



New Hospital Expansion Opens to Customers



On July 17, our Board of Directors (top photo) celebrated the opening of our new facility to our customers. This marks a significant milestone in Paul John Calricaraq Project, which will continue through 2021.

For more about the opening of the new facility, turn to page 3.

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WE WANT TO HEAR FROM YOU

There are several ways to provide feedback:

- After your visit, take the survey for Qless, if you registered on your smart phone.
- Submit a form to any of our on-site blue customer comment boxes
- E-mail us at comments@ykhc.org
- Download a comment form at www.ykhc.org/comment
- Mail a comment form to P.O. Box 287 Bethel, AK 99559
- Or fax a comment form to (907) 543-6366

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. 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

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Alakanuk



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Kotlik

Unit 2



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St. Mary's



Wassilie 'Wesley' Pitka
Marshall

Unit 3

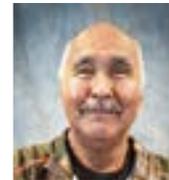


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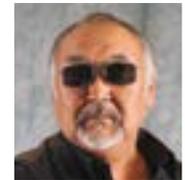


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Nunapitchuk



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Kwigillingok

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Mekoryuk



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Unit 9



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Scammon Bay

Unit 10



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Quinhagak

Unit 11



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Grayling

Honorary Board Member



James Charlie, Sr.
Toksook Bay

Message

from the
President & CEO

YKHC opened two floors of our new Yukon-Kuskokwim Delta Regional Hospital to customers on July 15. A site blessing and ribbon-cutting ceremony was held July 17 for staff by the Board of Directors and leadership. Remarks were made by YKHC's Chair, partners and others. President/CEO Dan Winkelman addressed the following remarks to the Board, our partners and especially to staff who will be providing services to customers. A public grand opening event will be held later as the entire construction/renovation project becomes complete.

Good afternoon Board of Directors, Workforce, Partners and Guests!

Today is a great day!

It took a very large team to get us to today.

First, I want to thank all of you. Especially, our Board of Directors and my senior team for our collaborative working relationship.

Quyana to all of our partners: the Indian Health Service, Bettisworth North-Jones & Jones-ZGF, Arcadis, ASKW/Davis, the YKHC construction team, and all of our sub-contractors like Knik and Dale Construction.

I also want to thank those who are not here but will be at our public grand opening: our 58 member Tribes of YKHC, our US and State senators and representatives, Alaska Municipal Bond Bank, US Dep't of Agriculture, Alaska Industrial Development & Export Authority, Innova Group, PFM Financial Advisors, Western Financial Group, Healthcare Performance Partners, Zions Bank, Bank of New York Mellon, Bank of America Merrill Lynch, JP Morgan Securities, Raymond James Financial, First National Bank of Alaska, Bethel Native Corporation, Wipfli, Sonosky, Chambers, Sachse, Miller & Monkman, City of Bethel, YKHC customer advisory team, the general public, and way too many law firms to mention.

Last but not least, I want to thank you, our Workforce. New buildings are great, but healthcare is about what occurs inside those buildings and YOU, our Workforce, makes that happen...not the new building.

That's why I'm going to ask you to revisit our mission with me . . . say it with me, "Working together to achieve excellent health!"



President & CEO Dan Winkelman, right, with Hospital Services Vice President Jim Sweeney.

Embedded in our mission is our commitment to zero harm to customers, families, communities and our workforce. Our customers come first in everything we do and this new facility is a testament to that.

This \$340 million project is not just a five-year construction project.

It's not just the most expensive Joint Venture Construction Project in the Indian Health Service's history.

It's not just 271,000 square feet of new and renovated space.

It's not just new staff housing and over 300 more staff in Bethel and in our 50 villages.

It's not just an investment to improve customer outcomes.

It's an investment towards achieving zero harm. It represents our pursuit of quality and safety as a core value of YKHC for the next 50 years!

Nothing is more important than the quality of our work and the safety of our customers and workforce.

We must be vigilant while working in our new facility. Take extra time to ensure our work is done right the first time so our customers and staff are safe at all times. If you spot a quality or safety issue, take a timeout so we can resolve it immediately.

Since we have new customer flows, we had to design new procedures and new safety protocols. With your help, many of these will likely be amended and improved over time.

As with any new facility, especially one that is still under construction, we are likely to encounter challenges. Make a list and forward it to your supervisor for resolution. Flexibility and patience are key.

Lastly, I'm going to take us down memory lane.

History is important because it lays the foundation for the decisions of today . . . which will impact us tomorrow.

I'd like to share with you the perspective of a former YKHC employee who worked at the old Bethel hospital that was built in 1954 behind the Community Health Services Building across the street and near the river.

Mary Anaruk was the Chief Nurse Executive when I arrived here 19 years ago. She later became our VP for Hospital Services before her retirement in the mid 2000's and now resides in Anchorage. She sent me a letter a few months ago about when she first arrived in Bethel from Portland, Oregon after graduating from nursing school in 1958. She said:

. . . I was welcomed, and shown to my quarters, which contained a fairly nice sized room, but 2 people had to share a bathroom . . . I believe I was in shell shock to some degree. I was not really prepared for such a major change in lifestyle. The Pentecostal Holiness church was on the edge of town and I remember walking home one evening and encountering a wolf. It was tall and actually took one look at me and sauntered off totally disinterested. One thing I remembered was the mud—it was and is today the only place I've been that one had to use tire chains to get thru the mud during spring breakup.

At the hospital, I remember working lots of nights, we'd rotate shifts frequently and assignments, and it would be difficult to adjust to sleeping at different hours, especially with the sunlight. There was the main unit containing adult and pediatric patients, and then the maternity unit. We also only worked 8 hour shifts, and thought that was more than enough with the rotation between units occurring frequently.

There were only 3 or 4 physicians then. Of course they did the old fashioned radio traffic, and I would often go and sit and listen to the school teachers who would call in or answer. No health aides in those days.

I went out once on a medevac to a Yukon village, and the plane landed on the river ice while we waited for the dog team to bring the 2 children to the plane to load up and go back to Bethel. I was as nervous as one could be because even though there was ice, there was also a considerable amount of water and I wondered,



Walter Larson of Bethel was the first customer to receive services in the facility. Walter is pictured above in front of the new facility, posing with his bandage after having blood drawn by the lab.

would it hold? I always smile because I think I wound up sicker from the plane ride than the children were at the time!

As always with Bethel, people were friendly and I enjoyed my time there. What I loved during this time the most were the people, riding in a sled behind the dogs, and the northern lights. In those days one didn't have to go out of town for a good view, they would be right there to be enjoyed.

Sincerely, Mary Anaruk.

Well . . . we have come a long way . . . and we have even farther to go!



August 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 following services are now open in the new facility, as of July 15:

- Primary Care (old Kusko, Delta, Yukon)
- Nurse Only Clinic
- Specialty Clinic
- Video Teleconference Clinics
- Ultrasound
- Diabetes
- Centering Pregnancy Visits
- Lab Only Visits
- Pharmacy

David Swidrak, artist, completed painting the “Kisaralik River” mural at the main stair. Metal ceiling finishes were installed at the exterior and interior vestibules. Door access control, CCTV and PA systems programming were completed in early July. Contractors continued correcting punchlist items with substantial completion occurring for the first and third floors in July. Renovation of the lab areas continues to make way for the automated lab equipment and revised room layout. YKHC is procuring new lab equipment for vendor installation while contractors complete the supporting mechanical and electrical systems.

YKHC crews installed equipment for the primary Acute Care exam rooms. YKHC IT continues start-up of data and computer equipment installation throughout first and third floors. Lighting installation is completed in the central utility plant area.

On the second floor, concrete slab preparation for vinyl flooring is in progress throughout Physical Therapy rooms, Behavioral Health and common areas. Ceiling grid installation is underway in the Reception, Wellness and the east rooms. Burkhart Dental is working on dental equipment mobilization and installation.

On the third floor, door hardware and access control installation is complete. Casework and nurse station/reception desks installation continues. Audiometric sound booths for hearing tests are installed. In the penthouse, lighting installation is ongoing. Intake air hood installation on air handler units was completed and re-heat systems and control work are in progress in the penthouse. Roof parapet metal caps to match exterior siding at the entry vestibule and radius wall were completed. Topsoil with seeding is complete. The Chief Eddie Hoffman Highway improvement work continues, adding a turn lane for the new clinic entrance.



First floor waiting area and display cases



Finishing touches on the Kisaralik River mural

HOSPITAL RENOVATION

YKHC and contractors are preparing to start Phase 2C and the removal of existing X-ray equipment. In Phase 2B Radiology Fluoro, the installation of the fluoroscopy equipment is complete and YKHC is scheduling a medical physicist to certify the new room and equipment. Hospital Maintenance has moved back into Phase 3B, shop and offices. Structural steel upgrade installation continues periodically throughout the interstitial space; all welding is up to date with special inspections.

A Closer Look Pharmacy

by Susan Wheeler, Director of Pharmacy

Like many other services, the YKHC Outpatient Pharmacy got a new home when the new building opened last month. The pharmacy moved into their new space over the weekend of July 13 and 14, and opened for business on Monday, July 15.

Due to the design of the building, and the construction that still needs to take place, and to make getting a prescription filled more convenient for customers who are seen in the emergency room, ER prescriptions will continue to be filled in the “old” pharmacy until construction is complete—but all other prescriptions (new outpatient prescriptions and refills) will be filled in the new pharmacy.

The changes our customers can look forward to are related to the way prescription refills are requested, and the process the pharmacy staff uses when customers pick up their prescriptions.

Interactive Voice Response

The pharmacy will be implementing an Interactive Voice Response (IVR) system to allow customers to type in the number of the prescription they want to refill. Customers can find the prescription number on their prescription bottle, and after the number is entered, the IVR will be able to tell the caller whether or not the prescription is able to be refilled.

If a prescription is out of refills, or it’s too soon to be refilled, the IVR will give the caller that information while they are on the phone. It will also tell the caller if the prescription is refillable and provide an estimate of when the prescription will be ready for pickup.

The system also allows customers to specify whether they want to pick up their medications at the pharmacy in Bethel, or if they want their medications to be mailed. The automated system will allow customers to request their medications 24 hours a day and receive immediate confirmation that their request was received, and they will know whether or not their prescription can be filled.

This system also allows customers to call and check the status of their prescriptions. By entering the prescription num-



Pharmacy Technician Bertha Alexie fills a prescription in the new Pharmacy unit.

ber, the caller can find out if their prescription is ready to be picked up, or if it is still being processed, saving a trip to the pharmacy if the prescription isn’t ready yet. Of course, customers can always choose to speak with an operator who will be available between 9 a.m. and 6 p.m.

An additional feature of this system allows customers to receive text messages or phone calls when their prescriptions have been filled and are ready to be picked up.

The information used for these phone calls or text messages will be sent to the messaging software from the information provided by customers at registration, so it is very important that customers provide accurate contact information at registration to ensure the messages will be received.

GSL Intellicab

A big change customers will notice in the pharmacy is with the way prescriptions are stored once they are completed and are ready to be picked up. We have installed a new system called GSL Intellicab.

The Intellicab system looks a little like a row of lockers with lights that indicate where customers' prescriptions are located. Prescriptions are put in special bins after they are completed by a pharmacist and the bins allow the system to know exactly where a customer's medications are within the storage lockers.

When a customer comes to pick up a prescription, the pharmacy staff member will ask them for their name and date of birth. If there are prescriptions ready for pickup, the locker(s) where the customer's medications are stored will light up, and once the particular locker is opened, the specific bin that has the customer's medication(s) in it will also light up.

This takes much less time and is less error prone than looking through bag after bag on the shelf for a completed prescription. We anticipate less time being spent looking for completed prescriptions, which will decrease the amount of time people wait in line to pick up their prescriptions.

Workflow Improvements

The pharmacy staff has also been working with outpatient clinic staff to develop a workflow that will allow the pharmacy to know when a customer is waiting for medications that were prescribed during a clinic visit.

Customers will be asked whether or not they will be waiting for medication at the end of their clinic visit and, if they do plan to wait, that information will be sent to the pharmacy, which will allow the pharmacy staff to more accurately prioritize their work and decrease the time it takes for customers to get their prescriptions.

There are several exciting changes that we believe will improve our customer's experience at Pharmacy. We look forward to the coming months and the improvements we expect to see as a result of the changes that have been made and the new technology we implemented when we moved into our new pharmacy.

MEDSAFE FOR EXPIRED MEDS

YKHC Pharmacy is happy to let our customers and customers know about the new MedSafe that has been installed to combat the growing epidemic of prescription drug abuse by providing a way for people to safely dispose of opioid painkillers and other unused medications.



The MedSafe is located on the first floor of the new hospital, near the pharmacy, and it makes possible the safe and anonymous disposal of unused or expired medicines and controlled substances.

"We regularly receive questions from our customers about how they can safely get rid of their unused medications," said Susan Wheeler, Director of Pharmacy. "We're happy to be able to give our community and customers a safe solution to getting unused medications out of their homes."

Customers can simply bring in their unused medications to our pharmacy and drop them into the MedSafe, which is a specially-designed receptacle for the safe, cost-effective, and convenient disposal of potentially dangerous drugs.

Safe disposal of prescription medication is vital for preventing prescription drug abuse and keeping the water supply safe. The MedSafe is a convenient way for people to dispose of unwanted medications.

The MedSafe receptacle is securely installed and can only be accessed and emptied by two pharmacy employees as required by the DEA guidelines.

YKHC IS TURNING 50 – HELP US CELEBRATE!

YKHC turns 50 in 2019! This anniversary represents 50 years of Working Together To Achieve Excellent Health.

To celebrate our anniversary, YKHC is planning a large community event to remember YKHC's past while we look to the future of YKHC's services in the YK delta.

YKHC'S 50TH ANNIVERSARY CELEBRATION IS SET FOR SATURDAY, AUGUST 17.

We are still finalizing details of the event, but we hope you will join us! Watch for details on YKHC's Facebook page as we get closer to the event date.



YKHC

Celebrating 50 Years, 1969-2019

Healthy Living

Fresh Produce

Diabetes Prevention and Control has partnered with Meyers Farm to bring produce boxes back to the communities of the Yukon-Kuskokwim Delta.

The produce boxes are filled with 25 pounds of vegetables all locally grown at Meyers Farm. Each box costs only \$32 and you can purchase as many boxes as you would like, as often as you need them! Diabetes Prevention and Control will cover the cost of shipping each box out to your village.

To purchase a box of produce, visit www.meyersfarm.net and follow the outlined steps for placing an order!



Fresh vegetables from Meyers Farm.

RECIPE OF THE MONTH: ROASTED CABBAGE STEAKS

Ingredients

- 1 head of cabbage
- 2 tablespoons olive oil
- 2 tablespoons garlic powder
- ½ teaspoon salt
- ½ teaspoon black pepper

Instructions

1. Preheat oven to 350 degrees.
2. Cut cabbage into 1 inch thick slices.
3. Arrange slices in a single layers in a large baking dish.
4. Drizzle olive oil over the cabbage slices and top with garlic.

5. Season cabbage with salt and pepper.



6. Cover the dish with aluminum foil.
7. Bake in preheated oven until softened, about 45 minutes.

YKHC DIABETES PREVENTION AND CAMP FIRE

Diabetes Prevention and Control traveled to nine different communities in the month of June to run programming with Camp Fire Alaska.

The programming consists of activities that promote wellness through hands-on activities. One such activity involves the children acting as red blood cells and carrying pretend oxygen through an obstacle course that represents the body. The kids really enjoy running through the obstacle course and manage to learn more about

the way the heart works in the process.

This is just one of many Camp Fire activities that seek to keep the kids moving and engaged while still teaching important lessons related to wellness.

DP&C is excited to continue meeting with Camp Fire groups throughout the summer. Keep an eye out for our outreach staff in Kotlik, Kongiganak, Hooper Bay, Chevak, St. Mary's, Marshall, Chuathluk and Aniak in the coming weeks.



Children learn about how blood travels through the body by playing in an obstacle course.

HEAT-NOT-BURN: NOT 'FDA APPROVED'

A new technology that utilizes nicotine has been approved for sale in the United States and YKHC Nicotine Cessation and Prevention Department (NCPD) would like to facilitate the conversation.

Philip Morris International, a multinational cigarette and tobacco manufacturing company best known for Marlboro, is now able to market and sell a heat-not-burn device they are calling IQOS (EYE-kohs).

The company claims the 'sophisticated electronics' reduces the level of harmful chemicals because it heats the tobacco anywhere from 500°-660° Fahrenheit rather than combusting the tobacco at 1112 ° Fahrenheit.

The NCPD would like to point out a few important things to know about IQOS and any other heat-not-burn devices that may come out in the future.

First, the heat-not-burn device has not been "FDA approved." While the FDA permits IQOS to be sold in the United States as a "cigarette," they have not come forward and said these types of products are safe or "FDA approved."

Next, we know that any product that contains nicotine is harmful, regardless of the amount and/or if the product doesn't produce smoke. This is a newly seen tactic by tobacco companies to make their products seem safer or healthier. In reality, these electronic devices reinforce the same addictive behaviors associated with smoking, mainly hand to mouth action. This visible presentation triggers an addicted user who may be trying to quit.

Another important detail is that many electronic devices that are used to deliver nicotine in any manner appeal to our youth and young adults. This is due to the marketing of these products that depicts them as "sophisticated, high-tech and aspirational" as well as "sleek, exclusive items akin to iPhones."

The marketing of these products is particularly concerning because of the current e-cigarette youth epidemic. E-cigarette use has surged, especially among youth who claim to have never used tobacco products before. Use of these prod-



ucts grew 78% among high school students and 48% among middle school students from 2017 to 2018.

Finally, these products are part of the tobacco industry's efforts to deal with increasing regulation by reframing the industry as part of the solution instead of part of the problem. This undermines government regulation on tobacco usage.

"...we know that any product that contains nicotine is harmful, regardless of the amount and/or if the product doesn't produce smoke. This is a newly seen tactic by tobacco companies to make their products seem safer or healthier."

The safest way and the FDA approved way to quit nicotine is by using Nicotine Replacement Therapy (NRT) such as patches, gum and lozenges. These products aid the individual because they deliver a small dose of nicotine, which helps suppress the cravings while not reinforcing the addictive behavior.

The user now has space to quit and focus on changing other aspects of their life such as handling stressful situations, interacting socially without nicotine as well as learning other healthier ways to live.

If you are interested in receiving support to quit or assisting someone else quit tobacco, YKHC's Nicotine Cessation and Prevention Department is here to help. We are open Monday-Friday from 8 a.m. to 5 p.m. and invite any questions you might have regarding nicotine usage as well as new types of products.

Our counselor is trained in FDA approved methods to assist an individual to quit all types of nicotine as well as how to stay quit.

You can call our office at 907-543-6312 as well as 1-800-473-3321 extension 6312.

CHAP NEWS

Community Health
Aide Program

MAY 2019 HEALTH AIDE OF THE MONTH: Alvina Murphy, CHP, Kotlik

Alvina Murphy, CHP, is now working as the only provider for the village of Kotlik. She has been working tirelessly with very little on-call relief, working to help the community become the healthiest people.

Alvina works great under pressure and has many years of CHP experience. She is dedicated and loves the community of

Kotlik. She provides exceptional customer care and it continues to show in her work as a health aide.

YKHC and CHAP are very fortunate to have a hard-working and dedicated community health practitioner. Thank you Alvina for the work you do for the community and YKHC.

JUNE 2019 HEALTH AIDE OF THE MONTH: Sophie Wiseman, CHP, Chefnak

Sophie Wiseman, CHP, is from the village from Chefnak. She has been working as a Community Health Aide since 2013. Sophie is the one to go to when you have emergencies because she is reliable and gets the job done.

Sophie works wonderfully with her team and is a leader in her community. Sophie cares deeply for the children of Che-

fnak and goes above and beyond her goals to care for the children to ensure that each child is up to date with immunizations and check-ups. She works towards YKHC's mission to become the healthiest people.

Thank you Sophie for the work you do for YKHC and Chefnak.

CONGRATULATIONS AND GOOD LUCK TO OUR DHATS IN TRAINING!

by Judith Burks, DDS, DHAT Coordinator

Dental Health Aide Therapists (DHATs) have become an integral part of the care that we provide for our customers.

When selecting candidates to sponsor for the program, we try to choose people who are from our area and understand first-hand the culture in which they will be working. These candidates attend a two-year intensive training program and then continue their training during a six months to one year preceptorship working under the direct supervision of our licensed dentists.

This leads to professional and culturally competent health care providers. This care includes customer and community based preventive dental services, fillings and uncomplicated extractions.

DHATs are able to diagnose, plan and provide needed treatment, and recognize treatment that needs to be referred to a dentist.

We currently have nine certified DHATs working for YKHC, three graduates of the Alaska Dental Therapy Education Program (ADTEP) who are currently in their preceptorship, two second year DHAT students, and three students that are beginning the first year of the training program.

We are very proud of Ruby Okitkun, Tamija Woods and Kathrine Levi who graduating from the training program. We are enjoying working with them in our clinic full time.

Wilma Uisok and Gwendolyn Owletuck have transitioned from their first year of training to their second year. Their second year will consist of a lot of hands-on customer care at the YUUT dental training facility along with periodic rotations through the YKHC clinic.

We would also like to wish Jerilyn Glenn, Natalia Ballard and Loretta Coffee good luck as they begin their DHAT journey.

With the success of these dedicated students and preceptees, we will almost double the size of our DHAT program in the next three years!



Congratulations to DHAT graduates Ruby Okitkun, Tamija Woods and Kathrine Levi.

TOKSOOK SRC STAFF LEARNS BASIC LIFE SUPPORT

The Toksook Bay Sub-Regional Clinic team is working to strengthen the village health program, focus on quality, and improve customer experience, by having all staff become certified in Basic Life Support (BLS).

BLS is patient care that first responders, healthcare providers and public safety professionals provide to anyone who is experiencing cardiac arrest, respiratory distress or an obstructed airway.

Lucy Therchik, Patient Registration Technician, shares why she took the BLS class. “Because one day, if I am alone at work and someone collapses, I wouldn’t know what to do. Some days I am alone. It was a good training to me. The class let me learn more so I would know what to do.”



Students practice high-performance CPR drills and learn the importance of teams in multi-rescuer resuscitation. From left: Elsie Chanar, Lucy Therchik, Sierra Charlie, Andrea Huey-Fahas.

The EMS department would like to say thank you to the Toksook Bay Sub-Regional Clinic for inviting us out and for the welcoming hospitality. We are already looking forward to our next visit and continue fostering our care delivery system.



Students practice delivering breaths to an infant using a bag-mask device. From left: Lucy Therchik, Byron Nicholai, Elsie Chanar, BLS Instructor Bill O'Brien

Airport Shuttle Schedule Monday – Friday, excluding holidays



Rte #	Depart Hospital	Drop-off/Pickup Yute	Drop-off/Pickup Ravn	Drop-off/Pickup Grant	Return to Hospital
1	9:45 a.m.	9:55 a.m.	10:10 a.m.	10:20 a.m.	10:30 a.m.
2	10:45 a.m.	10:55 a.m.	11:10 a.m.	11:20 a.m.	11:30 a.m.
3	12:45 p.m.	12:55 p.m.	1:10 p.m.	1:20 p.m.	1:30 p.m.
4	1:45 p.m.	1:55 p.m.	2:10 p.m.	2:20 p.m.	2:30 p.m.
5	2:45 p.m.	2:55 p.m.	3:10 p.m.	3:20 p.m.	3:30 p.m.
6	3:45 p.m.	3:55 p.m.	4:10 p.m.	4:20 p.m.	4:30 p.m.
7	4:45 p.m.	4:55 p.m.	5:10 p.m.	5:20 p.m.	5:30 p.m.

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.

AUGUST

Dental

Chevak: Sadie Green, DHAT	8/19-23
Alakanuk: Bonnie Hunt, DHAT	8/19-22
Marshall: Bernadette Charles, DHAT with Janelle Amos and Kara Stevens	8/19-23
Sleetmute: Carrie Tikiun, DHAT	8/26-30
Kotlik: Renee Cheemuk, DHAT + DA	8/5-10
Scammon Bay: Sadie Green, DHAT	8/5-10
Quinhagak: Dr. Kameron Zimin + 2 DAs	8/8-16
Tuluksak: Dr. R. MacArthur	8/13-23

Family Medicine

Sleetmute: Colleen Britt, FNP & April Mattson, CHP	8/5-7
Crooked Creek: Chet Ford, NP-PA	8/6-14
Chevak: Sandy Beeman, PA-C	8/6-8
Nunapitchuk: Lisa Stout, CNM and Blake Shahaie, PA	8/6-8
Sleetmute: Chet Ford, NP-PA	8/19-28
Pilot Station: Eileen Lawson, PA with Health Aide	8/6-8
Shageluk: Deb Coolidge, NP-PA	8/12-21

Russian Mission: Rachael Youngblood, FNP & Rachel Konteh	8/12-16
Scammon Bay: Susan Dunbar, WHNP and Laura Koskenmaki, FNP	8/12-14
Pilot Station: Denise Tran with Health Aide	8/19-22
Napaskiak: Dr. Tyree and Nurse	8/19-21
Nightmute: Anne Willard, FNP	8/19-21
Chevak: Linda Hewett, FNP	8/20-22
Tuluksak: Deb Coolidge, NP-PA	8/26-9/4
Holy Cross: Colleen Britt, FNP & Agnes Nicoli	8/26-30
Napaskiak: Anne Komulainen with Nurse	8/8-9
Lower Kalskag: Dr. Marsha Dunkley and Joan Daniels with nurse	8/26-28

SEPTEMBER

Dental

Nunam Iqua: Bonnie Hunt, DHAT	9/3-6
Upper Kalskag: Conan Murat, DHAT	9/9-13
Russian Mission: Carrie Tikiun, DHAT	9/16-20
Kotlik: Renee Cheemuk, DHAT	9/23-27
Scammon Bay: Sadie Green DHAT	9/23-27
Family Medicine	
Chuathbaluk: Chet Ford, NP-PA	9/3-9
Scammon Bay: Rebekah Diky, PA-C	9/3-5
Kotlik: Deb Coolidge, NP-PA	9/9-18
Crooked Creek: Chet Ford, NP-PA	9/16-25
Nunam Iqua: Emmonak Provider TBD	

with Assistant	9/16-20
Nunapitchuk: Dr. Acevedo and Dr. Willis (resident) with nurse	9/16-18
Akiachak: Deb Coolidge, NP-PA	9/23-10/2
Kotlik: Emmonak Provider TBD with Assistant	9/23-27

OCTOBER

Dental

Kotlik: Bonnie Hunt, DHAT	9/30-10/3
Hooper Bay: Erin Giauque	10/7-11
Nunam Iqua: Renee Cheemuk, DHAT	10/7-10
Alakanuk: Bonnie Hunt, DHAT	10/14-18
Chevak: Sadie Green, DHAT	10/14-18
Sleetmute/Lime: Chet Ford, NP-PA	9/30-10/9
Alakanuk: Emmonak Provider TBD with Assistant	9/30-10/4
Alakanuk: David Humphrey, DDS	10/21-25
Family Medicine	
Scammon Bay: Rebekah Diky, PA-C	10/1-4
Atmautluak: Deb Coolidge, NP-PA	10/7-16
Upper Kalskag: Rachael Youngblood, FNP & Agnes Nicoli	10/7-11
Chuathbaluk: Chet Ford, NP-PA	10/15-23
Eek: Deb Coolidge, NP-PA	10/21-30
Kotlik: Renee Cheemuk, DHAT	10/21-25
Chevak: Linda Hewett, FNP	10/22-24
Stony River: Chet Ford, NP-PA	10/28-11/7

AUGUST 2019 – GUN SAFETY

We need to take extra precautions when kids are in an environment where guns are present.

The Hard Facts. It is estimated that about one third of households with children ages 18 and under have a gun in the home.

Top Tips

- Store guns in a locked location, unloaded, out of the reach and sight of children.
- Store ammunition in a separate locked location, out of the reach and sight of children.
- Keep the keys and combinations hidden.
- When a gun is not in its lock box, keep it in your line of sight.
- Make sure all guns are equipped with effective, child-resistant gun locks.
- Always handle your gun as if it is loaded.
- Only point your firearm at what you intend to shoot and absolutely know your target before pulling the trigger.
- Keep your finger off the trigger until you are ready to shoot.