FIRST BABY BORN IN THE NEW YK DELTA REGIONAL HOSPITAL

Congratulations to Megan Nicholas of Kasigluk on the arrival of Sofia Sara Mall’aq Nicholas! Born on August 10 at 9:04 p.m., Sofia was the first baby born in the new Labor & Delivery unit in Bethel. She weighed in at 8 pounds, 13.4 ounces and measured 21 inches.
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
Irnivik 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 Contro & EMS ...... 543-6420

ADMINISTRATION & SUPPORT

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

The Messenger is a monthly publication produced by the Yukon-Kuskokwim Health Corporation’s Public Relations Department as a report to Tribal Members.

For questions, comments, submission of articles, or subscription information, write to Messenger Editor, Yukon-Kuskokwim Health Corporation, P.O. Box 528, Bethel, Alaska 99559; or call 907-677-2232. E-mail: publicrelations@ykhc.org

Deadline is the 10th of the month, or the preceding Friday if the 10th is on a weekend, for publication on the first of the following month.

The Messenger is also available for download on our website at www.ykhc.org/messenger.

Please ask permission to reprint articles or pictures.

This institution is an equal opportunity provider.

ATTENTION: If you speak Yup’ik, free translations services are available to you. Call 907-543-6603.
Message from the President & CEO

Waqaa! With winter just around the corner, and the 2019-2020 flu season upon us, we want to encourage you to get your flu shot. The vaccine is available at all our clinics, including the brand new Yukon-Kuskokwim Delta Regional Hospital, which has partially opened just this summer.

Not all of our services have made the transition to the new facility yet; and some, like the Emergency Department, will remain in the old hospital and is being completely renovated. I have asked our medical Chief of Staff, Dr. Ellen Hodges, to explain how and why our ER is now in temporary quarters while being modernized.

Quyana,

In order to improve the services we provide in the Emergency Department at YKHC, we are undergoing a complete remodel of the existing space. If you visit the hospital, you will notice that the Emergency Room is in a temporary space as the old location is being completely gutted and remodeled.

We anticipate this remodeling project will be completed in the spring of 2020. In the meantime, please pardon our dust as we work to improve the physical space and the customer experience in our Emergency Department.

You can access the Emergency Department the same way you always have, through the old hospital entrance. Security staff will be there to help direct you to the right place to register. Customers should not go to the new hospital entrance for access to the Emergency Department.

One of the things you may notice is that we have asked that visitors be limited in the rooms of our temporary space. This is due to limitations in the size of our temporary rooms and the need for staff to have space to complete any tasks necessary to care for your loved ones.

As we enter the fall/winter cold and flu season, there may also be an increase in the time our patients need to spend getting the care they need. While we are always open and happy to take care of your healthcare needs, ways to keep yourself healthy and avoid needing to visit us are: getting your flu shot, washing hands frequently, covering up your coughs and sneezes, and drinking plenty of fluids when you do start to feel sick.

Thank you for your patience as we work hard to improve our Emergency Department. While we hope you stay healthy and won’t need to use these services, we are looking forward to providing care our newly remodeled space next spring.

— Ellen Hodges, MD, Chief of Staff
Improvements to Medicaid Travel

In certain circumstances, YKHC customers can now call 907-543-6625 to submit travel update requests. Read more about this new process below.

If a YKHC Medicaid patient is in Anchorage for an appointment at the Alaska Native Medical Center (ANMC) and must request an update to their travel, during business hours they can now call 907-543-6625 to submit the request.

The patient should be prepared to provide the date and time of the new appointment, the provider name, the specialty, and reason for travel update.

- If the update is approved, ANMC will be notified they are able to issue any additional vouchers and YKHC will contact the patient regarding travel that has been rebooked.
- If the update is denied, a travel agent will contact the patient to provide travel instructions.

Medicaid patients in Anchorage, who have appointments at ANMC, and need travel support after 5:00 p.m. should continue to provide updates in person at ANMC. Under these circumstances, ANMC will process updates and ensure lodging is provided for YKHC Medicaid patients.

If a YKHC Medicaid patient is in Bethel and must request an update to their travel, there are several ways they can submit the request.

- If a patient needs to be rescheduled to another flight within the same day due to weather or mechanical delays, they can now call 907-543-6625 to submit a travel update and avoid leaving the airport.
- A patient who will need additional vouchers, should continue providing travel update requests in person at YKHC’s update booth.

Any patients in Bethel who need travel support after 8:00 p.m. should check in at YKHC’s Qavartarvik Hostel to see if rooms are available. If room is available, the Qavartarvik Hostel will lodge the patient and provide any additional vouchers for the following day. Under these circumstances, it is important for patients to know they must still check-in with the update booth when travel reopens the following morning at 8 a.m.

A friendly reminder that State of Alaska Medicaid travel rules require patients to return home on the first flight after an appointment. As a result, travel update requests to delay return for personal reasons or requests for transportation vouchers to cover personal errands must be denied.
PJCP CONSTRUCTION

In the Laboratory, vendors continue to install equipment and furniture while ASKW-Davis completes the plumbing. A large fan unit for ventilation and cooling was set in the interstitial space below the lab and final connections are being completed for start-up this month.

On the second floor, concrete slab preparation for flooring was finished in September, followed by flooring installation. Mechanical, plumbing and electrical trades continue work on the second floor. Wood ceiling finishes were completed in the public and waiting areas, and grid ceiling tiles are being placed as the above-ceiling punch list items are corrected. The HVAC testing and balancing is starting as ceilings are completed. Installation of doors and hardware began in early September.

On the third floor, revisions to the inpatient pharmacy to meet recent code revisions were completed in time for the move. Two additional hoods arrived in September and were certified later in the month, allowing YKHC to complete non-sterile/hazardous rooms in the third floor inpatient pharmacy as well as opening the chemo/infusion department. YKHC Construction is working with staff as additional or revised work requirements are requested.

Contractors continue correcting minor punch-list items and warranty items identified after the third floor departments moved in.

HOSPITAL RENOVATION

Demolition of the hospital North Wing structure was completed in early September. Rebuilding the Radiology area is ongoing. The Physical Therapy department moved into their temporary space until their permanent space on the clinic second floor is completed later this year.

The temporary Emergency Department build-out in the space previously occupied by the outpatient clinics is complete with the department relocating on September 11. Following the relocation, YKHC will salvage reusable equipment, and the contractor will begin demolition of the old space for renovation. The operating rooms and central sterile will be renovated at this time.

INSPECTIONS

YKHC is providing final above-ceiling inspections for fire stopping and fire proofing throughout the hospital renovations and the clinic, and full inspections for architectural, electrical and mechanical as needed when the A/E is not on-site. Architect and Engineering team members will continue monthly on-site inspections in September for second floor inspections. The commissioning agent will be on-site at various times as mechanical and electrical systems are completing.
MAMMOGRAPHY WILL SOON BE AVAILABLE IN THE NEW HOSPITAL

by Karen Schooler, RT

We’re excited to announce that mammography services are likely to move into the new hospital by the end of 2019!

“When,” is the question most often asked by YKHC patients, eager to see another beautiful new exam suite added to the many recently put in place. It is an incredible experience to move entire departments and be able to enhance diagnostic equipment where possible that improves our ability to identify abnormalities, as well as to have increased confidence in normal results. In this case, YKHC’s technology has been upgraded to digital imaging.

Thank you to all of our supportive customers who have witnessed the work required to offer improved services and upgrades. Recently, one patient was receiving her mammogram when, due to ongoing construction, there was a sudden problem with the newly rebuilt and updated mobile unit (referred to as “Sophie Rose”). While the patient was in the room, I invited her to stand beside me and watch the monitor as a service engineer in Arizona remoted in to diagnose the software.

Over the phone, I was informed the service engineer wanted to link another engineer from the manufacturer in Korea into our system. I informed our patient that I was not sure if the problem could be identified and fixed right away, and she was welcome to get dressed and return later if she wanted to. Her response was, “No, I have never seen anything like this. I would like to stay and watch.” The mobile unit’s issue was identified, corrected, and our patient’s exam was completed.

Progress is being made on the Mammography suite in the new hospital, and an upgraded, stationary Mammography unit is on-site awaiting installation. In the meantime, I am proud to introduce our customers to “Sophie Rose.”

Sophie, the official name for our Mammography unit, is the product of YKHC striving to provide our patients with the very best service possible. She was manufactured in Finland over a decade ago and has been the mobile mammography unit used to travel to each of YKHC’s five sub-regional clinics. In the fall of 2018, YKHC leadership decided to have Sophie completely rebuilt with cutting edge technology in Arizona. With the new additions, Sophie has become “Sophie Rose,” complete with a new detector that was approved by the Food & Drug Administration just two years ago.

Research shows that anyone can get breast cancer, men and women, boys and girls. One of the youngest patients in the U.S. was eight years old and the youngest boy diagnosed was 17. Although very rare, know that breast cancer can happen. If your child has an unexplained lump, have it examined by a provider. Knowledge is power and we encourage you to stay informed.

October is Breast Cancer Awareness month, and we hope all eligible women will check to see if they are due for a Screening Mammogram. It must have been one year plus one day for YKHC to complete the exam, unless a woman has a lump or other abnormality. If a lump or other abnormality is present, we encourage women to be seen at any time and the sooner, the better.
STUDY FINDS DEMAND FOR PUBLIC SAFETY SERVICES INCREASED FOLLOWING LOCAL ALCOHOL SALES

A study conducted by the Institute for Circumpolar Health Studies at the University of Alaska Anchorage, with funding from Recover Alaska (https://recoveralaska.org), found that the local sale of alcoholic beverages is associated with increased demand for safety and health services, as well as higher rates of alcohol-related accidents, traumas and fatalities.

Bethel voted to prohibit alcohol sales under local option in 1977, but voted to move away from local option in 2009, allowing liquor sales and unlimited ordering of alcohol.

Bethel's first liquor store since 1977 opened on May 24, 2016. In May 2018 the Alaska Alcohol Beverage Control Board denied the store's application to renew its liquor license after hearing testimony from Bethel residents.

The Recover Alaska study analyzed safety and health service utilization records from ten years of data (2007-2018) provided by the Bethel Police Department, Bethel Fire Department, Alaska State Troopers, Alaska Office of Children's Services, YKHC and others.

Bethel Police Department
- BPD calls for intoxicated pedestrians were almost 50% higher while the liquor store was open, on top of the small but steady increase over time that was observed for the entire study period.
- Call volume for assault and for all crimes against people combined were approximately 20% higher when the liquor store was open while the call volume for property crimes was not higher.
- DUI calls were also approximately 20% higher when the liquor store was open. Hit-and-run calls were also up, but the absolute number of hit-and-run calls is low, making it difficult to model.
- Monthly volume of calls for a number of other categories—including suicide, unattended death, and weapons offenses—were higher than in earlier years when the liquor store was open, but the increase started before the store opened and in some cases continued after the store closed.

Bethel Fire Department
- BFD saw an increase in the number of runs per month over time for the entire study period, 2007 – 2018.
- In addition, the total run volume increased by approximately 40% while the liquor store was open.
- The run volume appeared to drop when the store closed.
- Assault-related runs were also higher than expected while the store was open.

Alaska State Troopers
- Close to 10% of all incidents during this time period were identified as alcohol crimes such as possession or transport of alcohol. Alcohol crimes more than doubled when Bethel left local option, and increased again when the liquor store opened.
- Approximately two-thirds of the crimes against people during this time period were assaults. In the three census areas combined, monthly assault incident counts were 50% higher after Bethel left local option and another 20% higher after the liquor store opened.
- Just over 10% of crimes against people were sexual assault. Monthly counts for sexual assault incidents were approximately 44% higher when the liquor store was open.
- Monthly counts for driving under the influence were approximately 67% higher than expected after Bethel left local option, with no significant difference associated with the liquor store opening.

YKHC
- Before the Sobering Center opened, approximately 20% of ER visits were alcohol-related. The Sobering Center’s goal was to reduce ER utilization for alcohol-related visits to no more than 4%. The Sobering Center met this goal in mid-2015.
- As expected with an increasing number of intoxicated individuals being diverted from the ER to the Sobering Center, alcohol-related ER visits decreased over time.
- However, combined ER and Sobering Center use increased approximately 15% while the liquor store was open.
- Residential treatment admissions excluding opioid treatment were substantially elevated, approximately 90% increase, while the liquor store was open. Some of this increase may be related to an increasing trend over time.
- Alcohol-related inpatient admissions were approximately 14% lower, which might be related to the higher level of residential treatment admissions.

More Information
A full summary of findings provided by this study can be found at Recover Alaska’s website at: https://recoveralaska.org/wp-content/uploads/2019/09/Recover-Alaska-Local-Option-Law-Community-Outcome-Evaluation.pdf
Healthy Living

PREPARE YOURSELF FOR THE ZOMBIES!

Diabetes Prevention and Control (DP&C) would like to thank everyone who participated in our 2019 Zombie event in Bethel this year! The event was a huge hit, with folks learning how to survive a zombie apocalypse while also getting exercise running through town.

In case you missed it, here is how YOU can prepare for a zombie apocalypse:

**Eat Zombie-Proof food** You may have heard that eating garlic keeps vampires away, but did you know that fruits and vegetables keep away zombies? As a way to help you prepare, DP&C has partnered with Meyers Farm to offer fresh produce boxes for just $15. You can order a box at [www.meyersfarm.net](http://www.meyersfarm.net) and DP&C will pay the shipping costs to send it to you if you live outside of Bethel.

**Stay active** In the case of a zombie apocalypse you will need to be able to outlast the zombies. Start preparing now by getting at least 30 minutes of exercise every day. With consistent exercise you will get strong enough to outlast any zombies that might be chasing you.

**Keep your mind healthy** It takes a mentally strong person to survive an apocalypse of any kind. Make sure to find ways every day to manage stress and promote your mental health. The stronger your mind is today, the easier it will be to survive the zombies tomorrow!

**If you smoke, consider quitting today** Strong, healthy lungs will help you live longer, even if the zombie apocalypse never comes!

If you would like to learn more ways to avoid becoming a zombie, please contact Diabetes Prevention and Control at 543-6133.

*Please note, there is no scientific proof that these actions will actually help you in the event of a zombie apocalypse. However, there is proof that all of these actions will help you to live a healthier life and can help to prevent the development of Type II Diabetes.*

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VISIT YKHC’S FACEBOOK FOR NEW VIDEO RECIPES

Diabetes Prevention and Control (DP&C) is excited to announce the launch of a new recipe video campaign! Each month we will be releasing a new, healthy recipe that can be made with ingredients accessible in most villages. If you are interested in learning how to eat healthy on a budget, “like” the Yukon Kuskokwim Health Corporation on Facebook and keep your eyes open for our videos.

As part of this campaign, DP&C has partnered with Pacific Alaska Wholesale (PAW) and Meyers Farm to offer ingredients at an affordable price. Village stores supplied by PAW have agreed to participate by publishing the recipe of the month in their sales papers and putting some of the ingredients on sale. Meyers Farm is participating by offering produce boxes filled with 16-25 lbs. of produce for just $15 with shipping provided, at no cost, by DP&C. It is our hope that these partnerships will help make access to healthy options more affordable and accessible.

If you are interested in watching our recipe videos, please remember to like us on Facebook! If you would like a hard copy of the recipe of the month, you can email us at diabetes_program@ykhc.org or give us a call at 543-6133.
WAYS TO QUIT

Augusta Williams was 7 or 8 years old when she first started chewing tobacco over 40 years ago.

Augusta stopped chewing iqmiq because she wanted to be healthier when she had the habit of chewing iqmiq. She stopped using iqmiq with the help of Chantix, provided with the assistance of the YKHC Tobacco Prevention & Cessation Program.

Augusta started feeling sick a week after she stopped chewing iqmiq, but her determination to quit only grew stronger. She noticed changes and improvements in her health after she stopped using iqmiq—her blood pressure dropped, her sense of taste and smell really improved. She did not realize that chewing tobacco had affected her blood pressure. Today she is feeling really good about herself and about the fact that she stopped using iqmiq.

Chewing iqmiq in her dreams always seems to feel so real that the first thing she does when waking up is to check and make sure she did not chew iqmiq.

“Dip Dreams”
If you’ve been chewing tobacco for years, sometimes decades, your brain is used to thinking a certain way with a certain amount of nicotine in it. Once that’s taken away, many people have “dip dreams.”

These dreams range from mild to incredibly intense. Many times people will wake up after a dip dream and feel terrible because they really think that they caved.

Many have reported that they can taste and smell the dip. Vivid dreams are all part of the recovery process and the pathway to a healthier lifestyle. It is a positive symptom as it is the brain’s way of repairing itself and returning to a better, deeper sleep.

Augusta usually has gum or candy in her mouth to help keep her mind away from chewing tobacco. As a former Health Aide, she acknowledges how difficult and challenging it was to deal with the symptoms of withdrawal and craving from a long habit of tobacco use.

Her advice to the youth: Do not try tobacco, it is very addictive. To those trying to stop using tobacco: If you have a relapse, that does not mean you stop trying to quit.

IS THERE RADON IN THE YK DELTA?

Some parts of Alaska have high levels of radon, but there has been minimal testing for radon in the YK Delta region.

Limited radon testing conducted during 2019 by YKHC suggests the need for additional testing in the region. The U.S. Environmental Protection Agency (EPA) recommends taking action in homes if radon levels measure 4 picocuries per liter (pCi/L) or higher.

Where does radon come from?
Radon comes from the natural breakdown of uranium in soil, rock, and water and gets into the air you breathe. Radon gas can move into homes through cracks and holes in the foundation. Once inside the home, the radon gas can build up, causing much higher indoor levels. Homes that are not raised off the ground with posts or piling are at risk of radon. Since radon is an invisible gas that has no odor or taste, the only way to determine a house’s level of radon is with testing.

What are the health effects associated with radon?
Being exposed to radon over a long period of time can cause lung cancer. Smokers exposed to high radon levels are at an even higher risk of lung cancer.

See RADON, p. 11
AUGUST 2019 HEALTH AIDE OF THE MONTH: Kimberly Beebe-Hoffman, CHP, Eek

Kimberly Beebe-Hoffman has been working as a CHP for the past 10 years in Eek, Alaska.

Eek has a population of about 455 people and is rapidly growing. Kimberly has been the sole health aide for a majority of the time with very little relief.

She does amazing work and continues to provide care even after traumatic incidents. Because of patient confidentiality, we cannot disclose the circumstances that occurred regarding specific incidents.

We greatly appreciate you Kimberly! Keep up the amazing work you do.

—Adeline Wiseman, CHP, Supervisor Instructor.

BEHAVIORAL HEALTH AIDE TRAINING EMPHASIZES TEAMWORK

by Dinetta Morris, Behavioral Health Directing Clinician

The inaugural Behavioral Health Outpatient Professional Development Fall Training occurred September 16–20, 2019. All Behavioral Health Aides flew to Bethel for a week-long training and to take a moment to celebrate the hard work they do every day.

Behavioral Health understands how important teamwork is in order to make “the dream” work, and that dream is in line with YK’s overall mission of providing quality care to the YK Delta.

In addition to being professionally competent, another ingredient of quality care is team-building and staff appreciation. The photos here are candid shots of how much fun we had together, working as a team and appreciating staff. Special thanks to all of the BH Outpatient staff for all you do!
PATIENTS CALLING THE YKHC PHARMACY FOR REFILLS HAVE NEW OPTIONS

The first option is to request a refill by entering the prescription number from a prescription label.

The prescription number is a 7 digit number located in the bottom left corner of the label, just below the name of the medication.

When callers type in the prescription number, the system will be able to provide immediate feedback about whether or not the prescription can be filled. If the prescription has refills and is ok to fill, the system will let callers know that the prescription is refillable and that the pharmacy staff will get it ready.

If a prescription is too soon to fill, the system will let the caller know how many days they should wait before requesting it again. If a prescription doesn't have any more refills, or is expired, the system will let the caller know that the pharmacy will contact their provider to get additional refills authorized.

If there is any other information about the prescription that the caller wants the pharmacy staff to have, callers have the option to leave a message regarding their prescription.

Other options include:
- Checking to see if a prescription refill that was already called in is ready to be picked up or not
- Checking the pharmacy hours

If a caller would rather speak with someone instead of typing in their prescription number, that is still an option and callers can get to the pharmacy operators by pressing 0 (zero).

RADON, from p. 7

What is being done?
The YKHC Office of Environmental Health and Engineering is partnering with the University of Alaska Fairbanks (UAF) to begin offering initial testing services for interested communities, help communicate results, and share information about the risks related to radon. Community partners interested in testing are encouraged to contact the YKHC Office of Environmental Health & Engineering.

How can we reduce exposure to radon?
If your home has not been tested for radon, test it! Radon testing is recommended during the winter season when homes are more likely to be sealed up. Homes with crawlspaces, basements, or even skirting should be prioritized for testing.

If the radon test shows values of 4 pCi/L or higher, experts recommend taking action to reduce radon in your home. Common methods are sealing or ventilating crawlspaces. As radon gas levels are typically higher in lower levels of the home, consider limiting time spent in these areas.

Where do we get information?
The UAF and EPA have several resources on radon.

https://www.uaf.edu/ces/foodhealth/radon/

For more information, contact the YKHC Office of Environmental Health at 1-800-478-6599 or 907-543-6420 or contact Art Nash at the UAF Radon Hotline at 800-478-8324.
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.

**OCTOBER**

**Dental**

- **Kotlik:** Bonnie Hunt, DHAT + Assistant ... 9/30-10/3
- **Marshall:** Renee Cheemuk, DHAT + DA ... 9/30-10/4
- **Anvik:** Dr. Josh Giauque + assistants ... 10/4-11
- **Hooper Bay:** Erin Giauque ... 10/7-11
- **Stony River:** Carrie Johnson DHAT, Jared Thorson DA ... 10/7-11
- **Marshall:** Bernadette Charles, DHAT + Janelle Amos and Kara Stevens ... 10/7-11
- **Pilot Station:** Renee Cheemuk, DHAT + DA ... 10/7-11
- **Alakanuk:** Bonnie Hunt, DHAT + DA ... 10/14-18
- **Chevak:** Sadie Green DHAT ... 10/14-18
- **Anvik:** Conan Murat DHAT + DA ... 10/14-18
- **Alakanuk:** David Humphrey, DDS ... 10/21-25
- **Kotlik:** Renee Cheemuk, DHAT + DA ... 10/21-25
- **Tununak:** Allison Ayapan, DHAT + 1 ... 10/21-25

**Family Medicine**

- **Sleetmute/Lime:** William 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
- **Akia:** Deborah Coolidge, PA-C and Katherine Platts, FNP ... 10/1-4
- **Toksook Bay:** Laura Koskenmaki, FNP ... 10/1-4
- **Atmautluak:** Deb Coolidge, NP-PA ... 10/7-16
- **Hooper Bay:** Laura Koskenmaki, FNP ... 10/7-11
- **Upper Kalskag:** Colleen Britt, FNP and Agnes Nicoli ... 10/7-11
- **Chefornak:** Andrea Fahas, FNP ... 10/7-10
- **Scammon Bay:** Rebekah Diky, PA-C and Katherine Platts, FNP ... 10/14-18
- **Russian Mission:** Rachael Youngblood and Rachel Kощhe ... 10/14-17
- **Nightmute:** All Everhart + 2 from DEC ... 10/15-17
- **Kipnuk:** Chien-Yu Chen, Coordination Study Travel: ... 10/15-21

**Chuathbaluk:** William Ford, NP-PA ... 10/15-23

**Kalskag:** Deb Coolidge, PA-C and Katherine Platts, FNP ... 10/21-25

**Kipnuk:** Anne Komulainen, PA-C and Joan Daniels, FNP with nurse ... 10/21-24

**Chefornak:** Chien-Yu Chen, Coordination Study Travel ... 10/21-25

**Emmonak:** Dr. Compton and nurse ... 10/21-24

**Chevak:** Linda Hewett, FNP ... 10/22-24

**Kwigillingok:** Chien-Yu Chen, Coordination Study Travel ... 10/25-28

**Stony River/Lime Village:** William Ford, NP-PA ... 10/30-11/5

**Akia:** Dr. Steffanides, Lisa Kat Spamm, FNP, and nurse ... 10/28-31

**Kotlik:** Deb Coolidge, NP-PA ... 10/28-11/1

**Kagiulak:** Dr. Judy with nurse ... 10/28-31

**Russian Mission:** Luvaie Southerland, PA-C with nurse ... 10/28-31

**St. Mary’s:** Dr. Steffanides and Dr. Alex Polston ... 10/28-31

**Public Health Nursing**

- **Newtok:** Public Health Nursing ... 9/30-10/3
- **Kipnuk:** Public Health Nursing ... 10/7-10
- **Chevak:** Public Health Nursing ... 10/21-24

**WIC**

- **Kongiganak:** Bertha Chase ... 10/1

**NOVEMBER**

**Dental**

- **Nunam Iqua:** Bonnie Hunt, DHAT with Assistant ... 11/4-7
- **Kotlik:** Jill Calvert, DDS + DA ... 11/5-19
- **Newtok:** Shawn Martin, DHAT ... 11/4-9
- **Chevak:** Erin Giauque ... 11/11-15
- **Lower Kalskag:** Conan Murat DHAT ... 11/12-15
- **Marshall:** Renee Cheemuk, DHAT + DA ... 11/12-15
- **Alakanuk:** Bonnie Hunt, DHAT + DA ... 11/18-22
- **Scammon Bay:** Sadie Green, DHAT ... 11/18-22
- **Toksook Bay:** David Humphrey, DDS and 1 Assistant ... 11/18-22
- **Emmonak:** Jill Calvert, DDS + DA ... 11/19-26

**Family Medicine**

- **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 and Agnes Nicoli, CHP ... 11/4-7
- **Chevak:** Dr. Tyree and nurse ... 11/4-6
- **Crooked Creek:** William 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
- **Russian Mission:** Rachael Youngblood and Shelbylee Simeon ... 11/12-15
- **Scammon Bay:** Rebekah Diky, PA-C ... 11/12-14
- **Emmonak:** Dr. Acevedo and Dr. Reilly with nurse ... 11/18-21
- **Lower Kalskag:** Colleen Britt, FNP and Shelbylee Simeon, CHA-I (II) ... 11/18-21
- **Chevak:** Linda Hewett, FNP ... 11/19-21
- **Napakik:** Deb Coolidge, NP-PA ... 11/25-12/4
- **Sleetmute:** William Ford, NP-PA ... 11/25-12/4

**Public Health Nursing**

- **Kwethluk:** Public Health Nursing ... 11/4-7

**DECEMBER**

**Dental**

- **Russian Mission:** Dr. Josh Giauque ... 12/5-13
- **Chevak:** Sadie Green DHAT ... 12/2-6
- **Upper Kalskag:** Conan Murat DHAT + DA ... 12/2-6
- **Alakanuk:** Bonnie Hunt, DHAT + DA ... 12/2-5
- **Pilot Station:** Renee Cheemuk, DHAT + DA ... 12/9-12
- **Mekoryuk:** Allison Ayapan, DHAT + 1 ... 12/9-14
- **Holy Cross:** Conan Murat DHAT + DA ... 12/16-20

**Family Medicine**

- **Akiak:** Tom Miller, FNP and Dr. Travis Bellville with nurse ... 12/2-5
- **Crooked Creek:** Colleen Britt, FNP ... 12/2-4
- **Tununak:** Alexander Judy MD ... 12/2-4
- **Mekoryuk:** Anne Willard ... 12/2-4
- **Scammon Bay:** Rebekah Diky, PA-C ... 12/3-5
- **Stony River:** William Ford, NP-PA ... 12/9-18
- **Holy Cross/Grayling:** Rachael Youngblood and Agnes Nicoli ... 12/9-12
- **Kotlik:** Dr. Johnson and resident Emily Harvey with nurse ... 12/10-12
- **Marshall:** Renee Cheemuk, DHAT + DA ... 12/16-20
- **Kotlik:** Bonnie Hunt, DHAT + DA ... 12/16-19