



Celebrating 50 Years!



In 2019, YKHC celebrates 50 years of operation. What began as a small group of professionals training health aides has grown to be the largest healthcare provider in the Yukon-Kuskokwim Delta. To celebrate this milestone, YKHC launched a service area raffle on Friday, August 16, and hosted a community picnic in Bethel on Saturday, August 17.

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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.
- 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

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

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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

Unit 1



Mary Ayunerak
Alakanuk



Michael Hunt, Sr.
Kotlik

Unit 2



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St. Mary's



Wassilie 'Wesley' Pitka
Marshall

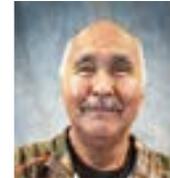
Unit 3



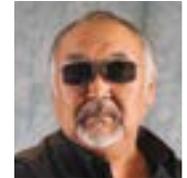
Bonnie Persson
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Patricia Yaska
Chuathbaluk



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Akiachak



James Nicori
Kwethluk

Unit 5



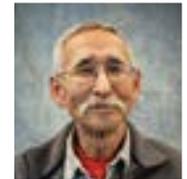
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Bethel



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Chris Larson
Napaskiak

Unit 6



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Nunapitchuk



Adolph Lewis
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Abraham David
Mekoryuk



James Sipary
Toksook Bay

Unit 9



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Chevak



John Uttereyuk
Scammon Bay



Darren Cleveland
Quinhagak



Marvin Deacon
Grayling

Honorary Board Member



James Charlie, Sr.
Toksook Bay

Message

from the
President & CEO



Dan Winkelman, President and CEO.

Happy Fiftieth Anniversary to YKHC!

In 1969, a group of regional leaders formed YKHC so the 58 tribes of the region could improve healthcare and provide meaningful job opportunities in the Yukon-Kuskokwim Delta. I salute all of our member tribes, former and current Directors of the Board, employees, partners and especially our customers. Without each of you, YKHC would not be what it is today!

We just marked the occasion with a community barbeque here in Bethel. On August 17, 2019, we served 1,800 burgers, 1,100 hot dogs and 200 lbs of salmon. Thank you to all of our

employees, especially, the Dietary, Facilities and Communications departments for coordinating the event. It was a great turnout with wonderful sunny weather!

In our member villages, we are celebrating the company's anniversary by holding two different raffles, one for each village and one region wide raffle. Join us in celebrating YKHC's 50 years of operations and sign-up at your local village clinic or online at www.ykhc.org/raffle. Qu yana.



Photo taken in 1984. Since our beginning, YKHC's governing bodies have been guided by our elders. L to R: Noel Polty, Oscar Nick, Paul John, Wassilie Evan, Joseph Lomack, David Smart, Isaac Hawk.



YKHC assumed management of the Indian Health Service Hospital under PL-93-638 on October 1, 1991. Seated: Paul John, Jimmy Anaver, Joe Ryan, Executive Vice President Orie Williams, Tim Kaganak (standing), Gene Peltola, Earl Polk, Jr., Isaac Hawk.



The Aniak Sub-Regional Clinic opened in 1995. Since then, four more SRC and more than 30 new village clinics have been built.



Photo by James H. Barker. In the 1970s, YKHC ran just a handful of programs. Among them was Dental Education. Bob Aloysius was the program supervisor. See page 5 for a look at how YKHC Dental has progressed with the DHAT program.



Paul John speaks at the Tribal Gathering in 2006. Paul John's inspiration, along with tribe and participant priorities, has guided YKHC's vision of delivering culturally-relevant healthcare closer to home for the people of the YK Delta.

YKHC headquarters over the years



1970s



1990s



2000–Present



Hospital 1980–Present



Today

WHAT TO KNOW ABOUT REAL ID

Passed by Congress in 2005, the REAL ID Act put into place the 9/11 Commission's recommendation that the federal government "set standards for the issuance of sources of identification, such as driver's licenses."

The Act established requirements for state-issued driver's licenses and identification (ID) cards, prohibiting federal agencies from accepting licenses and ID cards from states that do not meet certain requirements.

Beginning in **October 2020**, identification cards that do not meet REAL ID standards will no longer be valid identification to enter federal facilities, access military bases, and to board commercial airplanes (like Alaska Airlines). If you do not need access to these facilities or commercial airplanes, then you may not need a REAL ID. Read more to learn how to get your REAL ID.

Keep in mind, you may already have another form of ID that is REAL ID compliant. These include a valid passport, a valid military ID, and some forms of tribal IDs.

HOW DO I APPLY FOR A REAL ID?

Getting a REAL ID is similar to Alaska's current driver's license/ID card application process, but with added requirements. All applicants, including current Alaska identification card holders, must apply in-person and provide the DMV with source documentation, even if it was previously submitted. Alaska Division of Motor Vehicles (DMV) website at: <https://online.dmv.alaska.gov/REALIDchecklist>

- Proof of Identity
- Proof of U.S. Citizenship, Permanent Residency, or other Lawful Status
- Proof of Social Security Number
- Proof of Name Change (if applicable)
- Two Documents Verifying Alaska Residency

WHAT IF I WANT A REAL ID AND DON'T LIVE IN A COMMUNITY WITH A DMV OFFICE?

Alaska's DMV understands that not all Alaskans may have a DMV nearby. The State is working with community partners to increase access to DMV services, including REAL ID cards. Mail in application details for standard (non-REAL ID) cards is available online at: <http://doa.alaska.gov/dmv/akol/rural.htm>.

HOW MUCH DOES REAL ID COST?

Because REAL ID cards are valid for eight years, they are the cost of a standard card plus a \$20 REAL ID fee. For example:

- Driver's license fee (\$20) + REAL ID fee (\$20) = \$40 for a REAL ID license
- Identification card fee (\$15) + REAL ID fee (\$20) = \$35 for

a REAL ID Identification card

- CDL fee (\$100) + REAL ID fee (\$20) = \$120 for a REAL ID CDL
- Senior ID (\$0) + REAL ID fee (\$20) = \$20 for a senior REAL ID

IS REAL ID JUST A WAY TO CREATE A NATIONAL DATABASE?

No. REAL ID does NOT create a federal database of driver's license information and does not create national identification cards. REAL ID is a set of national standards for issuing licenses and identification cards. Each state continues to issue its own unique license, maintains its own records, and controls who gets access to those records and under what circumstances. The purpose of REAL ID is to make identity documents more consistent and secure.

**A U.S. passport book remains a requirement for international air travel.*

WHAT DO I BRING?

Proof of your Legal name, Date of Birth and Citizenship (called the "primary document")

These documents are acceptable for proving your legal name and date of birth.

Please bring one:

- An original or certified copy of a U.S. birth certificate from Vital Statistics (Certified Informational Copies are NOT valid for identity purposes).
- Passport or passport card issued by the United States or a U.S. Territory.
- A foreign passport with appropriate immigration status forms issued by the U.S. Department of Homeland Security, U.S. Citizenship and Immigration Service.
- A resident alien, temporary resident alien, or employment work authorization document issued by the U.S. Department of Homeland Security, U.S. Citizenship and Immigration Service.
- An Alaska instruction permit or Alaska State Identification card.
- Certificate of Citizenship, Naturalization, or Birth Abroad.

Please Note: If your legal name is different than what is printed on your primary document, you must bring document(s) that provide proof of your name change. You must update your name with Social Security before changing your name with the DMV.



September 2019

DR. PAUL JOHN CALRICARAQ PROJECT

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



Paving at parking lot and Clinic entrance

PJCP CONSTRUCTION

Outpatient Clinic staff successfully made the move from the hospital into the Clinic first floor over the July 13 weekend. ASKW-Davis continues correcting minor punchlist items and assisting with additional work requirements requested by YKHC during and after move-in.

Lab equipment and furniture installation began in mid-July and continued into August.

A large fan unit for ventilation in the Lab interstitial space was expected to arrive for installation in late August. YKHC IT continues data and computer equipment installation throughout the first and third floors.

At the second floor, concrete slab preparation for the vinyl flooring continues during off-hours to avoid disruption to the first floor Clinic operations. Mechanical, plumbing and electrical trades continue work. The wood and drywall ceiling finishes are being installed in the common and waiting areas. Burkhart Dental continued dental equipment installation into August.

On the third floor, revisions to the Inpatient Pharmacy to meet recent code changes were incorporated on an accelerated schedule to meet the August 10 move-in date.

YKHC has been installing medical equipment and furnishings in the Outpatient and Labor & Delivery rooms.

HOSPITAL RENOVATION

Investigation for isolating existing utilities for the demolition of the hospital North Wing began in late July, with the physical isolation of utilities scheduled for mid-August as YKHC vacated the spaces. Selective demolition began in late August.

YKHC is removing existing equipment from the Radiology X-ray room. The contractor set up infection control and construction barriers in early August, followed by demolition by all trades for Phase 2C renovation work (Radiology) in mid-August.

PROJECT ACCOMPLISHMENTS

- Paved parking lots, driveways and fire lane
- Staff moved into first floor Exam Rooms and Outpatient Pharmacy
- Substantial completion for Clinic Entry/Vestibule
- Installed the YKHC logo sign on Clinic radius wall
- Internal Opening/Ribbon Cutting Ceremony for first floor

Phase 4A (Temporary Emergency Department and Temporary Physical Therapy) buildout is underway in the space previously occupied by the outpatient clinics. YKHC has salvaged existing equipment and moved out of the remaining outpatient areas. Demolition of walls, electrical, mechanical and plumbing began in late July.

The Physical Therapy department began moving into their temporary space in mid-August, with the Emergency Department moving later in the month.

Structural steel upgrade installation continues periodically throughout the interstitial space, as does rough-in of electrical and communication pathways.

INSPECTIONS

Design team members will continue a frequent presence on site for substantial and final completion inspections of the first and third floor areas. The Commissioning Agent will be on-site at various times as mechanical and electrical systems are completed.



Furniture placed at first floor waiting area

A Closer Look

SEPTEMBER IS SEPSIS AWARENESS MONTH

Every September, healthcare providers, the public, and organizations big and small come together to raise awareness of sepsis, the leading cause of death in U.S. hospitals. Sepsis is a public health crisis, taking a life every 2 minutes. That is 270,000 lives lost to sepsis every year in the U.S., more than lives lost to opioid overdoses, breast cancer, and prostate cancer combined.

The key to saving lives is T.I.M.E. For every hour treatment is delayed, the risk of death increases by as much as 8%. T.I.M.E. is a memory aid, developed by the Sepsis Alliance, to help individuals remember the signs/symptoms of sepsis and the urgent need for medical treatment when they are present. T.I.M.E. stands for:

T – **TEMPERATURE** that's abnormal

I – Signs of an **INFECTION**

M – **MENTAL DECLINE**

E – Feeling **EXTREMELY ILL**

RISK FACTORS

What are the risk factors for sepsis? The obvious risk factor is an infection. Any infection, from the tiniest source (a bug bite, a hangnail, etc.) to the more severe (pneumonia, meningitis, and more), can trigger sepsis, which can lead to severe sepsis and septic shock. The infection can be bacterial, viral, fungal, or parasitic. Some people do have a higher risk of developing infections and sepsis than others.

Those at the highest risk of developing sepsis include the very young (infants) and the very old (seniors), as well as people with chronic or serious illnesses, such as diabetes, cancer, and those who have an impaired immune system.

To learn more about the different conditions that can be associated with sepsis risk factors, visit www.sepsis.org. There you will find more than 60 topics related to sepsis, including:

- Sepsis and Cancer
- Sepsis and Diabetes
- Sepsis and Kidney Stones
- Sepsis and Aging

Sepsis cannot always be prevented, but by knowing the sepsis risk factors, you help reduce your chances of developing sepsis. You can also say the words “I’m concerned about sepsis because I have...” to healthcare professionals. Saying these words can make the difference between quick identification and waiting.

Did you know that sepsis takes more lives than opioid overdoses, breast cancer, and prostate cancer combined? September is Sepsis Awareness Month. You can help save lives by raising sepsis awareness.

Each year in the United States, sepsis takes more lives than opioids, breast cancer, and prostate cancer combined.

This September, take the T.I.M.E. to join YKHC in raising sepsis awareness and saving lives. To learn how, visit www.sepsis.org and www.cdc.gov/sepsis/what-is-sepsis.html

CELEBRATING 50 YEARS, from p. 1

At the Bethel picnic, YKHC Dietary grilled hot dogs, hamburgers and salmon, and served it alongside homemade sides of potato and broccoli salads. After the event, four brand new coolers and six grills used only at the picnic were given away as prizes for a local raffle. The great food, coupled with sunny weather, led to a successful and fun event for board members, community members and staff.

A big thank you to all the departments who made this event possible.

The service area raffle is open for entries until Monday, September 30 at 5:00 p.m. Entries are can be submitted either online (www.ykhc.org/raffle) or through forms available at our village and sub-regional clinics. Prizes include a round-trip ticket on Alaska Airlines, winter float suits, and special editions YKHC jackets. Winners will be announced Friday, October 4.

YKHC would like to thank all our region, who has made 50 years possible and allowed us to serve as your partners in healthcare.

DENTAL HEALTH AIDE THERAPY PROGRAM: Improving Oral Health

2005



A group of Alaska Native students return from training in New Zealand to become Alaska's first Dental Health Aide Therapists. Among that group were Conan Murat and Lillian McGilton, who were sponsored by and came to work for YKHC.



Dr. Mary Williard provided DHAT mentorship during preceptorship and general DHAT program development.

2006



Conan and Lillian were deployed from Bethel to work in the Aniak Sub-Regional Clinic and brand new Toksook Bay SRC.

2007



Lillian returns home.

Dr. Edwin Allgair becomes DHAT lead.

Dr. Williard leaves YKHC and starts the Alaska DHAT training program.

2010



DHAT count = 3
Bernadette Charles and Tambre Guido, first Alaska-trained DHATs, start work at YKHC.

2011

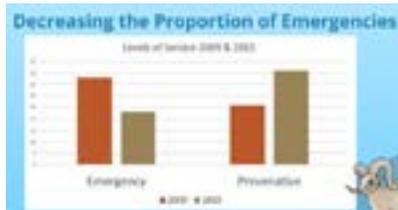
DHAT count: 6
DHATs stationed at all of our SRCs, providing dental care to 30 villages.

2012

DHAT count: 8
When we lost six dentists, we still had enough dental providers to keep patient care going strong.

2015

We started to see a shift in the type of care being provided. The number of patients seeking emergency dental care went down and the number of patients seeking preventative care went up.



2019

DHAT count = 12

All of our current DHATs are Alaska Native with strong ties to the communities they serve.



Conan Murat



Bernadette Charles



Bonnie Hunt



Carrie Tikiun



Allison Ayapan



Janette Ulak



Kathrine Levi



Renee Cheemuk



Sadie Green



Shawn Martin

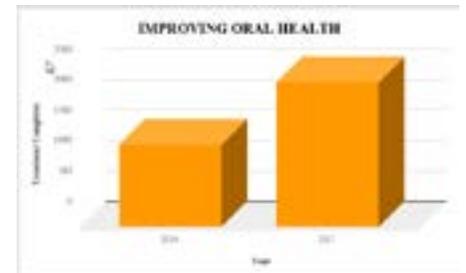


Ruby Okitkun



Tamija Woods

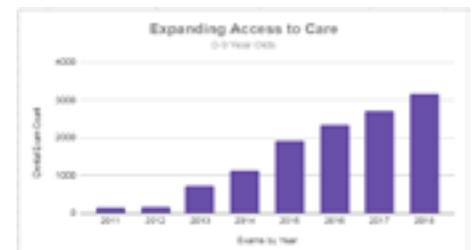
2017



The number of patients getting exams and having all their needed treatment complete went up.

2018

DHAT count = 9



We successfully increased access to care for the children in our communities.

Healthy Living

WORLD BREASTFEEDING WEEK OBSERVED

On Saturday, August 3, our WIC department celebrated World Breastfeeding Week at the local 4H/Teen Center.

This year's theme was "Empower Parents, Enable Breastfeeding." WIC families were invited, including fathers.

Activities included using WIC foods to make healthy, fiber-filled smoothies, having the kids make their own fruit and/or veggie ka-bobs. The kids discovered that the fruit tastes different after it is grilled. Some kids even tried

something new!



Jordan Ivan makes a fruit-kabob. His mom Valerie Ivan and Katelynn Smith approve.

RECIPE OF THE MONTH

Grilled Quesadilla with Vegetables

Makes 8 Quesadillas

Ingredients

- Nonstick cooking spray
- 1 bag frozen broccoli, diced
- 1 can mushrooms
- 1 medium onion, minced
- 1 carrot, peeled and grated
- 16 (6 inch) flour tortillas
- 12 ounces cheese, shredded (3 cups shredded)
- Salsa (optional)

Directions

1. Wash all vegetables.
2. Collect, dice, shred, and measure all ingredients before starting to prepare the recipe.
3. Spray a large skillet with cooking spray. Add broccoli, mushrooms, onion, and carrot. Cook vegetables on medium heat for 4 to 5 minutes, stirring frequently. Remove vegetables from skillet, and put on a clean plate.
4. Spray skillet with cooking spray again, and place 1 tortilla in the skillet. Top with ½ cup vegetables and 1/4 cup cheese.
5. Place a second tortilla on top. Cook on medium low heat for 2 to 3 minutes or until the cheese starts to melt and the bottom tortilla starts to brown.
6. Use a metal turner to flip the quesadilla. Cook for another 2 to 3 minutes or until tortilla browns.
7. Repeat steps 4 through 6 to make additional quesadillas.
8. Cut each quesadilla in half or quarters, and serve hot with your favorite salsa or other toppings.
9. Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Be creative! Add other leftover veggies or use whole grain tortillas for added fiber and nutrients.

There were also nutrition education materials, the breastfeeding/nutrition "wheel of questions" and we had WIC giveaway items.

Thank you to all of those who were able to attend to show your community support for breastfeeding as we help celebrate breastfeeding and its benefits for all families.

—Patrick Ayres MS, EPC, WIC Coordinator

HOOPER BAY FUN RUN



The Diabetes Prevention and Control (DP&C) department hosted a fun run in Hooper Bay on July 17. The event was a huge hit with over 30 children participating and racing towards the beach. At the end of the run the kids received fresh produce to take home and were able to plant their own microgreens.

DP&C would like to thank Camp Fire Alaska and Elizabeth Bell, BHA, for their help in making the fun run a huge success!

Piyuumiuteknarqelria

WAYS TO QUIT

Tacuk Cecelia Martz has agreed to share her stopping tobacco journey with us. Her process is inspiring and demonstrates persistence is essential for long-term abstinence from tobacco use.

Tacuk started chewing iqmik while attending St. Mary's boarding school and later switched to cigarettes in college while at the University of Alaska Fairbanks. While in college, Tacuk studied elementary education and later graduated with a degree in Cross-Cultural Education. She recalls that almost everyone on campus was smoking cigarettes, "it simply was the thing to do for most college students." It was also in college that she met her now husband Mike. They both recognized and discussed something in each other they wanted to improve – Mike wanted to stop biting his fingernails and Tacuk would stop smoking. The agreement was made and thus began the daily crunching of carrots and celery sticks to keep focused on their change and support for each other.

Tacuk and Mike married and accepted teaching jobs in Chevak, where she remained tobacco free for several years. However, while in Chevak, Tacuk found herself again surrounded by smokeless tobacco users and eventually returned to using iqmik. She recalls during that time period her nicotine addiction was stronger and more potent than before.

After some years of teaching in Chevak the couple decided to relocate to Bethel. While in Bethel, Tacuk found it much harder to find tobacco and punk ash. She also remembers often feeling sick and sluggish and considered iqmik the source of her poor feelings. The chore of finding and preparing iqmik began to be more work than she wanted to do. Tacuk remembers feeling her nicotine addiction was consuming her life.



Tacuk Cecelia Martz shares her advice on ways to quit.

Upon waking one morning, Tacuk was feeling so sick she didn't use iqmik all day. The next morning, she woke feeling better and, out of habit, went for her iqmik. Tacuk stopped herself after realizing it was over 24 hours of not using iqmik.

She thought to herself, "if I can go 24 hours without using iqmik, I can go another 24 hours." That's when she started collecting her string of 24 hours. Tacuk no longer wanted to be addicted to iqmik and began to motivate herself to stop using tobacco.

She partnered with her childhood best friend and together they began the process of quitting tobacco for good. She shared that her spirituality also helped her quit and stay quit. Tacuk became an advocate and coach, helping many others to stop using tobacco. She tells people that if she can stop using tobacco, anyone can do it too.

Tacuk's Quit Tip: Surround yourself with tobacco-free friends and family members. They will help support you.

LEAD AND COPPER FOUND IN BETHEL WATER

—Office of Environmental Health & Engineering

Beginning July 2019, the City of Bethel distributed public notifications to advise customers of elevated lead and copper in drinking water. The samples were collected from within the City Sub water distribution system during September 2018.

Three samples were above the action level for lead, and five samples were above the action level for copper. Lead can cause serious health problems if too much enters the body, and the greatest risk of lead exposure is to infants, young children, and pregnant women. Copper at high levels can

cause gastrointestinal distress or other health problems in the long term.

The City of Bethel is working with the State of Alaska DEC and an engineering firm to develop a plan to address the issue.

Typically, the source of lead and copper in water is related to corrosion of pipes and fixtures in the home. The first water out of the tap usually has the highest levels of lead and copper.

see LEAD, p. 11

CHAP NEWS

Community Health
Aide Program

JULY 2019 HEALTH AIDE OF THE MONTH: Cindy Lawrence, CHP from Mountain Village

Cindy Lawrence, CHP, is from one of the busiest clinics in our region. She works tirelessly every day to ensure that her community is well taken care of, especially during emergencies. During her last on-call shift, she was able to remain calm and collected when she had several back to back emergencies. Cindy is a great role model and asset for the community of Mtn. Village.

We here at CHAP and YKHC feel very fortunate to have someone as skilled and compassionate as Cindy to take care of those in need.

Thank you Cindy and keep up the great work!

CHAP FROM THE BEGINNING: 50 YEARS AT YKHC!

The Yukon-Kuskokwim Health Corporation has been at the forefront of health-care in rural Alaska for fifty years.

In 2018, we celebrated the 50th anniversary of the Community Health Aide Program in Alaska. The program was established and federally-funded by the U.S. Congress in 1968. In 1969, the Yukon-Kuskokwim Health Corporation opened a Community Health Aide Training Center. Several other training centers followed, formed throughout the state during the 1970s.

The Health Aide program has undergone many changes over the years, including milestones like the development of state-wide CHA curriculum in 1976, the development of a Community Health Aide (CHP) Basic training curriculum in 1984, the Community Health Aide Practitioner (CHP) Manual (CHAM) in 1987, and the Village Drug Reference in 1988.

The 1990s were growing years for tribal health, with the 1994 Alaska Tribal Health Compact and expanded training opportunities for Tribal Health Organizations (THO) throughout the state. Training curriculum was standardized in 1993 and the federal CHA program Certification Board Standards and Procedures were established in 1998. The CHAM has undergone multiple revisions over the years, with the electronic version (eCHAM or iCHAM) now in use since 2013.

The history of the CHA/P program in our region is rich in culture, community, stories, and successful provision of care in our communities by Health Aides who are part of the community. The enormous success of this unique model of care for our rural communities can be attributed to multiple factors, including unwavering commitment and hard work by many tribal health organizations, UAF, Basic Training Instructors, and many others.

No one deserves more credit for the program than the Community Health Aides themselves, who give their hearts and lives each day to caring for others. They deserve the highest honor as the core and center of healthcare in many remote regions of Alaska.

The Yukon-Kuskokwim Health Corporation recognizes and is grateful for the contributions of the CHAP Program in support of our mission of "Working Together to Achieve Excellent Health." We would like to express a debt of gratitude to our Health Aides for their service and commitment over the years to the YK Delta. They are at the center of helping us achieve the healthy people and healthy community priorities at YKHC.

Quyana,

—Asela M. Calhoun, CHAP Director



Photo by James H. Barker, 1977. Betty Guy was one of YKHC's first health aides.



Among the speakers at Tribal Gathering VII in 2000 were some of YKHC's very first health aides. From left: Clara Morgan, Aniak; Marie Beans, Mtn. Village; Mollia Alexie, Tuluksak; Paula Ayunerak, Alakanuk (at podium); and Paul Beebe, Quinhagak.

LEAD, From p. 9

Residents receiving water from the City Sub water distribution system, including residents at YKHC housing or those receiving hauled water from the City Sub water treatment plant, may want to consider running the water for a couple of minutes and using only cold tap water for drinking or cooking. Taking these steps can dramatically lower the lead and copper levels in the water.

Note: Subsequent test results show normal levels.

For more information about lead in drinking water, see the EPA's Basic Information about Lead in Drinking Water.

For information about the City of Bethel water system, contact 907-543-5024.

REAL ID, From p. 4

A second document to verify your "primary document"

Please bring one:

- a permit or license from another state
- employee ID
- health insurance card
- IRS or state tax form
- medical records
- military dependent identification
- pilot's license
- school ID
- U.S. military identification for active duty, retiree, or reservist.

Proof of your principal residence

The following items are acceptable for proving your principal residence. The document must show your residence address, not a post office box or other mailing address.

Please bring two:

- Utility bill
- Alaska voter registration card
- Alaska title and/or registration (Issued at least 30 days prior to application)
- Paycheck Stub
- Medical Assistance card
- Public Assistance card
- Canceled check or bank statement

STAFF MOVES

April Whitman: New Contracts Manager

YHC's legal team is happy to announce that April Whitman has accepted the position of Contracts Manager.

April has worked as a Contracts Specialist for the last year-and-a-half, and we are thankful and fortunate April has agreed to take the helm of Contracts. We expect a smooth transition.

Congratulations April!



- Mortgage or rental documents
- Letter from employer on letterhead verifying applicant's residence address

Proof of your Social Security Number

- Social Security Card (The DMV cannot accept cards that have been laminated)

Please Note: Instead of a social security card, you may bring another document issued by the United States Social Security Administration or the United States Department of Treasury, Internal Revenue Service that show both your name and social security number.

Proof of Name Change (if you have changed your legal name)

If you have had a name change, the DMV must be able to establish a connection between your old and new name through one of the documents below. This document must be an original or certified copy of the original issued by a government agency.

Please bring one:

- U.S. Passport (Must be current)
- Amended birth certificate
- Certified adoption papers, marriage certificate, court order or divorce decree
- Certificate of Dissolution, Divorce or Annulment
- Certificate of Naturalization
- Certificate of Name Change

Please note: If you have previously obtained an Alaska instruction permit or Alaska State ID card in your current name, you are not required to bring any of these additional documents.

THERE IS NOW ONE NUMBER FOR ALL PATIENT TRAVEL (Including Medicaid)

907-543-6625

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.

SEPTEMBER

Dental

Hooper Bay: Janette Ulak, DHAT 9/2-6
Russian Mission: Carrie Johnson, DHAT + DA 9/3-6
Nunam Iqua: Bonnie Hunt, DHAT
 with Assistant 9/3-6
Upper Kalskag: Conan Murat DHAT + DA 9/9-13
Russian Mission: Carrie Johnson, DHAT
 + Assistant 9/16-20
Kotlik: Renee Cheemuk, DHAT + DA 9/23-27
Scammon Bay: Sadie Green, DHAT 9/23-27

Family Medicine

Scammon Bay: Rebekah Diky, PA-C 9/3-5
Lower Kalskag: Colleen Britt, FNP
 & April Mattson, CHP 9/3-6
Toksook Bay: Laura Koskenmaki, FNP 9/3-7
Chuathbaluk: William "Chet" Ford NP-PA 9/3-9
Shageluk: Rachael Youngblood, FNP
 & Rachel Konteh, CHP 9/9-11
Kotlik: Deb Coolidge NP-PA 9/9-18
Chevak: Linda Hewett, FNP 9/10-12
Nunapitchuk: Dr. Acevedo and Dr. Willis
 with nurse 9/16-18
Nunam Iqua: Emmonak Provider TBD
 with Assistant 9/16-20
Crooked Creek: Chet Ford, NP-PA 9/16-25
Akiachak: Deb Coolidge NP-PA 9/23-10/2
Kotlik: Emmonak Provider TBD
 with Assistant 9/23-28

OCTOBER

Dental

Kotlik: Bonnie Hunt, DHAT
 with Assistant 9/30-10/3
Hooper Bay: Erin Giauque 10/7-11
Stony River: Carrie Johnson DHAT
 Jared Thorson DA 10/7-11
Nunam Iqua: Renee Cheemuk, DHAT + DA. 10/7-10
Alakanuk: Bonnie Hunt, DHAT
 with Assistant 10/14-18
Chevak: Sadie Green, DHAT 10/14-18
Anvik: Conan Murat DHAT
 & Dental Assistant 10/14-18
Kotlik: Renee Cheemuk, DHAT + DA 10/21-25
Alakanuk: David Humphrey, DDS 10/21-25

Family Medicine

Sleetmute/Lime: Chet Ford, NP-PA 9/30-10/9
Alakanuk: Emmonak Provider TBD
 with Assistant 9/30-10/4
Scammon Bay: Rebekah Diky, PA-C 10/1-4
Atmautluak: Deb Coolidge NP-PA 10/7-16
Upper Kalskag: Colleen Britt, FNP
 & Agnes Nicoli 10/7-11
Chuathbaluk: Chet Ford NP-PA 10/15-23
Eek: Deb Coolidge, NP-PA 10/21-30
Chevak: Linda Hewett, FNP Field Clinic 10/22-24
Stony River/Lime: Chet Ford, NP-PA 10/28-11/7
Akiak: Dr. Steffanides, Lisa Kat Spann FNP
 and nurse 10/28-31
Kasigluk: Dr. Judy with nurse 10/28-31
Russian Mission: Luvae Southerland, PA-C
 with nurse 10/28-31

NOVEMBER

Dental

Nunam Iqua: Bonnie Hunt, DHAT
 with Assistant 11/4-7
Chevak: Erin Giauque 11/11-15
Lower Kalskag: Conan Murat DHAT
 & Dental Assistant 11/12-15
Alakanuk: Bonnie Hunt, DHAT
 with Assistant 11/18-22
Scammon Bay: Sadie Green DHAT 11/18-22
Toksook Bay: David Humphrey, DDS
 & 1 Assistant 11/18-22

Family Medicine

Sleetmute: Chet Ford, NP-PA 11/25-12/4
Grayling: Deb Coolidge, NP-PA 11/4-13
Scammon Bay: Susan Dunbar with nurse 11/4-7
Shageluk: Dr. Dunkley with nurse 11/4-7
Stony River: Colleen Britt, FNP
 & Agnes Nicoli, CHP 11/4-7
Crooked Creek: Chet Ford, NP-PA 11/12-19
Marshall: Anne Komulainen, PA-C
 with nurse 11/12-15
Chefornak: Lisa Stout, CNM with nurse 11/12-14
Emmonak: Dr. Acevedo and Dr. Reilly
 with nurse 11/18-21
Lower Kalskag: Colleen Britt, FNP & ShelbyLee
 Simeon CHA-I (II) 11/18-21
Napakia: Deb Coolidge, NP-PA 11/25-12/4
Anvik: Colleen Britt, FNP
 & April Mattson, CHP 11/25-27