



In honor of October being Domestic Violence Awareness Month, YKHC Physician Assistant Deborah Coolidge and Dr. Elizabeth Roll wore purple qaspeqs in clinic. Domestic violence survivors in the YK Delta can access resources and support through the Tundra Women's Coalition. The crisis line is available at 1-800-478-7799 or 1-907-543-3456.

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Medicaid and YK-Pay Patient Travel

- Patients must travel on the airline that is designated on their itinerary. If you alter from your itinerary in any way you may be responsible for your own air fare, taxis, lodging and meals.
- Escort must stay with the patient at all times.
- Check in two hours prior to your flight's departure time.
- Remember to bring vouchers, identification, incidental money for items not covered by Medicaid, and snacks.
- Taxi vouchers are not to be used for any reasons other than your medical appointments, to and from lodging or to and from airport.
- If your travel plans change you must call 543-6625.
- If you are in Anchorage, please contact your provider or Qu yana Travel.

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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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

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James Charlie, Sr.
Toksook Bay

Message

from the President & CEO



November is an exciting month for YKHC because we move into the second floor of the new hospital. Earlier this summer we moved into floors one and three, beginning to see customers for numerous services.

On November 14–18 the following departments will move into the second floor: Diabetes Prevention, Diagnostic Imaging, Tobacco Prevention & Cessation, and Physical Therapy. Behavioral Health will move into the second floor November 23–24. Lastly, the Dental department moves November 30–December 1. Once the Dental clinic relocates to the second floor of the new facility, all clinical services at YKHC will be delivered from one location. This will prevent the hassle of clinical services being delivered on both sides of the busy Chief Eddie Hoffman Highway.

I would like to introduce you to Keira Gefroh, who is our Manager of Therapy Services. Ms. Gefroh will describe in more detail our new Therapy Services department.

Quyana,

A handwritten signature in black ink, appearing to read 'Dan'.



Dan Winkelman, President and CEO.

We are excited about this move as the new area will be more than five times the size of our current space!

It will also bring us closer to the other medical services offered by YKHC, making it easier for patients to access multiple services in one visit. With this move, our department will also be expanding to include Occupational Therapy as well as Speech Therapy. This is the first time YKHC will have these services offered through the hospital and our department will now be called “Therapy Services.”

Physical Therapy (PT)

Simply put, physical therapy is the treatment of the effects of disease, injury, and disability by using exercise, manual therapy, education, and therapeutic activity. PTs are considered a conservative care option because they use such techniques to get results, rather than relying on medications or surgery.

Physical therapists’ primary goals are to help patients improve their movement and function, and also reduce their pain. Physical therapists often prescribe stretches, exercises, and functional mobility activities to help patients move more efficiently and effectively, while eliminating as much pain as possible.

In addition to these treatments, physical therapists also offer wound care—providing treatment for a variety of wounds including burns, frostbite, abscesses, venous wounds, diabetic ulcers and other skin conditions.



Keira Gefroh, PT, WCC, Manager of Physical Therapy

Occupational Therapy

Occupational Therapists (OTs) are health professionals who work with people who've had illnesses, injuries, and disabilities that prevent them from participating in their normal daily activities. This might be a child with a disability and struggling to participate in school and social situations or it might be an adult who has experienced physical and/or cognitive changes after an injury or a stroke.

OTs work with these individuals to help them regain control over their own health in various ways, including helping them with cooking, bathing, dressing, toileting, and more.

In some cases, it might require providing splinting, bracing, or other devices. In addition, some OTs are a Certified Hand Therapist and specialize in the treatment of various musculoskeletal hand conditions.

Speech Therapy (also known as Speech Language Pathology)

A speech-language pathologist's (SLP) goal is to improve a patient's ability to communicate and/or swallow. SLPs can work on many aspects of communication with patients, including speech production, fluency (stuttering), language, cognition (attention, memory, problem-solving, executive functions), voice, resonance, and hearing. Swallowing evaluation and treatment can also include feeding.

SLPs work with individuals across the life span, and with a variety of diagnoses (ranging from stroke to autism spectrum disorder to head and neck cancer to traumatic brain injury to vocal fold nodules).

The services provided by SLPs can be either rehabilitative (helping patients to regain what they have lost) or habilitative (helping patients to maintain or improve communication and/or swallowing ability).

REMEMBER TO GET YOUR FLU SHOT

The flu season has started and doctors recommend anyone six months and older get vaccinated against the flu.

Flu spreads through droplets when people sneeze or cough, and lingers on surfaces. People are contagious one day before symptoms appear and up to a week after. When you don't feel well, it's best to take care of yourself and co-workers by staying home. And don't go back to work (or school) for at least 24 hours after a fever is gone.

Best Practices to Avoid Catching the Flu

- Wash your hands frequently with soap and water, or use hand sanitizer
- Cover your mouth when coughing or sneezing, preferably with the inside of your arm rather than your hand
- Disinfect surfaces that may be contaminated like counter tops, tables, phones, etc.

Annually, thousands of people across the U.S. die from preventable illnesses related to the flu and millions of people miss multiple days of work from preventable flu symptoms. Do not become a statistic.

Please get your flu shot.

Flu shots are available at the YKHC hospital and at your village clinic. Call for an appointment.

Thank you for protecting yourself and protecting your community!



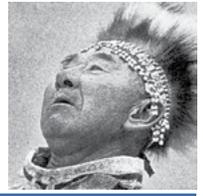
Employee Health Nurse Linda Mertens gives VP of Quality Dr. Joe Klejka his flu shot.

NOVEMBER SAFETY TIP: Food Poison Prevention

Don't Give the Gift of Food Poisoning

- Do not rinse raw meat and poultry before cooking
- Use a food thermometer to make sure meat is cooked to a safe temperature
- Refrigerate food within two hours
- Thanksgiving leftovers are safe for four days in the refrigerator
- Bring sauces, soups and gravies to a rolling boil when reheating
- When storing turkey, cut the leftovers in small pieces so they will chill quickly
- Wash your hands frequently when handling food

Source: National Safety Council



November 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

New interior wayfinding signage is being installed on all floors. Vendor installation and validation of lab equipment continues. The new automated lab is scheduled to open in mid-November.

At the second floor, contractors are installing vinyl flooring, doors and hardware, electrical trim, and casework. Balancing of the HVAC system is complete.

The dental equipment vendor returned mid-October to complete equipment and utility installation. Contractors are completing their punchlist and corrections ahead of the design team. Fuji x-ray equipment installation was scheduled to begin the last week of October.

On the third floor, an additional hood for chemo work at inpatient pharmacy was installed but not certified. Another hood is being expedited to Bethel so both hoods can be certified at the same time.

YKHC Construction is working with staff as additional or revised work is requested. Contractors continue to address warranty items following YKHC's move into the first and third floors and Central Utility Plant.

For the new Gathering Space (which will connect the existing hospital to the new clinic), the piling, concrete and structural steel work is progressing.



Second floor Dental reception desk and flooring installed

HOSPITAL RENOVATION

The new temporary Emergency Department is open. Phase 2C work to rebuild radiology is ongoing. Above ceiling work has been completed and inspected. Walls are finished and flooring is installed. Casework will be installed in mid-October, followed by fire alarm programming and HVAC balancing. The A/E team punch-list inspection is scheduled for Oct. 21. Fuji x-ray equipment installation will begin early November.

Interior demolition completed in late September and the Phase 4A Emergency Department and Behavioral Health renovation build-out is underway. The old Surgery rooms and Central Sterile areas are vacant and interior demolition is in process.



"Transitions" stainless steel salmon art installed on fence at Clinic entrance. (Artist: Mark Witteveen)



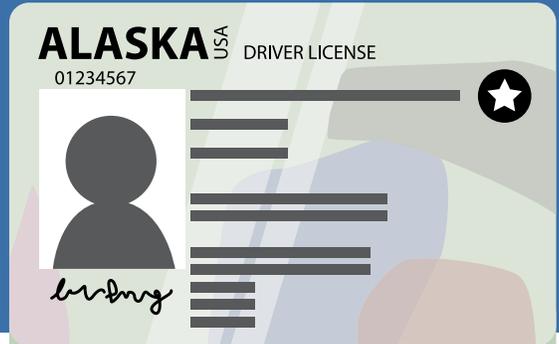
Construction of the Hospital/Clinic Gathering Space continues.



Optometry Department on the third floor.

Do you have your REAL ID?

Alaska residents will need a REAL ID by October 1, 2020 to fly on commercial airlines (like Alaska Airlines), visit or work on a military base or other federal property.



What is a REAL ID?

A REAL ID is a license or identification card that meets the current security standards of the federal government established by the REAL ID Act.

How do I apply for a REAL ID?

All applicants, including current Alaska identification card holders, must **apply in-person** at the DMV and provide documentation, even if it was previously submitted.

To apply for a REAL ID card, you will need to present documents at the DMV to verify your:

Do I need a REAL ID?

You may already have another form of ID that is REAL ID compliant, such as a valid passport or valid military ID.

Check the Alaska Division of Motor Vehicles (DMV) website <https://online.dmv.alaska.gov/REALIDChecklist> for more details.

You will need a compliant REAL ID for all air travel beginning October 1, 2020.

Example documents include, but are not limited to:*

✓	Identity	1 document that contains: <ol style="list-style-type: none"> 1. Date of birth 2. True full name (first, middle and last) 3. U.S. citizenship or lawful status 	<ul style="list-style-type: none"> • Valid U.S. passport • Certified copy of U.S. birth certificate • Certificate of Naturalization or Certificate of U.S. Citizenship
✓	Social Security Number (SSN)	1 document that contains: <ol style="list-style-type: none"> 1. Name 2. Full SSN 	<ul style="list-style-type: none"> • Social Security Card • W-2 form • Pay stub with full SSN • Ineligible for SSN? A letter from Social Security showing ineligibility dated within 90 days will be required
✓	Alaska Residency	2 documents that contain: <ol style="list-style-type: none"> 1. First and last name 2. 1 document must be dated within the last 90 days 	<ul style="list-style-type: none"> • Rental or lease agreement • Utility bills • Employment document • Insurance document • Alaska Tribal Card (for non-standard remote Alaska addresses only, within the tribal area indicated on the card) <p>Note: Two documents must be presented and cannot be handwritten or a P.O. Box or mail cache facility</p>
✓	Name Change (if applicable)	Name change documents	<ul style="list-style-type: none"> • Marriage certificate • Certified Divorce Decree or Dissolution of marriage document that contains the legal name as a result of the court action

*Additional or different documentation may be required depending on your personal circumstances and the type of identification document you are applying for (such as a CDL). Please visit the Alaska Division of Motor Vehicles (DMV) website for a full list of acceptable documents and to determine which documents you should bring to the DMV for your REAL ID application: <https://online.dmv.alaska.gov/REALIDChecklist>

NOTE: Documents must be originals or certified copies and unexpired, unless otherwise noted.

Need to update or replace your documents?

Order your documents as soon as possible. Processing times vary greatly by agency and location, and expedited service is not always available.



How much does a REAL ID cost?

- Driver License REAL ID = \$40
- State Identification Card REAL ID = \$35
- Commercial Driver License (CDL) REAL ID = \$120
- Senior ID REAL ID = \$20

USING ANTIBIOTICS WISELY

Antibiotics are drugs used to treat bacterial infections. Using antibiotics the wrong way can lead to antibiotic-resistant infections.



Each year in the United States, at least two million people get serious infections with bacteria that are resistant to one or more of the antibiotics designed to treat those infections. According to the Centers for Disease Control, at least 23,000 people die each year as a direct result of these antibiotic-resistant infections. This is why healthcare providers are being more careful when prescribing antibiotics.

What is antibiotic resistance?

Antibiotic resistance happens when bacteria change in a way that reduces or eliminates the ability of antibiotics to kill the bacteria.

What can I do to prevent antimicrobial resistance?

The best way to help prevent antimicrobial resistance is:

- **Ask.** Ask your healthcare provider, “Are these antibiotics necessary?”
“What can I do to feel better?”
- **Bacteria.** Antibiotics do not kill viruses. They only kill bacteria.
- **Complete the course.** Take all of your antibiotics exactly as prescribed (even if you are feeling better).

DON'T pressure your healthcare provider for antibiotics. You do not need antibiotics for:

- Colds or flu
- Most coughs or bronchitis
- Sore throats not caused by strep
- Runny noses
- Most ear aches

DO ask your healthcare provider about antibiotics:

- “Do I really need an antibiotic?”
- “Can I get better without this antibiotic?”

- “What side effects or drug interactions should I expect?”
- “What side effects should I report to you?”
- “How do you know what kind of infection I have? I understand that antibiotics won't work for viral infections.”

What is antimicrobial stewardship?

Antimicrobial stewardship is the conservation of antibiotics, so they continue to work effectively. This can be accomplished by using antibiotics properly. It is important to know that antibiotics only treat bacterial infections, not viral infections. YKHC has an antimicrobial stewardship program in place.

Summary

Antibiotics only fight infections caused by bacteria. Like all drugs, they can be harmful and should only be used when necessary. Taking antibiotics when you have a virus can do more harm than good; you will still feel sick and the antibiotic could give you a skin rash, diarrhea, a yeast infection, or worse.

Antibiotics also give bacteria a chance to become more resistant to them. This can make future infections harder to treat. It means that antibiotics might not work when you really do need them. Because of this, it is important that you only use an antibiotic when it is necessary to treat your illness.

How can you help?

When you have a cough, sore throat, or other illness, tell your doctor you only want an antibiotic if it is really necessary. If you are not prescribed an antibiotic, ask what you can do to feel better and get relief from your symptoms.

Your health is important to us. As your healthcare providers, we promise to provide the best possible treatment for your condition. If an antibiotic is not needed, we will explain this to you and will offer a treatment plan that will help. We are dedicated to prescribing antibiotics only when they are needed, and we will avoid giving you antibiotics when they might do more harm than good.

For more information, please call our
Pharmacy at 907-543-6382

Healthy Living

NEW RECIPE VIDEOS WILL LAUNCH ON YKHC FACEBOOK PAGE!

November is National Diabetes Month and November 14 is World Diabetes Day!

To kick off November and raise awareness about diabetes, Diabetes Prevention and Control (DP&C) will be releasing our very first cooking video. These videos can be found by “liking” YKHC on Facebook. New videos will be released every month and will include recipes to make healthy recipes on a limited budget. In this month’s video you will learn how to make cabbage steaks with Teresa Markham!

Cabbage steaks are not only easy to make, but they are healthy *and* inexpensive, thanks to a partnership between Meyers Farm, the Food Bank of Alaska, and DP&C. If you would like to purchase the ingredients to make cabbage steaks for your family and friends, please visit www.meyersfarm.net. Produce boxes are just \$15 and include the cabbage needed to make this recipe, as well as other fruits and vegetables such as carrots, potatoes, apples, and turnips.

If you live in a YK Delta village, DP&C will pay to ship the produce box to you for free!

To learn more about diabetes, or if you have questions about the new diabetes recipe videos, please reach out to DP&C at 543-6133.

Cabbage Steaks

- 1 Cabbage
- 2 Tablespoons oil
- 3 tablespoons garlic
- ¼ teaspoon salt
- ½ teaspoon pepper

Preheat oven to 400 degrees. Slice cab-

bage into 1 inch thick

slices. Drizzle half of the oil over the top half of the cabbage slices. Cover with half of the garlic, salt and pepper.

Flip cabbage slices over and repeat on other side. Place on baking sheet and bake for 15-20 minutes.



MEYERS FARM SHUTS DOWN MARKET, FOCUSES ON INTERNET SALES

By Krysti Shallenberger, Alaska's Energy Desk, Oct. 8, 2019. Article reprinted with permission from KYUK News

Bethel shoppers might have seen a Facebook post this past weekend that brought some sad news: Meyers Farm has shut down its market on Ptarmigan Street. Tim Meyers says that the priorities have changed at Meyers Farm.

“The wife really wants to retire, but I don’t want to stop growing,” Meyers said.

Lisa Meyers was the only one helping him run the small store on Ptarmigan Street after his daughter and son-in-law moved to Anchorage. It was too much.

“It’s been 10 years, and we’re just going to be selling produce online now,” Meyers said.

Meyers says that they were not selling enough produce in their store, and switching to mixed-produce boxes could be one way to reduce food waste. Meyers began experimenting with those boxes last year. The Yukon-Kuskokwim Health Corporation offered to cover all the costs to send those boxes for free to villages, where fresh produce is rare or grown at home. YKHC is continuing to cover the shipping and part of the cost of the box. The Food Bank of Alaska is also covering part of the cost of the produce through a grant from Morgan Stanley. That includes six apples that will be part of the boxes through October.

Then, Meyers started offering them to people in Bethel. Now the Alaska Food Bank has covered part of the cost of the produce and YKHC covers the rest, including shipping. That makes a big difference.

“It would cost you \$32 in Anchorage or \$55 in the village, but we’re selling it and landing it for \$15,” Meyers said.

People in Bethel actually have to pay \$16 dollars because of sales tax. And the only way to get a box?

“The only way you can do it is to go online,” Meyers said.

Meyers says that he’s not doing it any other way. On the website, Meyers Farm also has a fax form to download and send.

The last produce box will ship out of Bethel on Nov. 30.

Piyuumiuteknarqelria

WAYS TO QUIT

EVAN POLTY, SR. OF PILOT STATION: Stay Strong

Evan Polty, Sr. fondly remembers running right alongside his family's sled dog team all the way from Pilot Station to Russian Mission. Sometimes, he would wait until the sled was about a mile away before he started running after it. At that time, more people used to walk/run to the spring fish camps. It was also at this time when Evan tried tobacco.

Evan tried using store-bought Big Red chew and patik-taq (plug tobacco made for chewing). He ended up in bed for three days feeling dizzy, nauseated and occasionally vomiting. His mother and auntie kept teasing him, saying that he was going to die from chewing tobacco.

They also seriously warned him that chewing tobacco and smoking was not healthy. Despite their advice, Evan also tried smoking cigarettes. He did this for a year, but did not like the habit and decided to stop. Evan chewed on bubble gum and caiggluk (stinkweed) to help him become tobacco-free. Soon, he noticed his breathing improved, he felt physically stronger and was able to run longer distances again. Being tobacco-free makes Evan strong and healthy. Eventually, his keen sense of smell and taste also returned.

In 1999, Evan retired from the Lower Yukon School District (LYSD) as the Home School Coordinator. His family includes

his wife Kathleen Simeon Polty from Aniak, five daughters, three sons, 35 grandchildren and 10 great grandchildren. Being tobacco free is important to him because parents are the first teachers and are to be an example for their children by avoiding all forms of tobacco.



Evan Polty, Sr. of Pilot Station

Evan expressed gratitude for YKHC's Tobacco Prevention & Cessation Program, saying educating people about the harmful effects of secondhand and thirdhand smoke protects the health of all of us. He is also glad to see tobacco-free locations and wants to encourage people not to use tobacco, especially the younger generation. Evan urges them to speak to their parents about how harmful tobacco is on their body. Stay strong and stay healthy.

Evan's Quit Tip: Keep working on it! You will get stronger mentally and physically as you stop using tobacco.

YEAH: YOUTH ENCOURAGING ALASKANS' HEALTH

YKHC Tobacco Prevention & Cessation (TPC) would like to share our newest effort in engaging local youth to effect positive change in our region, forming a local chapter of YEAH—Youth Encouraging Alaskans' Health.

YEAH is comprised of groups across Alaska who meet regularly by teleconference, email and social media to develop work around tobacco prevention at local and statewide levels.

Research has shown that engaging young people in tobacco prevention is a successful strategy in changing social norms around tobacco use.

YEAH's Teen Ambassadors are nominated and selected to participate in two trainings during the school year, where they learn how to educate others on the impacts of tobacco and support tobacco-free areas. These local champions empower their peers to make a positive difference in their communities.



Aiden Keller, Celeste Pauley, Timothy Thompson, Tabitha and Liz Prince

Bethel's YEAH chapter has two Advocates and two Ambassadors, who have been featured on KYUK and are planning future outreach activities. The Ambassadors are planning a youth summer conference for the state in 2020. Stay tuned as we provide updates on this work!

CHAP NEWS

Community Health
Aide Program

SEPTEMBER 2019 HEALTH AIDE OF THE MONTH: Tessi Charles, CHA II, Akiachak

Health Aides all around the region are often not consistently recognized for their amazing efforts every day. They stay up all night to care for urgent patients, while the rest of the world sleeps. Health Aides are called to respond to the unthinkable and unbelievable. They are trained to think quick on their feet and use what they have to save people's lives. We cannot disclose the circumstances that occurred. We greatly appreciate you Tessi! Keep up the amazing work you do.

Quyana from YKHC CHAP.

—Katherine Evon, BS, Field Supervision Coordinator



Tessi Charles, CHA II.

CHA EMERGENCY FUND TAKES OFF IN ITS FIRST YEAR

Twenty Health Aides have already benefitted from the CHA Emergency Fund this year! The Fund helps current and former Health Aides with a family or personal emergency.

Chester Mark, creator of the fund, who retired earlier this year after 25 years as a Basic Training Instructor with YKHC's Community Health Aide Program, says, "This has been a very successful first year of the fund. I want to honor the many Health Aides who have served their communities selflessly; this fund is one way to reward and recognize them for their service."

To be eligible for the funds, the emergency must impact the Health Aide or a direct family member, and the applicant must have worked at least two years as a Health Aide.

YKHC Supervisor Instructors (SI) screen applicants and approve the awards. Joseph Okitkun, CHP and CHAP Clinical Compliance Officer, plays a central role in coordinating the Fund's applications with the SIs. He says, "Once the applications are reviewed and all votes from the SIs have been received, the approved applications are sent to Michelle Dewitt at the Bethel Community Services Foundation for award deposit."

Tiffany Workman, a health aide for four-and-a-half years in Shageluk, used the Emergency Fund when her children's father passed away suddenly. She used the money to help purchase food to feed friends and family before and after the funeral. "The SI's called me after hearing the passing of my

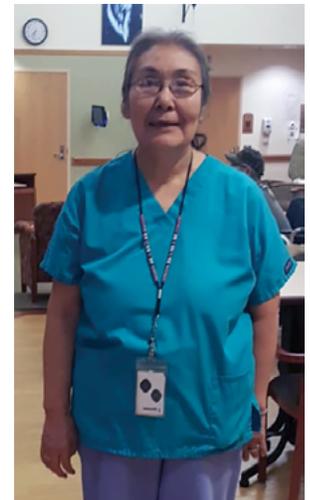


Tiffany Workman with her some of her children: "The Fund helped me and my family a lot."

Aaron, and they told me about the Emergency Fund. I used the money to buy groceries at the Aniak AC Store and got stuff that we did not have here (in the village store)," Workman said. "The Fund helped me and my family a lot!"

Irene Beaver, CNA at YKHC, was a former Atmaultluak Health Aide from 1994–2005. She says, "I was hurt on the job and could not work, and then I had surgery four months later. I had to be off of work for several more months." Her electric company was about to cut her power because she had trouble paying her bills. She contacted the Fund's board and received assistance with her electric bill. Still under therapy, she is back at work full time after a long recovery period.

If you are a Health Aide with an emergency and need financial assistance, contact an SI for more information and an application.



Irene Beaver, former Atmaultluak CHA, says, "The Fund helped me in my time of need."

see FUND, p. 11

THE 2019 GREAT AMERICAN SMOKEOUT

This November, YKHC Tobacco Prevention & Cessation (TPC) will partner with our Respiratory team to support and promote the Great American Smokeout. Together, we will provide basic lung function screenings, education and promote tobacco cessation throughout the region.

Tobacco use remains the leading cause of preventable death, causing nearly 680 deaths annually in Alaska and over 480,000 nationally. Alaskans have made great strides in tobacco prevention, but there is still more work to be done.

Recent reporting from the CDC about e-cigarettes stated that 16 percent of users are under the age of 18 and 40 percent of all youth in America have tried e-cigarettes. These youth are now four times more likely to smoke cigarettes. A recent congressional hearing with JUUL gave evidence that tobacco companies market these types of products to youth by hiring movie stars and pop-culture icons, working through social media, and visiting schools or funding summer programs where individuals as young as eight years old participate.

Although tobacco use among high school youth has declined since 1995, we have not seen progress in reducing youth smoking rates since 2013 and far too many youth use smokeless tobacco products such as iqmik. According to the 2015 and 2017 Alaska Youth Risk Behavior Survey, in our region, an estimated 34 percent of high school students use smokeless tobacco – the highest prevalence in Alaska. At YKHC, we are working collectively to reduce those numbers through tobacco-free policies the recent formation of a local youth program known as YEAH–Youth Encouraging Alaskans' Health (see story, p. 9).

Research shows that 71 percent of Alaska's adult smokers want to quit and 61 percent have tried to quit within the past year. Nicotine is one of the strongest addictions and a majority of our work at TPC centers around encouraging people to keep trying to quit. It can take several attempts before a tobacco user quits for good.

The Great American Smokeout encourages smokers to quit cold turkey on a single day. We know that quitting is a process. It starts with a plan, takes time and requires a lot of support. At YKHC, a local team of certified tobacco treatment specialists are available to answer questions, offer support, and assist with personalized quit plans. FDA-approved medications for tobacco cessation are also available through YKHC. Our team is available Monday–Friday from 8 a.m. – 5 p.m. Call 1-800-478-3321, extension 6312, or visit us in person.

Alaska's Tobacco Quit Line is also available to all Alaskans, regardless of income or insurance coverage. Call 1-800-QUIT-NOW, or visit Alaskaquitline.com. It's free and confidential.

Our colleagues at the American Cancer Society are also available 24 hours a day, 7 days a week to provide support. To find out more, visit cancer.org/smokeout or call 1-800-227-2345.

Through YKHC's partnership with The Truth Initiative, anyone with a cell phone can take advantage of our text-to-quit program. 'This is Quitting' is a free tobacco-cessation program that helps users set a quit date and stay tobacco-free by sending customized text messages to support the quit process and move past cravings. To get started, text QUITNOW to 907-891-7140. For extra support with cravings, text COPE to 907-891-7140. If you slip up, text SLIP to 907-891-7140 for help getting back on track. To stop receiving messages, text STOP to 907-891-7140

This year the Great American Smokeout will occur on Thursday, November 21. As leaders in promoting health and wellness, we encourage our staff, community partners, and neighbors to commit or recommit to tobacco-free lives—not just on this day, but year-round!

FUND, from p. 10

The Fund is now building a Permanent Fund to make the monies last longer. If you support health aides and the work they do, please consider making a donation to the CHA Emergency Permanent Fund by contacting Michelle Dewitt at BCSF at 907-543-1812.

Or you can send your tax-deductible contribution to:

CHA Permanent Emergency Fund
c/o Michelle DeWitt, Executive Director
Bethel Community Services Foundation
Box 2189
Bethel, AK 99559

The CHA Emergency Fund is operated through the Bethel Community Services Foundation. For any questions about the Fund, contact Chester Mark at camaicc2001@gmail.com.

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.

NOVEMBER

Dental

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

Family Medicine

Grayling: Deb Coolidge, NP-PA 11/4-13
Crooked Creek: Chet Ford, FNP
and Kate Platts FNP 10/30-11/6
Stony/Lime: Blake Shahlaie PA-C
and Mike Compton 10/31-11/6
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
Alakanuk: Marjorie Johnson, NP-C
and Phyllis Whillis, FNP 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
Upper Kalskag: Colleen Britt, FNP
and Shelby Lee Simeon CHA-I (II) 11/18-21
Nunam Iqua: Holly Lybarger, FNP 11/18-20
Chevak: Linda Hewett, FNP Field Clinic ... 11/19-21
Sleetmute: William Ford, NP-PA 11/25-12/4
Napakiak: Deb Coolidge, NP-PA 11/25-12/4
Chevak: Steve Bertrand, PA-C 11/25-27
Kwethluk: Public Health Nursing 11/4-7

WIC

Tuntutuliak: Bertha Chase 11/4-5
Hooper Bay: Bertha Chase, Deanna Trammell,
Vivian Bosgal 11/12-13
Emmonak: Bertha Chase,
Allyson Webber 11/19-20

DECEMBER

Dental

Russian Mission: Dr. Josh Giauque 12/5-13
Chevak: Sadie Green DHAT 12/2-6
Upper Kalskag: Conan Murat, DHAT
and Dental Assistant 12/2-6
Alakanuk: Bonnie Hunt, DHAT 12/2-5
Pilot Station: Renee Cheemuk, DHAT 12/9-12
Mekoryuk: Allison Ayapan, DHAT 12/9-14
Holy Cross: Conan Murat, DHAT 12/16-20
Marshall: Renee Cheemuk, DHAT 12/16-20
Kotlik: Bonnie Hunt, DHAT 12/16-19

Family Medicine

Holy Cross: Haskell Ray Derryberry, NP-C
BTI 12/2-6
Akiachak: Tom Miller, FNP
and Dr. Travis Bellville with nurse 12/2-5
Pilot Station: Tom Miller, FNP
and Dr. Travis Bellville with nurse 12/2-5
Crooked Creek: Colleen Britt, FNP 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
Russian Mission: Haskell Ray Derryberry, NP-C,
BTI 12/9-13
Kotlik: Dr. Johnson
and Emily Harvey with nurse 12/10-12
Mtn. Village: Denise Tran, NP
with Health Aide 12/17-19

JANUARY:

Dental

Chuathbaluk: Conan Murat, DHAT 1/6-10
Tununak: Shawn Martin, DHAT 1/6-10
Chefornak: Allison Ayapan, DHAT 1/13-17
Tununak: Dr. David Humphrey
and two Dental Assistants 1/20-30
Upper Kalskag: Conan Murat, DHAT 1/27-31

Family Medicine

Nightmute: Anne Willard 1/6-9
Tununak: Dr. Judy with nurse 1/7-9
Akiak: Joan Daniels, FNP with nurse 1/13-16
Russian Mission: Luvae Southerland, PA-C
with nurse 1/13-15
Stony River: Colleen Britt, FNP
and Agnes Nicoli, CHP 1/13-15
Hooper Bay: Dr. Mondesir and Dr. Fahl 1/14-16
Chuathbaluk: Rachael Youngblood
and Rachel Konth 1/20-22
Chevak: Linda Hewett, FNP 1/21-23
Lower Kalskag: Colleen Britt, FNP
and April Mattson, CHP 1/27-31
Akiak: Dr. Steffanides with nurse 1/27-30
Newtok: Matthew Willard, PA 1/27-30