mekoryuk
- James Sipary Toksook Bay

#### Unit 8
- John Uttereyuk Scammont Bay
- Darren Cleveland Quinhagak

#### Unit 9
- Patrick Tall Chevak
- James Charlie, Sr. Toksook Bay

#### Unit 10
- John Uttereyuk Scammont Bay
- Darren Cleveland Quinhagak

#### Unit 11
- Marvin Deacon Grayling

### Honorary Board Member

| James Charlie, Sr. Toksook Bay |

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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.
In February, I met with local Bethel resident Mr. Elias Venes about the Betty Guy Fund at Bethel Community Services Foundation and its recent gift to the YKHC Elder Home.

Several decades ago, Gladys Jung, Nora Guinn and Elias formed the Betty Guy Fund in hopes of establishing an elder’s home in Bethel to serve the people of the Yukon-Kuskokwim Delta. At Elias’ house, and before a basketball game we both planned to attend later that evening, he shared with me its formation, membership, numerous fundraising activities and his driven passion behind his life-long work.

What stood out from our conversation was Elias’ passion to help others and his commitment to philanthropic giving. Indeed, Elias said, “I want to challenge others” to also commit their time and money to charitable giving.

On behalf of the YKHC Board of Directors, quyana to Elias, the Betty Guy Fund, its membership and the Bethel Community Services Foundation. If you accept Elias’ challenge, donate to the Betty Guy Fund or another important fund at www.bcsfoundation.org

On a different note but just as important, on April 3–4, we held our annual Tribal Gathering where our 58 member tribes participated in two days of listening and learning sessions that culminated in the development of health care priorities for the region.

This year’s top three priorities are to: 1. Improve travel between villages, Bethel and the Alaska Native Medical Center; 2. Hire more health aides; and 3. Improve communication with referrals.

Over the next year, we will form teams to strategize, develop and implement improvements on all three of these top priorities. You can expect to read more about these improvements in future editions of the Messenger.

Sincerely,
Employee of the Quarter

YKHC senior leadership recognized several outstanding Employees of the Quarter in April. These employees exemplify a commitment to our mission—Working Together to Achieve Excellent Health. Thank you all for the work you do each day for the people of the YK Delta!

YKHC Nursing Scholarship Cohort

YKH would like to congratulate the 2019 KuC UAA Nursing Cohort on the start of their two-year long program of study. YKHC values this local program and offers support to this program and the students enrolled in a variety of ways.

Each semester a $1,000 scholarship is guaranteed to each student enrolled in this Nursing Program. YKHC also accommodates many of the required clinical placement hours that each student needs as part of their schooling. Currently YKHC also provides the funds required to rent the Nursing Skills Lab at Yuut which acts as a classroom for the cohort.

YKHC also offers financial support to fulltime students in health-related programs. The Scholarship application and guidelines are available at https://www.ykhc.org/work/education/

The Scholarship Deadline is May 24, 2019.

Safety Tip for May: Family Emergency Plan

The National Safety Council recommends every family have an emergency plan in place in the event of a natural disaster or other catastrophic event.

Spring is a great time to review that plan with family members. Have a home and car emergency kit to include one gallon of water per day for each person, at least a three-day supply of food, flashlight and batteries, first aid kit, filter mask, plastic sheeting and duct tape, and medicines.

The emergency plan should include a communications plan to outline how your family members will contact one another and where to meet if it’s safe to go outside. Also, a shelter-in-place plan if outside air is contaminated and a getaway plan including various routes and destinations in different directions.
May 2019

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 PJCP Art and Cultural committee met on April 9 to review revised art submissions from finalists and to discuss display case themes and artwork. The design team provided a new lab layout to accommodate automated lab equipment.

CONSTRUCTION

On the Clinic first floor, ASKW/Davis installed the ceiling grid in the main lobby and stairs. Installation of the wood ceiling planks began in the patient waiting area. The HVAC plumbing is being tested and balanced.

At the second floor, installation of the cable tray started above the ceiling. Pulling of communication cable, fire alarm and power continues.

On the third floor, preparation of the concrete slab, and flooring installation is in progress. Lighting circuits, fixtures, nurse call, and door access control were installed above the ceiling grids prior to the final design team inspections. Plumbing of medical gas and air was completed and tested. Headwall finishes are ongoing at patient rooms. Casework installation continued on all floors.

The new boilers and hot water heaters are heating the building and providing hot water to the Clinic and Hospital until the waste heat system is operational.

Medical gas and dental vacuum piping rough-in is beginning in the penthouse. The waste heat hot tap supply and return piping to the AVEC main lines was completed.

HOSPITAL RENOVATION

ASKW/Davis completed rough-in of power, data, HVAC, sprinkler, and nurse call for the Radiology Fluoro renovation. In-wall boxes were wrapped with lead and the lead-lined drywall was placed, taped and is being finished.

YKHC Maintenance shop and offices have been relocated to allow for the start of demolition renovation of the existing space. Structural steel upgrade installation continues throughout the interstitial space. All welding is up to date with special inspections. The existing water system connection manifold was removed and the cooling fan was relocated to allow for the access corridor between the Hospital and Clinic.

PROJECT BUDGET (3/01/18 - 3/31/19)

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OTHER PROGRAM ELEMENTS

Medical FF&E: Arcadis and YKHC began processing submittals and placing orders. Items are being shipped to Washington and consolidated in Anchorage prior to air freight to Bethel.

Dental FF&E: Burkhart Dental was on-site in Bethel performing prep work for the new dental equipment installation.

Furniture: BiNW is coordinating the shipment of all furnishings to YKHC’s Washington consolidator so items are ready to sail to Bethel this summer.
Tribal Council representatives from around the YK Delta met in Bethel April 3 and 4 for the 26th annual Tribal Unity Gathering. It was an opportunity for them to express their concerns about YKHC’s health care delivery and hear reports on how the corporation is addressing their priorities.

Touring the new Paul John Calircaraq Project (PJCP) hospital construction site was a highlight of the event, but among the biggest concerns for the attendees was getting from their communities to the new hospital: the high cost and complications of travel.

YKHC’s health care system is designed to bring care closer to home, with many new village clinics and five subregional clinics built in the years since Tribal Gatherings began. YKHC Leadership says more robust staffing that will come with the new hospital project will allow for providers to visit their patients in the villages more often.

On the first day of the Gathering, keynote speaker Gary Hartz, Director of the Office of Environmental Health and Engineering for the Indian Health Service, praised the partnership that has initiated and nearly brought the PJCP to completion.

The proposal for the joint venture was drafted in 2014 and signed as “a go” in 2016. This summer, departments will begin moving into the new facility; renovations of the old hospital and transition construction will be completed within the next two years. Hartz emphasized the value of the project to the economy of the region: many new jobs and more commerce on all levels.
Health Status

Every Tribal Gathering over the past dozen or so years has included Dr. Joe Klejka’s presentation on the Health Status of the region—much of which relies on data provided by the State Bureau of Vital Statistics. Klejka brings tribal delegates up to date on trends. Cancer remains the leading cause of death, followed by unintentional injuries and heart disease, which are almost equal, and fourth being suicide. Klejka noted that vaccination rates have been falling, partially because of false information that vaccines cause autism. Vaccinations—especially for infants and children and annual flu shots—are the most effective means for preventing communicable disease.

How can we become “the healthiest people”? Klejka says, quit tobacco, reduce alcohol consumption, wear helmets and float coats, get vaccinated, and, importantly, eat a traditional diet based on subsistence foods.

Hospital Services Vice President Jim Sweeney gave a report on what has been done in the past year to work with Tribes on issues arising from the 2018 Gathering. Last year, rather than laying out a set of priorities, delegates and YKHC leadership looked at ways to partner to address some specific areas of concern: prevention of suicide, drowning and dental disease. Sweeney said Behavioral Health Services has made dozens of presentations describing suicide prevention techniques. The Dental Department became fully staffed and DHATS in the region have initiated community partnerships to improve children’s exams and preventive care, as well as promoting cutting back on sugary drinks.

Setting priorities

On the second day of this year’s Gathering, delegates returned to setting general priorities for their subregions, breaking into small work groups and selecting areas of concern relating to their villages, to their sub-regional clinics, the Bethel hospital and ANMC. After voting on all priorities, travel issues emerged as a major concern at all levels, along with customer service, more provider visits to local clinics and better communication in general. See next month’s Messenger for more on Tribal priorities and YKHC’s Board directives on responding to people’s concerns.
STRESS MANAGEMENT

Stress can come from any type of pressure or stressor. Work demands, deadlines, relationships, traumatic events, life changes—they can all lead to increased stress.

While everyone experiences stress at some point, not all stress is the same. In fact, in some cases, stress can be a good thing. Stress can be your body's response to danger which helps you to “fight, flight, or freeze” when faced with a stressful or dangerous situation.

However, long term or chronic stress does not have the same benefit. Individuals who are stressed for long periods of time, creating a feeling of constant stress, can experience many negative health effects, including making it difficult to manage chronic diseases such as diabetes. This is why it is so important to learn ways to manage stress!

When someone experiences a stressful situation, their body produces a hormone called cortisol, which is often referred to as the stress hormone. Cortisol helps to regulate blood pressure and the immune system when the body is subjected to a stressful situation. However, when someone is stressed for a long period of time, cortisol continues to be released and can have many negative health impacts.

Chronically high levels of cortisol can lead to sleep problems, a depressed immune system, blood sugar abnormalities and more. This is why it is especially important for someone managing a chronic disease to manage their stress levels. For example, with individuals who have diabetes it is important to keep blood sugar levels at a healthy level, but with increased cortisol in the system from long term stress it can be challenging to do that. In order to effectively manage diabetes, it is important to also manage stress levels.

Getting Help

If you feel you are experiencing negative health impacts from stress, whether you have a chronic disease such as diabetes or not, it might be a good idea to talk to your health care provider or a provider in Behavioral Health.

Some other common signs of stress are increased alcohol or substance use, depression, feeling overwhelmed or like you are losing control, having low energy, isolating yourself from others, and having difficulty relaxing.

There are ways to manage stress. Below are a few suggestions for managing stress on your own.

Do something you enjoy—try to do the activities that you enjoy doing without adding any extra pressure to it. Instead of going berry picking with the intention of getting two gallons that day, find a day to just go out and pick for the fun of it. Don’t stress over how many berries you are going to get, but just enjoy being outside and being active.

Stay connected—it can be easy to put friends and family to the side when we’re stressed, but for a lot of people staying connected with others actually helps to reduce stress. Invite your neighbor over for a steam, play with your grandkids, call up your mom or dad. Staying in touch with the people we care about can help manage stress by providing us with an emotional support system.

Get active—regular exercise can help reduce stress and boost your mood. Just 30 minutes of walking per day can help you to manage your stress, stay physically healthy, and even help prevent diabetes. Try getting together with a group of friends and going for a walk on the next nice day or take your dog for a walk on the tundra.

If these stress management techniques are not working or you would like to learn more techniques for managing stress you can always reach out to YKHC’s behavioral health department. They can be reached during the workday at 543-6100 or, if it is an emergency, you can reach a behavioral health worker at their toll free number, 844-543-6499, any time of day.
RECIPE OF THE MONTH: Moose/Caribou Broth

Soup broths are delicious but can have a lot of unnecessary added salt. Try making your own broth for a healthier alternative that will still taste great!

Ingredients:
- 2 pounds moose or caribou bones (it’s okay to have a little meat on the bones)
- Vegetable scraps (carrots, onion, garlic, celery, etc.)
- Water
- Black Pepper
- Salt

Instructions:
1. Cut bones into 2-5” pieces and place in large pot
2. Add water until the bones are completely covered
3. Bring water to boil, then reduce to simmer
4. Cover pot and simmer for 8-24 hours
5. Strain out the bones and vegetable scraps and use the broth to create a soup or other dish

Tips:
Save any vegetable scraps you may have by freezing them in a Ziploc bag or container. Then when you are ready to make broth you can take those scraps out of the freezer and put them right in the pot. You can also freeze your moose or caribou bones if you are not ready to make broth when you first get them.

The longer you let the broth simmer, the better tasting it will be. You should never leave the pot to simmer unattended though! If you need to step away, turn the stove off. You can let the broth cool in the refrigerator and then take it back out and cook again at a later time. Just bring the pot back to a boil and then reduce to simmer when you are ready to resume cooking.

Do you have questions on how to eat healthy or want more recipe ideas? Contact the Diabetes Prevention and Control department at 543-6133

DEDICATED DADS

Congratulation to Alexie Evan for being YKHC’s WIC program’s first Dedicated Dad!

Alexie is the primary caregiver for his child, so Mom can go to work. He understands the importance of being a good role model.

When asked, “What do you think makes a good dad?” Alexie said, “You have to look at the choices you make; the child watches you and does what you do.”

Kudos to Alexie for reaching out and asking for help. Being a parent is not always easy and the first step in getting better at anything is wanting to get better.

If you want to be a better dad or just want more information about the YKHC WIC Dedicated Dads program call 907-543-6459.

BREASTFEEDING AND POST-PARTUM DEPRESSION

One in seven women are diagnosed with Post-Partum Depression (PPD). PPD may occur any time within the first year after delivery and may also be in one or more different forms.

If you feel sad, scared or anxious for no plausible reason, having a hard time caring for yourself, your infant or family due to any of these feelings, you are not alone!

Many mothers at some point feel so many different things as their bodies adjust after delivery. If these feelings do not seem to change or become worse, please don’t be afraid to reach out for help. YKHC Behavioral Health has a hotline. (907)-543-6100

Here is a link to a great article on Post-Partum Depression

FEBRUARY HEALTH AIDE OF THE MONTH: Danielle Beans, CHP—Float

Danielle Beans, CHP, has been working as a health aide for YKHC for seven years. She is from Pilot Station and floats all throughout our region to provide care for different villages. During her stay in Pilot Station, she experienced something out of the ordinary. Health aides communicate with providers from Bethel through our electronic health record (RAVEN). They send RMTs after seeing patients. If it is urgent, they communicate through Tiger Text or by phone to plan the care for their patients.

Network outages tend to last one or two hours, during which time health aides use down-time procedures. However, in Pilot Station this was not the case. The Network tower for GCI was down, leaving Pilot Station with no network, no internet or phones for a week.

Danielle saw patients using her standing orders, which many health aides get after Session II. If it was a patient that needed to be reported, she drove to the airport where there was little service, to give her report to the providers here in Bethel. She did this for a whole week until network service was restored.

Danielle cares for the communities she serves. She demonstrates and exemplifies YKHC’s mission “Working Together to Achieve Excellent Health.” Thank you, Danielle for going above and beyond and ensuring that the community of Pilot Station was taken care of during their network outages.

MARCH 2019 HEALTH AIDES OF THE MONTH: Team Mountain Village

Cindy Lawrence, CHP; Hazel Andrews, CHP; Deborah Johnson, CHP; Krysten Goetz, CHA II; Minnie Alexie, Trainee; Mary Okitkun, CHA I

Mountain Village is one of our region's busiest clinics. With a large population, they experience a lot of trauma and a lot of different sick patients. The staff works tirelessly day in and day out to serve the people of Mtn.Village, sometimes saving a life. Thank you, Mtn. Village Health Aides, for all you do and what you continue to do.

Leslie Herrmann, MD, Pediatric Hospitalist, wrote:

As I sit to write this email, I’m worried that I don’t have enough words to express what I want to say.

[A teenager] was dying. It was happening quickly. As I discussed the case with the ICU physician, he groaned and said to me that even if the child was in the ICU at that time, it would have been in dire straits. I was dreading the (I thought) inevitable moment when the point passed that we could help. It was coming fast.

The child continued to worsen through the night. Part of the problem was the wheezing was so much that air was going into the lungs but not coming out—a difficult phenomenon known as air trapping—unable to exhale, which meant that carbon dioxide was building in the blood, causing confusion, then agitation, and finally unconsciousness. The drive to breathe stopped.

The health aides started bagging, but that wasn’t going to help exhale (and thus get rid of some of the carbon dioxide). I asked the health aides to do something called “manual decompression” or “forced exhalation.” We needed to get the patient to exhale by pressing on the chest for five seconds at a time. It was hard work. And then the abdomen became distended, very common with bagging. They added another person to press on the abdomen to get the air out of that. They had four to five people working on the patient at all times.

They did this for eight hours. It was exhausting, hard work. I am in awe of them. I am astounded at what they did. I thought this child had no chance of living, and they used their strength and will to sustain life. The LifeMed paramedic later told me that they were bagging with perfect technique; he was equally impressed with the miracle they pulled off.

I’ve spoken with the PICU (pediatric intensive care unit) many times since. They are also astounded at this impressive feat. They asked me to share their praise and their belief that they pulled this teen back from the brink of death.

All of our health aides are dedicated, impressive individuals who leave their families to take care of their communities. I have often been impressed by their skill and dedication, but witnessing what the Mtn. Village team did takes my breath away. It was heroic, and it was awe-inspiring. They worked together as a seamless team, took care of each other, and saved a young person’s life. I am honored to have been a small part of it.

Thank you for supporting these amazing individuals. I’m honored to work with them.
BREAK THE STIGMA OF MENTAL HEALTH

YKHC’s Behavioral Health Services is seeking the community’s help to break the stigma of Mental Health.

Although it is 2019, the stigma/negative outlook on mental illness is still very prevalent today. Statistics show that one in four adults suffers from some form of mental health issue such as an addiction or depression each year and one in 17 people live with a serious mental illness such as schizophrenia or bipolar disorder. The fear of being labeled as “crazy” or seen differently is the main reason people are reluctant to seek treatment.

May is Mental Health Awareness Month and in support of that YKHC Behavioral Health is hosting a few events throughout the month that will help promote mental wellness and break the stigma. Join us in spreading the word about the importance of mental wellness. Some of the events being offered will incorporate fitness, nutrition and actual testimonies from adults/youth that have experienced mental illness about the support they have received that helped them. For additional information regarding these events feel free to contact the BH Outpatient Supervisors at 543-6100.

RESEARCHING THE BENEFITS OF VITAMIN D

Melanie McIntyre is a co-investigator on the Prenatal Vitamin D Supplementation study funded by an National Institutes of Health through a Native American Research Centers for Health (NARCH) grant.

Melanie is assisting with evaluating the impact of the YKHC Prenatal Vitamin D Supplementation Guidelines in improving the vitamin D status of pregnant women and how it protects their newborn children from developing cavities.

Melanie is helping with developing and evaluating educational materials for prenatal women and infants. Recently, Melanie gave a presentation on the Prenatal Vitamin D supplementation recommendations at the annual CHAP Forum in Anchorage.

As part of the NARCH grant, Melanie will receive funding for ongoing research training. This supports the goal to build research capacity among YKHC’s employees.

Save the Dates

- Wednesday, May 15. 12 p.m–1 p.m. Mental Health Awareness Walk (meet in the front of New YK and wear green if possible)
- Saturday, May 18. 10:30 a.m.–11:30 a.m. fitness trainers Rose Dockery and Kevin Krenek will be partnering with YKHC’s BH Department by facilitating a FREE Low Impact Boot-Camp class in support of how physical fitness contributes to Mental Wellness.
- Tuesday, May 7. 12 p.m.–1 p.m. Nutrition Cooking Class with Diabetes & Behavioral Health—at the Cultural Center
- Monday, May 20. 12 p.m.–1:30 p.m. Testimony Panel with NAMI (National Alliance on Mental Illness Alaska) – at the Cultural center.

YKHC BEHAVIORAL HEALTH EMERGENCY SERVICES

543-6499 — Toll Free: 844-543-6499

We work 24 / 7 / 365 to ensure that any and all behavioral health urgent needs are fully addressed —from the moment they are identified until safety and ongoing care is established.

We are always available and ready to help.

Melanie McIntyre

Pauline Thomas, Jan Lighthill, Kara Vergo, Christopher Byrnes, Rita Setzke, Juan Barbachano and Josh Goldstein


BILL O’BRIEN, EMT OF THE YEAR

The EMS Department is proud to announce that Bill O’Brien received the Bethel Fire Department’s 2018 EMT of the Year award. Bill O’Brien works for YKHC as an EMT instructor. He trains Community Health Aides, clinical providers, volunteer responders, and community members.

When Bill is not working, he volunteers with the Bethel Fire Department as an EMT on the ambulance. The Bethel Fire Department says, Bill is a rock solid volunteer. He consistently signs up for and does his two night shifts a month, and is always at EMT trainings.*

We congratulate Bill for this recognition and his outstanding contribution to the EMS profession and patient care. Keep up the great work!

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 local health clinic.

Dates are subject to change dependent on weather.

May

DENTAL
Lower Kalskag: Conan Murat DHAT, Jared Thorson DA .......................... 4/29-5/3
Chevak: Sadie Green DHAT ......................................................... 4/29-5/3
Scammon Bay: Sadie Green, DHAT .......................... 5/6-10
Kipnuk: Dr. Davis, M. Alexie, J. Kinegak ........................................ 5/6-17
Crooked Creek: Carrie Tikiun, DHAT .......................... 5/13-17
Tuksook Bay: Dr. Burks & Bryan Nick .......................... 5/13-17
Bethel: Bernadette Charles, DHAT .......................... 5/13-17
Marshall: Steven Burnett, Dentist, with Nadine Long .......................... 5/13-17
Alakanuk: Renee Cheemuk, DHAT .......................... 5/14-20
Kotlik: Bonnie Hunt, DHAT ......................................................... 5/20-23
Napakla: Dr. K. Bramen ......................................................... 5/20-30
Upper Kalskag: Conan Murat, DHAT .......................... 5/20-24
Kotlik: Renee Cheemuk, DHAT w/ assistant .......................... 5/28-31

Family Medicine
Hooper Bay: Robert Tyree, MD .......................... 4/29-5/2
Sleetmute: Colleen Britt, FNP & April Mattson .......................... 4/29-5/2
Marshall: Anne Komulainen PA-C .......................... 5/6-6/9
Tununak: Matthew Willard .......................... 5/6-10
Scammon Bay: Sandy Beeman, PA-C .......................... 5/7-9
Emmonak: Philip Johnson MD .......................... 5/13-16
Nightmute: Anne Willard, FNP .......................... 5/13-16
Newtok: Matthew Willard, PA-C .......................... 5/20-21
Chevak: Linda Hewett, FNP ......................................................... 5/21-23
Mtn Village: Denise Tran, NP with Health Aide ......................................................... 5/30
Diabetes
Tuntutuliak: Angela Wilbanks & Amber Jones ......................................................... 6/11-12
Behavioral Health
Chevak: Evelyn Yazzie, BHA ......................................................... 5/21-22

June

Dental
Chevak: Conan Murat DHAT - (DHAT + DA) ......................................................... 6/3-14
Grayling: Carrie Tikiun, DHAT ......................................................... 6/10-14
Pilot Station: Bernadette Charles, DHAT with DA Janelle Amos .......................... 6/10-14
Alakanuk: Bonnie Hunt, DHAT with Assistant .......................... 6/11-14
Kwethluk: David Humphrey, DDS ......................................................... 6/12-14
Kotlik: Renee Cheemuk, DHAT + DA ......................................................... 6/17-21
Kwethluk: David Humphrey, DDS ......................................................... 6/19-21
Russian Mission: Carrie Tikiun, DHAT ......................................................... 6/24-28

FAMILY MEDICINE
Quinhagak: Angel Acedeso MD - Pediatrician ......................................................... 6/3-6
Anvik: Colleen Britt, FNP & April Mattson ......................................................... 6/3-6
Tuluksaq: Kevin Krenke FNP ......................................................... 6/3-6
Mekoryuk: Arell Willard, FNP to ......................................................... 6/3-6
Marshall: Eileen Lawson, PA-C to with Health aide ......................................................... 6/3-7
Grayling: Gilbert Steffanides MD ......................................................... 6/10-12
Pilot Station: Vicki Lear, PA-C to with health aide ......................................................... 6/10-14
Chevak: Sandy Beeman PA-C ......................................................... 6/11-13
Anvik: Gilbert Steffanides MD ......................................................... 6/13-14
Scammon Bay: Rebekah Diky, PA-C ......................................................... 6/18-20
Tununak: Matthew Willard ......................................................... 6/24-26
Quinhagak: William Miller FNP ......................................................... 6/24-27

Pilot Station: Denise Tran, NP with Health aide ......................................................... 6/3-14
Diabetes
Alakanuk: Angela Wilbanks & Amber Jones ......................................................... 6/11-12

July

DENTAL
Crooked Creek: Carrie Tukiun, DHAT ......................................................... 7/8-12
Kotlik: Renee Cheemuk, DHAT with Assistant ......................................................... 7/8-12
Alakanuk: Bonnie Hunt, DHAT with Assistant ......................................................... 7/15-18
Lime Village: Conan Murat DHAT + DA ......................................................... 7/15-19
Pilot Station: Bernadette Charles, DHAT with DA ......................................................... 7/15-19
Russian Mission: Carrie Tukiun, DHAT + Assistant ......................................................... 7/22-26
Chevak: Sadie Green DHAT ......................................................... 7/22-26
Alakanuk: Bonnie Hunt, DHAT with Assistant ......................................................... 7/29-8/1
St. Mary’s: Bernadette Charles, DHAT w/ Janelle Amos and Kara Stevens .......................... 7/29-8/2

FAMILY MEDICINE
Chevak: Sandy Beeman ......................................................... 7/1-3
Chefornerk: Andrea Fahas, FNP ......................................................... 7/8-13
Mtn Village: Denise Tran, NP with Health Aide ......................................................... 7/11
Pilot Station: Vicki Lear, PA-C with health aide ......................................................... 7/16-18
Mtn Village: Eileen Lawson, PA-C with Health aide ......................................................... 7/23-25
Newtok: Matthew Willard, PA ......................................................... 7/29-31
Scammon Bay: Rebekah Diky, PA-C ......................................................... 7/30-8/1

Diabetes
Hooper Bay: Angel Acedeso, MD ......................................................... 7/17-18