We are proud to welcome the first baby of 2020 born in our hospital! Born to Larissa Evon and Nathaniel Moses of Akiakchak, Kayce Riley Lydia Moses arrived at 3:47 a.m. on January 1. Congratulations Larissa and Nathaniel!
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

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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.

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James Charlie, Sr.
Toksook Bay
Message
from the President & CEO

Waqaa and Happy New Year. We hope you and your families have had a wonderful season of giving and sharing and, like us, are looking forward to all the promise of the new year.

The year 2020 will be a significant one, and not only because it’s an election year. This year, the once-every-ten-years Census will count all the people in the United States. It’s very important that all of us participate in the Census because the count forms the basis of how government funds are allocated. Because of the challenges of Alaska’s size and lack of roads, Alaska Natives may have been undercounted by as much as eight percent during the last Census in 2010.

For YKHC, 2020 will be significant as we continue our major hospital construction and renovation—The Paul John Calriciraq Project. The new hospital portion has opened and renovation of the old hospital is underway. Among the services that have moved into the new hospital is our Behavioral Health Outpatient Clinic. Services available here include individual and family counseling. Facilities outside the hospital include residential services for behavioral health treatment, respite, and substance abuse recovery. Our Behavioral Health Services Director Richard Robb, and Patient Care Services Administrator Patty Smith explain further.

Quyana,

BEHAVIORAL HAS MOVED, AND IS GROWING

by Richard Robb, Behavioral Health Services

We are happy to announce that the Behavioral Health Outpatient Clinic, Administrative Offices, Uquisquin, and Prevention Department have moved to the new PJCP Hospital Expansion. We are located on the second floor of the new hospital.

As part of the PJCP expansion, and to serve our communities better, we are growing. We have expanded the Outpatient Clinic from five Master’s level clinicians to 13. We are expecting to add a few more in the coming years. In addition, we are expanding to include two new administrative assistants, two Crisis Response Technicians and an Emergency Services Case manager. It is our plan to offer more services in a timely manner in the very near future.

We continue to offer an array of services for behavioral health issues, mental illness, substance abuse, intellectual disabilities, and other issues. We continue to provide services at our other locations, including Ayagnirik Healing Center, McCann Treatment Center, Crisis Respite Center, Sobering Center, and our group homes.

For more information, or to schedule an appointment, please call 543-6100. For Emergencies, Crisis Response, or Suicidal Ideation please call 543-6499.

Integrated Care
by Patty Smith, Patient Care Services Administrator

Access to Collaborative Treatment (ACT) is a program within Primary Care that allows customers to see a Behavioral Health professional while here for their medical visit. The program’s primary focus is on depression in adults. We do a brief screening with all customers and an intervention if needed or requested.

By having ACT be part of the primary care team we are able to work closely with our customers and their medical provider to ensure that we focus on both physical and mental wellness. If you are interested in accessing care through ACT, please let your primary care provider know and our clinicians will reach out to you.
THE DANGERS OF IQMIK USE

Many people think iqnik is safer than smoking cigarettes. All tobacco is harmful whether you smoke it or chew it. Cigarettes, snuff, iqnik or blackbull all contain nicotine and many cancer-causing chemicals. All of them are very dangerous to your health.

Chemicals from iqnik go into the blood stream through the lining of your mouth. One of these chemicals is a drug called nicotine. You may have heard that heroin and cocaine are very addictive, but nicotine can be more addictive than those drugs.

Nicotine causes the blood vessels to become hard and narrow. This makes your heart beat faster and harder, putting you at risk for heart attack, stroke and heart disease.

When people mix iqnik in their mouth, their heart starts to pound hard and fast, and they may feel dizzy and sick to their stomach. These are symptoms of nicotine poisoning, which may happen when you get too much nicotine from mixing ash with tobacco.

Some people think that there’s a drug in punk and alder ash, but that’s not true. Adding punk ash or alder ash to tobacco just makes the nicotine reach your brain faster, and it also makes more nicotine enter the bloodstream.

JANUARY 2020 — SNOW MACHINE AND FOUR-WHEELER SAFETY

- Know your abilities and don’t go beyond them.
- Know your machine’s capabilities and don’t push beyond them.
- Know your riding area, get a map.
- Learn more—reading manuals and other materials from manufacturers for safe driving.
- Keep your machine in top shape. You have two good guides available for snowmobile maintenance: the owner’s manual that came with the machine and a dealer. Consult both to make sure your machine is kept in top form for dependable, enjoyable fun.
- Before each ride, follow the “pre-op” check outlined in your owner’s manual.

Follow the rules

Safe crossing. Be careful when crossing roads of any kind. Come to a complete stop and make absolutely sure no traffic is approaching from any direction. Then cross at a right angle to traffic.

Dress appropriately. Wear layers of clothing, so that you can add or remove a layer or two to match changing conditions.

A windproof outer layer is especially important, as are warm gloves or mitts, boots and a helmet.

Make sure your helmet is safety-certified, the right size and in good condition. A visor is essential for clear vision and wind protection and the chin strap should be snug.

Wear glasses or goggles that offer protection from the sun.

File a plan. “Snow plans” describing your machine and your planned route can be time and life savers. Leave with your family or friends. Always let your family and friends know you’re back or have arrived at your destination. No one likes needless searches.

Check the weather and tide forecasts for your trip. Include routing and trip destination for the duration of your trip. Checking the tide during winter travel is important as this affects your direction of travel to move past any overflow.

When traveling long distances, travel with another person. Be cautious when crossing frozen streams, lakes, or rivers.
PJCP CONSTRUCTION

Temporary heat and insulation were provided at the Clinic/Hospital connector link and Gathering House so spray-applied fire proofing could be applied to the bottom of the roof structure. Plumbing hangers for pipe runs had been previously installed from the roof deck. Metal stud wall framing began the first week of December in the connector, to include finance offices, the second phase of outpatient pharmacy and consulting, waiting areas and the gift shop.

Lab equipment installation and validation was completed as the new lab opened for service in mid-November with the shutdown of the existing hospital lab. The new microbiology ventilation hood was certified in December.

At the second floor, door and hardware installation, electrical trim and casework were completed. The HVAC system was balanced. Diabetes Prevention, Nicotine Control, Ultrasound, Behavioral Health, and Physical Therapy departments all moved to the second floor starting in mid-November. The dental equipment vendor, along with YKHC Construction, completed work in Dental and successfully made the move from the Community Health Services Building at the end of November. Contractors worked to complete punch-list corrections. Fuji x-ray equipment installation completed in November, with mammography equipment installing the first week of December.

At the third floor, an additional hood at in-patient pharmacy for non-sterile hazardous compounding was installed and certified along with the Chemo Work hood. Contractors continue correcting any warranty items identified since move-in at the first and third floors, and Central Utility Plant.

HOSPITAL RENOVATION

Fuji Equipment installed the new X-ray machine for the Radiology department in November. Staff training and opening was set for the second week in December. The old Lab was decommissioned and YKHC removed items to be salvaged in late November. The contractor began demolition right after the Thanksgiving Holiday weekend. The old lab space incorporates into Central Sterile and Surgery renovations, of which walls are framed and trades are working on the above ceiling rough-in.

Mechanical and plumbing tie-in for the rooftop air handler are ongoing. The Emergency Department and Behavioral Health renovation build-out continues with mechanical, electrical, sprinkler and communication trades working. Medical gas piping is on-going with rough-in inspections beginning in mid-December. The pneumatic tube system contractor is on-site to install new stations in the Emergency Department and surgery area, for connection into the clinic tube delivery system.

Wellness Classroom and Kitchen on second floor.

Physical Therapy exercise area at second floor.
HAPPY NEW YEAR
FROM YOUR COMMUNITY HEALTH
AND WELLNESS TEAMS!

Here’s wishing everyone in the YK Delta a Happy New Year! Often, New Year’s celebrations include resolutions to change something in our life to be healthier or happier.

At YKHC, our mission statement is “Working Together to Achieve Excellent Health” and this means that we hope you will make resolutions that last all year, every year, to become the healthiest people and we are here to help you in your efforts.

Community Health and Wellness is made up of three teams. Our Diabetes Prevention/Control (DPC), Women, Infants and Children (WIC) and Tobacco Prevention/Cessation (TPC) teams are able to provide education and assistance to people in Bethel and villages of the YK Delta.

You know eating well starts before birth! What a pregnant woman eats provides the energy and nutrition her baby uses to grow. This continues to be true after birth with breast milk being the best nutrition for the child.

Moms eating healthy foods mean babies get the best nutrition. Our WIC team is committed to helping new and young families learn about, get and use the best nutrition as they grow. Team members are available to help beneficiaries get supplemental nutrition benefits, nutrition education, and breastfeeding counseling and are happy to help!

Our Diabetes Prevention and Control team is working to educate people about diabetes, how to prevent it or manage the disease if it does develop.

Diabetes is a condition in which blood sugar levels stay high and over time cause problems in other parts of the body. Something everyone can do to lower blood sugar is minimize their intake of simple carbohydrates like rice, potatoes, bread, pasta, and drinks or foods containing added sugars like Tang, soda pop, candy, and processed foods.

We know the traditional diet of Alaska Natives has more meats with fat (fish, moose, caribou, reindeer, seal, whale, etc.) with very limited amounts of carbohydrates (berries/plants) so it is wise to reduce the amount of sugar we eat.

Another thing that decreases blood sugar concentrations is regular exercise.

Traditional living included hard work with our muscles like dog mushing, snowshoeing, skiing, cutting and hauling wood or hauling water. These activities used a lot of energy so blood sugar levels could remain normal.

Muskox Burger

Ingredients
- 1 lb Ground Muskox (or any kind of meat)
- 3 Tablespoons worcestershire sauce
- 1/4 Teaspoon salt
- 1/4 Teaspoon pepper

Preparation:
1. Preheat oven to 375 °F.
2. Mix all of the ingredients in a medium size bowl.
3. Shape meat into individual patties.
4. Place on baking sheet and bake for 15-24 minutes.

Recipe compliments of YKHC Diabetes Prevention and Control • 543-6133
If we don’t have to do that work now and we eat high sugar and high energy foods, it makes sense the sugar energy will build up in our blood stream. So adding in some activities or exercise like going for a brisk walk, jogging in place, doing pushups or using your muscles until you’re “tired” can help use up that extra energy!

Kicking Tobacco Use

Tobacco Prevention / Cessation. Another common resolution this time of year is to stop using tobacco! Tobacco use is the number one cause of death that is 100 percent preventable. Even if using tobacco doesn’t kill you, tobacco use can cause pain and many other health problems. If you or someone you know is ready to stop using tobacco, help and support is just a call away at the TPC team.

Whatever your goals for 2020, we hope that you are successful. Happy New Year!

Healthy Eating Plate

Diabetes Prevention & Control invites you to use the plate method when dishing up this year. That means making sure you get lots of veggies and other foods that keep you well with each meal you eat. If you have any questions, give us a call at 543-6133.
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:

**Identity**
- 1 document that contains:
  1. Date of birth
  2. True full name (first, middle and last)
  3. U.S. citizenship or lawful status
  - 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:
  1. Name
  2. Full SSN
  - 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:
  1. First and last name
  2. 1 document must be dated within the last 90 days
  - 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)
  Note: Two documents must be presented and cannot be handwritten or a P.O. Box or mail cache facility

**Name Change (if applicable)**
- Name change documents
  - 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.

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 for more details.

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

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
PROTECT YOURSELF FROM PHONE SCAMS

Be on the lookout for fake Social Security calls

—from the Social Security Administration

There are many telephone scams going on. Scammers are trying to trick you into giving them your personal information and money. Don’t be fooled!

Scammers pretend they’re from Social Security. The number you see on caller ID may even look like an official government number but it is not. The caller may say there is a problem with your Social Security number or account. They may ask you to give them personal information like your Social Security Number or bank account. They may tell you to fix the problem or to avoid arrest you must pay a fine or fee using retail gift cards, pre-paid debit cards, wire transfers, or cash.

These calls are not from the Social Security Administration.

Social Security will NOT:

- Threaten you.
- Tell you that your Social Security Number has been or might be suspended.
- Call you to demand an immediate payment.
- Ask you for credit or debit card numbers over the phone.
- Require a specific means of debt repayment, like a pre-paid debit card, a retail gift card, or cash.
- Demand that you pay a Social Security debt without the ability to appeal the amount you owe.
- Promise a Social Security benefit approval, or increase, in exchange for information or money.

- Request personal or financial information through email, text messages, or social media.

Social Security WILL:

- Sometimes call you to confirm you filed for a claim or to discuss other ongoing business you have with them.
- Mail you a letter if there is a problem.
- Mail you a letter if you need to submit payments that will have detailed information about options to make payments and the ability to appeal the decision.
- Use emails, text messages, and social media to provide general information (not personal or financial information) on its programs and services if you have signed up to receive these messages.

If you receive a suspicious call from someone alleging to be from Social Security, please:

- Hang up right away.
- Never give your personal information, money, or retail gift cards.

Please share this information with your family and friends.

MEDSAFE FOR EXPIRED MEDS

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

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

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

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

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

The MedSafe receptacle is securely installed and can only be accessed and emptied by two pharmacy employees as required by the DEA guidelines.
NOVEMBER 2019 HEALTH AIDE OF THE MONTH:
Ian Elachik, CHA 1, from Chevak

We live in rural Alaska where most of our care comes from our amazing health aides and words simply cannot express the gratitude we have.

Chevak, one of our busiest clinics, with a large population, experiences a lot of different types of emergencies. Ian Elachik, CHA 1, works tirelessly taking care of people in his community. Being a health aide often requires many hours away from family, special occasions and community events.

Thank you Ian Elachik for all your hard work and dedication!

RSV SUNA STUDY STARTS AT YK DELTA REGIONAL HOSPITAL

RSV (respiratory syncytial virus) has affected most people in YK Delta! RSV is a common virus that causes respiratory illness in infants. Every year RSV infection leads to thousands of clinic visits in YK Delta infants and children. RSV causes up to 200 hospitalizations at YK Delta Regional Hospital and 50 medevacs to ANMC.

RSV hospital stays are more common in YK Delta infants than other US infants. In the 1990s YK Delta infants had the highest U.S. rate of RSV hospitalizations. 17 percent of YK Delta babies were admitted with RSV. RSV prevention has helped lower YK Delta RSV hospitalizations from 17 percent to about 6 percent. However, hospitalization rates are still more than three times higher than in the overall US.

Why are we doing the RSV SuNA surveillance study?
YKHC is committed to learning how to prevent RSV hospitalizations.

Studies with the Centers for Disease Control (CDC) have shown that breastfeeding, washing hands, and improving indoor air quality can reduce RSV hospitalizations.

New RSV prevention measures may be available in the future.

RSV SuNa is a five-year study studying RSV and other respiratory viruses in Alaska Native and American Indian communities.

This project can give us more information to target prevention strategies.

What is YKHC doing?
YKHC approved this study. YKHC study staff are inviting parents of young children and pregnant women hospitalized in Bethel with lung infections to participate. RSV SuNa will enroll during the RSV season (December to June) every year, for five years.

Next year, we hope to also enroll in a YK Delta Subregional clinic and YK Delta Regional Hospital clinic.

What does the study involve?
Children under 5 years and pregnant women hospitalized with respiratory symptoms are eligible. The study is voluntary.

Participants will get a nose swab (just the front of the nose). Study staff will ask questions about RSV risk factors and do a chart review to look for medical conditions.

Participants will receive their test results. We will send regular summaries to YKHC providers and community leaders.
ANIAK RESIDENT TAKES ON THE CHALLENGE OF LOOSE DOGS

Back in early August, YKHC hosted its second Introduction to Injury Prevention training in Bethel, attended by participants from throughout the YK Delta. This training was offered to community members to provide them with the tools to help reduce the number of injuries in their community.

At the end of the training, attendees returned to their community to create a tailored injury prevention project. Missy Kameroff from Aniak was the first attendee to create and implement her project.

Missy wanted to reduce the number of loose dogs in her community. Loose dogs had been chasing vehicles and causing accidents, getting on the runway, biting people and other dogs, and following kids at the bus stop. In order to address this problem, Missy came up with some creative ways to encourage responsible pet ownership. How is she doing it?

First, she worked to amend the city’s animal control ordinance. Along with the city manager and city council, Missy added ways to document loose dogs, assign fines and fees for violations, and make sure they were being enforced. A large portion of her $1500 project funds were used to help increase compliance. The City used their matching funds to purchase supplies for owners, such as collars, leashes, and tie-downs, as well as supplies for their animal control officer.

To prevent further unwanted dogs, the city partnered with Dr. Laurie Meythaler-Mullins, the Community Outreach & Public Health Veterinarian in Bethel, to bring two spay and neuter clinics to Aniak, where pet owners could get their animals fixed and get other vaccinations as well, such as rabies.

All appointments filled up days in advance, and Missy hopes to have more vet clinics in the future.

Missy also created the first City Park Pet Show to highlight and encourage the many responsible and proud pet owners in Aniak. The pet show was open to the community and provided a platform for Missy to increase community awareness around animal control issues and the goals of her injury prevention project.

Surrounding communities have already begun to reach out to Missy to learn how they, too, can address their loose dog problem.

Congratulations, Missy, on all your successes! We are excited to support you as this project continues to grow.

For more information, contact the Office of Environmental Health at 543-6420.

STAFF MOVES

Over the past few months, the Dental team has been working to ensure that the move from CHSB to the new hospital did not disrupt patient care.

Many employees have gone above and beyond to help us deliver the best patient care possible in our new clinic. During this process, Lauren Ranft has shown exemplary dedication to the well-being of our patients. Lauren has often worked on her days off, taking on any task that needs to be done, and leading with an example that any work that needs to be done can be done with the patient in mind.

Without Lauren’s tireless efforts, this beginning in our beautiful new clinic would have surely been tarnished with chaos.

Thank you to our entire dental team for pulling together and making this fresh start possible. Thank you to our patients for placing your trust in our hands to deliver the highest quality dental care possible.

—Dr. Tucker Burnett, Dental Director
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.

JANUARY

Behavioral Health
Emmonak: Ronto Roney, BH Clinican..............1/6-10

Dental
Chuathbaluk: Conan Murat DHAT
and Dental Assistant ___________________________1/6-10
Tununak: Shawn Martin, DHAT + 1 ____________________1/6-10
Mekoryuk: Allison Ayapan, DHAT + 1 ..............1/13-17
Tununak: Dr. David Humphrey
and two Dental Assistants ___________________1/20-30
Upper Kalskag: Conan Murat DHAT
and Dental Assistant ________________________1/27-31

Family Medicine
Pitka’s Point: Laura Koskenmaki, FNP ........12/30-1/6
Chuathbaluk: Blake Shaahlaie, PA-C .............1/3-9
Marshall: Deb Coolidge, PA-C ..................1/2-10
Alakanuk: G Kanrilak
and Olliane Kameroff, SI ______________________1/5-10
Tuluksak: Kate Platt, FNP, ___________________1/6-9
Anvik: Kate Platts, FNP, ______________________1/7-10
Nightmute: Anne Willard, AP-C ..................1/6-9
Newtok: Matthew Willard, PA ....................1/6-9
Crooked Creek: Kate Platts, FNP, ..............1/6-10
Mountain Village: Vicki Lear, PA-C ..............1/6-10
Akiaq: Cameron Mortensen PA-C (BTI)
and Linda Wiseman ________________________1/6-10
Tununak: Dr. Judy with nurse ......................1/7-7
Sieetmute: Chet Ford FNP
and Mike Compton __________________________1/7-15
Akiaq: Joan Daniels, FNP with nurse .............1/12-15
Russian Mission: Lyvae Southerl
and, PA-C with nurse ................................1/13-15
Stony River: Colleen Britt, FNP
and Agnes Nicoli, CHP ..............................1/13-15
Tuntutuliak: Kate Platts FNP ......................1/13-14

Scammon Bay: Barrie R. Levin FNP-BC . ....1/13-15
Hooper Bay: Dr. Mondesir
and Dr. Fahl (resident) ______________________1/14-16
Kwigillingok: Kate Platts, FNP ......................1/15-17
Napakiak: Laura Koskenmaki FNP ..............1/15-21
Chefornak: Deb Coolidge PA-C ..............1/16-24
Chuathbaluk: Rachael Youngblood
and Rachel Konth ____________________________1/20-22
Akiaq: Jeffrey Thompson FNP - BTI ................1/20-23
Eek: Kate Platts, FNP ________________________1/20-21
Crooked Creek: Chet Ford FNP
and Mike Compton __________________________1/21-28
Chevak: Linda Hewett, FNP ..............1/21-23
St. Mary’s: Dr. Wong __________________________1/22-24
Grayling: Kate Platts, FNP ______________________1/22-24
Quinhagak: Kate Platts, FNP ..............1/27-28
Lower Kalskag: Colleen Britt, FNP
and April Mattson, CHP ______________________1/27-31
Alakanuk: Laura Koskenmaki, FNP ..............1/27-31
Akiaq: Dr. Steffenides with nurse ..............1/27-30
Newtok: Matthew Willard, PA ....................1/27-30
Newtok: Kate Platts, FNP, ___________________1/29-31
Chevak: Sandra Beeman, PA-C ..............1/28-30
Sieetmute: Blake Shalahia, PA-C ..............1/30-31
Optical
Scammon Bay: Dr. Kalistook ......................1/6-10

FEBRUARY

Dentist
Emmonak: Philip Johnson and Diabetes .......2/10-12

Dental
Emomonak: Philip Johnson and Diabetes .......2/10-12

Russian Mission: Carrie Johnson, DHAT
and Jared Thorson, DA-I ______________________2/17-21
Lower Kalskag: Conan Murat DHAT
and Dental Assistant __________________________2/24-28

Family Medicine
Grayling: Marsha Dunkley, MD, 
possibly with a nurse ................................2/3-6
Russian Mission: Rachael Youngblood
and April Mattson ____________________________2/3-6
Napakiak: Anne Komulainen, PA-C 
with nurse ................................2/3-5

Chevak: Linda Hewett, FNP ......................2/4-6
Tununak: Matthew Willard, PA ................2/10-13
Anvik: Colleen Britt, FNP
and April Mattson, CHP ______________________2/17-19
Chevak: Sandra Beeman, PA-C ..............2/18-20
Upper Kalskag: Colleen Britt, FNP
and Agnes Nicoli, CHP ______________________2/24-28
Nightmute: Dr. Judy with a nurse ..............2/24-26
Chefornak: Lisa Stout, CNM with nurse .......2/24-27
Mountain Village: Denise Tran, FNP ........2/25-27

MARCH

Dental
Grayling: Carrie Johnson DHAT
and Jared Thorson DA-I ______________________3/2-6
Anvik: Conan Murat DHAT
and Dental Assistant _________________________3/9-13
Chefornak: Allison Ayapan, DHAT + 1 ........3/9-13
Shageluk: Carrie Johnson DHAT
and Jared Thorson, DA-I ______________________3/16-20
Newtok: Shawn Martin, DHAT + 1 ..............3/16-21
Upper Kalskag: Conan Murat DHAT
and Dental Assistant _________________________3/23-27
Crooked Creek: Carrie Johnson DHAT
and Jared Thorson, DA-I ______________________3/30-4/3

Family Medicine
Tuluksak: Kevin Krenek, FNP,
with Angela Waller, FNP, and one nurse ....3/2-5
Chevak: Linda Hewett, FNP ......................3/3-5
Lower Kalskag: Colleen Britt, FNP
and Shelby Lee Simeon, CHA-II .................3/9-13
Hooper Bay: Dr. Wong ______________________3/9-12
Napakiak: Dr. Robert Tyree ......................3/9-12
Chevak: Sandra Beeman PA-C ..................3/10-12
Pilot Station: Denise Tran, FNP .................3/10-12
Chefornak: Andrea Fahas, FNP + 1 ............3/16-19
Akiaq: Susan Dunbar, WHNP, with nurse ....3/16-19
Nunapitchuk: Dr. Bellville with nurse ......3/23-26
Lower Kalskag: Colleen Britt, FNP .............3/23-26
Newtok: Matthew Willard, PA ..................3/23-26