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SAVE THE DATE
TRIBAL UNITY

YKHC GATHERING
2020
April 1–2
Yupiit Piciryarait Cultural
Center • Bethel
“Striving to Become the Healthiest People”
**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 ................. 543-6790  
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 907-543-6039. E-mail: publicrelations@ykhc.org

Deadline is the 15th of the month, or the preceding Friday if the 15th 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.
In February, the World Health Organization (WHO) announced an official name for the disease that is causing the current outbreak of coronavirus disease, called COVID-19. YKHC and other health systems have met weekly with officials from the State of Alaska and the US Centers for Disease Control and Prevention (CDC) on COVID-19.

At the time of this Messenger’s publication, it is unlikely COVID-19 is in the Yukon-Kuskokwim Delta. Nevertheless, YKHC has been actively preparing. Emergency preparedness is core to our organization. We regularly assess and drill on our emergency preparedness internally and with community partners, including the State of Alaska.

Last month, we held our first CEO COVID-19 Team meeting. It is a multidisciplinary meeting of facility leadership from across our health system to assess our COVID-19 readiness and to review the CDC’s most recent surveillance and guidance. It will continue on a weekly basis for the foreseeable future. The Team has and will continue to review and take necessary actions on readiness, including:

- the review of our infection prevention and control policies;
- training for healthcare personnel;
- process for rapid identification;
- isolation and placement of patients with confirmed or suspected COVID-19;
- personal protective equipment and other necessary supplies for both staff and patients;
- patient transport;
- hand hygiene;
- environmental cleaning;
- how we protect visitors and staff in our facilities;
- public service announcements; and
- continued monitoring and managing of COVID-19 if it arrives in the Yukon-Kuskokwim Delta.

Although the global situation is changing daily, at the time of this publication, it is unlikely COVID-19 is in the Yukon-Kuskokwim Delta. However, the CDC and other experts say the chances for community transmission in the US is increasing and therefore, YKHC must continue to be vigilant and prepared.

For the latest information and best guidance on how to protect you and your family from COVID-19, you are encouraged to go to the CDC website at http://www.cdc.gov/coronavirus/2019-ncov/

Sincerely,

[Signature]

Dan Winkelman, President and CEO.
MARCH IS NATIONAL COLORECTAL CANCER AWARENESS MONTH

Did you know that colon cancer is a leading cause of cancer related deaths among Alaska Native people?

There are several ways to screen for and prevent colon cancer. The first way is with a procedure called a colonoscopy. This is a test that involves taking medication to clean out your colon and then a long flexible tube is used to look at your entire colon.

During the procedure, a small camera on the end of the tube allows the doctor to see the inside of your entire colon. If the doctor sees any abnormalities, they can be removed at the time of the procedure. In some cases, that is all that is needed to treat a very early cancer.

If a bigger problem is detected, you can be referred to Anchorage for further testing and treatment. If a problem is found at the time of a colonoscopy, sometimes a repeat colonoscopy is needed within 1-5 years to follow up on the problem. If no problems are found, a follow up in 10 years is usually recommended.

Another way to test for colon cancer is a test on your feces. This is done by getting a kit from your provider and following the directions to test your feces for blood or other problems. If the test is positive, your provider will likely recommend you undergo a colonoscopy to determine what the source of the blood might be.

Because of the high rate of colon cancer among Alaska Native people, it is recommended that all Alaska Native people begin this screening at the age of 40. If someone in your family has a history of colon cancer, you may have to begin screening earlier than 40.

Because colon cancer might be easier to treat if it is found at an earlier stage with screening, it is very important that everyone get screened starting at the age of 40.

Some of the symptoms of colon cancer can include abdominal pain and bloating, change in the size of your bowel movements, blood in your bowel movements, unplanned weight loss or anemia (low red blood cell count.) If you have these symptoms, don’t wait. Call your health aide or the clinic in Bethel to get an appointment right away.

If you are 40 or older and haven’t had colon cancer screening, call your health aide or your provider in Bethel to get a referral. The appointment line in Bethel is 907-543-6442.

MARCH 2020 SAFETY TIP:
Smoke Alarms and Carbon Monoxide (CO) detectors

Three out of every five home fire deaths result from fires in homes with no smoke alarms.

• Test your smoke alarms and CO detectors every month
• Replace the battery at least once a year. If the alarm makes a “chirping” sound, replace it immediately.
• Smoke alarms should be in every bedroom and in the common areas on each floor of a home. Mount them at least 10 feet from the stove to reduce false alarms, less than 12 inches from the ceiling and away from windows, doors and ducts.
• Smoke alarms can be interconnected wirelessly. That means, when one sounds, they all sound.
• Testing your CO detector as you test your smoke alarm will help keep it in working order as well.
• It is good practice to test your CO detector as you test your smoke detector.

Source: National Safety Council
PJCP CONSTRUCTION

Work in the connector link between the Clinic and the Hospital continues, including the wood beam frame in the Gathering House’s high ceiling space. Windows were installed at the exterior radius wall. Fire stopping application, electrical, plumbing and mechanical rough-in continues in the same areas. Drywall installation continues at walls and ceilings. This work area also includes the Gift Shop, Patient Financial/Travel and Phase 2 of the Outpatient Pharmacy.

HOSPITAL RENOVATION

The new Emergency Department and Behavioral Health renovation build-out continues with mechanical, electrical, and communication trades all working in preparation for the ceiling grid installation beginning early February. Drywall prep is ongoing and painting has started in the emergency patient rooms. At the emergency waiting and triage area, wall framing is complete, with electrical rough-in completing and drywall installation started.

A new electrical room is being built, taking over a portion of the hospital pharmacy. Walls are in place and the electrical panels and transformers are being set as conduit penetrations are made through the existing hospital floor.

At Central Sterile/Surgery, demolition of the Imaging check-in and waiting room occurred the first week of February for renovation into the new waiting area for the Imaging department. The temporary dining area and waiting area for Diagnostic Imaging were completed at the end of January. Wall framing is being completed, utility rough-in continues in the Surgery and Central Sterile areas.

The Central Sterile equipment vendor visited the site to review progress and answer contractor questions for utility rough-in of the equipment. Demolition of part of the hospital boiler room has started. This area will become the dining area for the cafeteria and connect directly to the Gathering House.

INSPECTIONS

Architect and Engineering team members will continue a periodic presence on-site in late February along with the Commissioning Agent. Medical gas piping is ongoing with rough-in observations made by YKHC and overseen by a third party medical gas certification contractor. 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 available for small areas.

FUTURE MILESTONES

- Demolition of mechanical and electrical equipment in hospital roof top penthouse #2
- Above ceiling inspections at the Hospital Emergency and Behavioral Health departments
- New Server room layout in the Hospital and installation of large cooling fan
Healthy Living

March is National Nutrition Month and is a great
time of year to set new healthy eating goals.

To help you with this, Diabetes Prevention and Control (DP&C) has started releasing healthy recipes each month that show you how to make simple and inexpensive healthy recipes with ingredients you can find in most stores throughout our region.

DP&C will also be hosting a weekly event every Friday throughout the month of March from 11:30 a.m. to 1 p.m. in the Wellness Center. If you are in Bethel on a Friday, stop by and try some samples of our healthy recipes and take some recipe cards home with you. We will also have a light exercise class happening at the same time that we encourage you to participate in.

**THIS MONTH’S RECIPE: Three Can Chili**

**Ingredients**
- 1 can beans
- 1 can crushed tomatoes
- 1 can corn
- Chili Powder to taste

**Preparation**
1. Drain and rinse the beans and corn to remove excess salt. Add to medium sized pot.
2. Add entire can, liquid included, of crushed tomatoes to the pot.
3. Add small amount of chili powder to pot and cook over medium heat.
4. Stir until chili starts to simmer.
5. Taste and add additional chili powder if you would like chili to be spicier.
   Serve hot.

\*Adapted from www.eatright.org

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**NATIONAL NUTRITION MONTH**

In honor of National Nutrition Month, below are some helpful tips on how to eat healthy, well-balanced meals.

**Make half of your plate fruits and vegetables!**
- Fresh, frozen, dried or canned fruits are all healthy options. For canned fruits and vegetables, try rinsing them off before eating. This will help to remove some of the added sugar and salt that is used for processing.
- Enjoy fruit with meals or alone as snacks/dessert!
- Make sure to eat fruits and vegetables in a variety of colors to make sure you get all of the nutrients your body needs to stay healthy.
- Prepare vegetables in a variety of ways to keep things interesting – you can steam, sauté, roast most veggies or even eat them raw!

**Make a quarter of your plate grains**
- Make sure at least half of the grains you eat are whole grains.

**Make a quarter of your plate a protein**
- Mix up your protein foods to include seafood, beans and peas, unsalted nuts and seeds, soy products, eggs, and lean meats and poultry.
- Try to eat at least one meatless meal a week – beans make for a great main course alternative protein!

**Drink and eat less sodium, saturated fats, and sugars**
- Limit the amount of food you eat that is high in sodium, saturated fat, and added sugar.
- Choose vegetable oils instead of butter.
- Drink water or unsweetened tea/coffee instead of sugary beverages.
- Choose fat-free milk, cheese, and yogurt to help cut back on saturated fats.

*Adapted from www.eatright.org*
Kevin Morgan is a Bethel singer/song writer who shared his success on quitting tobacco during our Wellness Wednesday radio broadcast on February 5.

Kevin started smoking during a band practice when he was 18 years old. At that time, tobacco culture was huge and continued to influence Kevin while he was in college. One day, he met someone special. That special lady motivated him to quit because he did not want their first kiss to be like kissing an ashtray. Kevin went cold turkey for about three years before smoking again for one month.

Now, Kevin has been tobacco-free for several years and it has not been easy. He used to enjoy taking smoke breaks, socializing with other smokers and going on long walks while smoking. These activities were important to Kevin, and still are now that he has learned to partake without smoking. Overall, Kevin wanted a healthy and active life and realized that tobacco was taking over what he enjoyed. Instead of living how he wanted to, Kevin was giving in to his addiction and letting himself down.

One way that Kevin stayed busy was through singing and writing songs. “Same Old Enemy” is his testament and smoking history all wrapped together and discusses how you give yourself to tobacco. What you get in return is never worth the price you pay, and how hard it is to resist tobacco when trying to quit.

If you would like to listen to the radio broadcast that features “Same Old Enemy” go to www.kyuk.org/programs/wellness-wednesday.

**Quit Tip:** Fill your time with positive behaviors and activities

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**MARCH IS DEVELOPMENTAL DISABILITIES AWARENESS MONTH**

In the month of March, awareness for Developmental Disabilities is being observed across the nation with themes that focus on public awareness, community inclusion, and living side-by-side with others within the home and community of choice.

In 1987, President Ronald Reagan made a proclamation to officially deem March as Developmental Disabilities Awareness Month. This month of March 2020, alongside many individuals and staff, we are not only providing awareness but also celebrating the many talents, skills, and remarkable experiences of those we serve and work with. More information about DD Awareness Month can be found at https://nacdd.org.

YKHC has served many individuals with disabilities since 2004, providing support and assistance in different positions from direct care providers, who are hired from their home villages and flown into Bethel for various trainings, to Care Coordinators who make quarterly visits to see individuals and their families in their home villages.

For more information on how you could join our team you can visit the www.ykhc.org website or call our office at 543-2762.

To have an intellectual developmental disability, an individual must meet certain criteria determined by a psychological evaluation, Individual Education Plan, Education Summary and Eligibility Review, medical records, and other documents necessary to support the concerns for any development delays.

If you have any concerns or would like to inquire about IDD eligibility please contact the YKHC STAR Coordinator, Marsha Riley at 543-2762.
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: | Valid U.S. passport  
|                | 1. Date of birth          | Certified copy of U.S. birth certificate  
|                | 2. True full name (first, middle and last) | Certificate of Naturalization or Certificate of U.S. Citizenship  
|                | 3. U.S. citizenship or lawful status |  

| Social Security Number (SSN) | 1 document that contains: | Social Security Card  
|                              | 1. Name                    | W-2 form  
|                              | 2. Full SSN                | Pay stub with full SSN  

| Alaska Residency | 2 documents that contain: | Rental or lease agreement  
|                 | 1. First and last name     | Utility bills  
|                 | 2. 1 document must be dated within the last 90 days | 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  

Example documents include, but are not limited to:*  

*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 https://online.dmv.alaska.gov/REALIdChecklist 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
Bonnie Hunt is a Dental Health Aide Therapist for the Emmonak Sub-Regional Clinic. For Bonnie, being a therapist is all for the sake or the community she calls home.

“I love everything about Emmonak,” Bonnie says, “I love how this community keeps traditions alive.” Bonnie says in Emmonak, she still hunts seal with a spear, and hunts whales with harpoons.

Bonnie explains that Emmonak helps to keep traditions alive with her family too.

“I’m very proud that my husband gets to drum with elders and he’ll be able to teach our son those traditional songs and be able to teach our son some of the language.”

While Bonnie is not originally from Emmonak, she says the community she grew up in was very similar, “I was very lucky to grow up in Unalakeet, a community that also has the same values as Emmonak. In Emmonak I feel connected to my roots.”

Bonnie has been a DHAT for nearly 10 years. “I love being a dental health aide therapist because I’m able to brighten people’s smiles and I’m able to relieve patients of pain that comes from their mouth.”

Bonnie says being a DHAT is a way to give back. “This is not just a job. I’m helping people.”
JANUARY 2020 HEALTH AIDE OF THE MONTH:
Patrice Carl, CHA II, Newtok

Patrice Carl is a CHA II from Newtok, Alaska. Since October, residents from Newtok have been relocating to Mertarvik. With Mertarvik being so new, residents have been traveling to Newtok for care and to fly out to Bethel they ride to Newtok to fly out.

Patrice does an amazing job working in Newtok and also covering for Mertarvik when needed. She responded to multiple events of emergencies with calmness and confidence. We’d like to thank you Patrice for a job well done! Keep up the amazing work!

NOT TOO LATE FOR FLU VACCINATION PROTECTION

Influenza, the flu, is still active in the YK Delta. YKHC encourages everyone who has not already had a flu shot this year to receive the 2019-20 seasonal flu vaccination.

Even if you’ve had the flu this year, there are other strains of flu going around and getting a flu shot will offer you protection from those.

Flu comes in two types, A and B, with different strains of each. The regular flu vaccine protects you from the two expected strains of type A and another two strains of type B. While not perfect, it has been very effective this year. Don’t get sick again this season. Make sure you are protected with a flu shot.

The good news is we have given more flu shots so far this season than we did in each of the three previous years. So, our communities are already better protected! One of our goals is to have over half of all residents in every village protected by the flu vaccination. Quite a few have achieved that goal.

We continue to offer flu shots at all of our operating village health clinics and we have been sending additional vaccines with outpatient providers, float health aides, and the CHAP itinerant providers when they travel to villages.

In addition, we have offered community clinics at the Bethel Saturday market, various school events, and other community locations using our enthusiastic staff and volunteers. Bethel Public Health, UAA RN nursing students, and a number of our YKHC staff have been great collaborators in community flu shot clinics!

The High Dose Version

Elders age 65 and over are eligible for a high dose flu vaccine, which provides extra protection through a stronger dose than the regular flu vaccine. When you get older, your immune system may not respond as strongly to infection. The high dose vaccine is made to overcome that and keep elders well protected.

Children under age eight, who have not had two flu shots, will still need a second shot this season. This is because we try to give two flu shots to children age six months and up in the first year they get the flu vaccination to build immunity. Flu vaccination is safe and effective.

A common question is, can I get the flu from getting the flu shot? The answer is NO. It takes two weeks to develop full protection, so you could get exposed and sick during that time. This is why we encourage early flu vaccination. It is still a good time to get that protection! Get your flu shot and encourage family and friends to get theirs also.
SMILE ALASKA STYLE 2020

On Saturday, March 21, the YKHC Dental Department will be hosting the 31st annual Smile Alaska Style event at Bethel’s Cama-i Dance Festival.

At Smile Alaska Style, the dental team will provide dental screenings, education, prizes and give-aways. Prizes will be awarded for the BEST ALASKAN SMILE. Judges take into consideration the oral health of the contestant, any traditional Alaskan attire worn, and your smile!

Come join us Saturday the 21st for fun, prizes, pictures, and valuable information to help enable you to keep your healthy smile for a lifetime!

TOBACCO FREE CAMPUS COMMITTEE WANTS TO HEAR FROM YOU!

February 3, 2020 marked the three-year anniversary of YKHC’s Tobacco Free Campus Policy.

Do you have questions, comments or suggestions related to our Tobacco Free Campus Policy?

YKHC’s Tobacco Prevention and Cessation department is inviting all employees, patients, visitors and community members to participate in a meeting to discuss the Tobacco-Free Campus Policy.

The meeting will be held in the Wellness Center Activity Room # F2502 on March 13 from noon to 1 p.m. Lunch will be provided.

If you plan on attending please let us know in advance so we can ensure we have enough food for everyone. Email NicotineControl@ykhc.org or call 543-6312. For those unable to meet in person we will be able to connect on Vidyo. Contact us for details.

We look forward to seeing you there!

GIVE KIDS A SMILE!

MARCH 18, 2020

- YKHC Dental staff will be volunteering their time to go to Gladys Jung Elementary School, Mikelnguut Elitnaurviat School and Ayaprun Elementary School.
- GOAL: Talk about the importance of oral health.
- Screenings and Fluoride Applications. We will be sending out permission slips soon to be able to provide this service.

YKHC Dental staff has decided to be a part of the ADA’s Give Kids A Smile (GKAS) program this year.

- Launched nationally by the American Dental Association in 2003.
- More than 5.5 million underserved children received free oral health services.
- Approximately 7,000 dentists along with 30,000 other dental team members volunteer annually across the country.
- This year, there are more than 1,200 GKAS programs registered for 2020.

2020 CENSUS: YOUR RESPONSE MATTERS. BE COUNTED!

Health clinics. Fire departments. Schools. Even roads and highways. The census can shape many different aspects of your community.

Census results help determine how billions of dollars in federal funding flow into states and communities each year.

It’s mandated by the U.S. Constitution in Article 1, Section 2. The U.S. has counted its population every 10 years since 1790.

The census provides critical data that lawmakers, business owners, teachers, and many others use to provide daily services, products, and support for you and your community. Billions of dollars in federal funding for all kinds of services and resources are based on census data.
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 or other scheduling issues.

MARCH:

**Dental**
- **Aniak**: Conan Murat, DHAT + DA 3/2-6
- **Pilot Station**: Bernadette Charles, DHAT + DA 3/2-6
- **Chevak**: Janette Ulak, DHAT + DA 3/2-6
- **Emmonak**: Bonnie Hunt, DHAT + DA 3/2-6
- **St. Mary’s**: Renee Cheemuk, DHAT + DA 3/2-6
- **Toksook Bay**: Allison Ayapan, DHAT + DA 3/2-6
- **Atmautluak**: Dr. Keith Brannen + 2 Dental assistants 3/3-5
- **Lower Kalskag**: Conan Murat, DHAT, and Dental Assistant 3/9-13
- **Chefornak**: Allison Ayapan, DHAT + DA 3/9-13
- **Newtok**: Shawn Martin, DHAT 3/16-21
- **Upper Kalskag**: Conan Murat, DHAT, and Dental Assistant 3/23-27
- **Pilot Station**: Renee Cheemuk, DHAT, and Kristina Sheldon 3/23-27
- **Pilot Station**: Bernadette Charles, DHAT and Janelle Amos, DA 3/30-4/3
- **St. Mary’s**: Dr. Thomas Allen and DA 3/23-4/3
- **Pilot Station**: Bernadette Charles, DHAT and Janelle Amos, DA 3/30-4/3

**Family Medicine**
- **Hooper Bay**: Brian Blum + 3 Interns 3/2-6
- **Tuluk sax**: 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 ShelbyLee Simeon, CHA-II 3/9-13
- **Emmonak**: Dr. Won 3/9-12
- **Napaskiak**: Dr. Robert Tyree 3/9-12
- **Chevak**: Sandra Beeman, PA-C 3/10-12
- **Pilot Station**: Denise Tran, FNP 3/10-12
- **Shageluk**: Rachael Youngblood 3/16-19
- **Anvik**: Rachael Youngblood 3/16-19
- **Chefornak**: Andrea Fahas, FNP 3/16-19
- **Akiak**: Susan Dunbar, WHNP, with nurse 3/16-19
- **Lower Kalskag**: Colleen Britt, FNP 3/23-26
- **Newtok**: Matthew Willard, PA 3/23-26
- **Mountain Village**: Brian Blum + 2 Interns 3/23-27

**Optometry**
- **St. Mary’s**: K. Penafior, OD + 3 Externs 3/9-13

**Public Health Nursing**
- **Toksook Bay**: Three PHN Nurses and two Anchorage Nurses 3/16-19

**April**

**Behavioral Health**
- **Atmautluak**: Calricaraq Gathering 4/6-9

**Dental**
- **Holy Cross**: Conan Murat, DHAT, and Dental Assistant 4/6-10
- **Marshall**: Renee Cheemuk, DHAT, and Dental Assistant 4/6-10
- **Nightmute**: Shawn Martin, DHAT 4/6-10
- **Sleetmute**: Carrie Johnson, DHAT, and Jared Thorson, DA-L 4/13-17
- **Chefornak**: Allison Ayapan, DHAT + 1 4/27-5/1

**Family Medicine**
- **Crooked Creek**: Colleen Britt, FNP, and April Mattson, CHP 4/6-9
- **Kipnuk**: Anne Komulainen, PA-C, with nurse 4/6-9
- **Pilot Station**: Vicki Lear, PA-C, with health aide 4/6-9
- **Chevak**: Linda Hewett, FNP 4/7-9

**Atmautluak**: Joan Daniels, FNP, with nurse 4/13-16
- **Sleetmute**: Colleen Britt, FNP 4/13-16
- **Stony River**: Colleen Britt, FNP 4/13-16
- **Atmautluak**: Brandon Nelson (CHAP) 4/13-17
- **Grayling**: Rachael Youngblood 4/20-23
- **Holy Cross**: Rachael Youngblood 4/20-23
- **Tunutulilak**: Tom Miller, FNP, with nurse 4/20-23
- **St. Mary’s**: Brandon Nelson (CHAP) 4/20-24
- **Upper Kalskag**: Colleen Britt, FNP 4/27-30
- **Akiachak**: Lisa Stout, CNM, with nurse 4/27-30
- **Knethiluk**: Brandon Nelson (CHAP) 4/27-5/1
- **Chevak**: Sandra Beeman, PA-C 4/28-30

**May**

**Dental**
- **Lower Kalskag**: Conan Murat, DHAT, and DA 5/4-8
- **Tununak**: Shawn Martin, DHAT 5/11-16

**Family Medicine**
- **Quinhagak**: Dr. Bellville 5/4-7
- **Crooked Creek**: Colleen Britt 5/4-7
- **Kwethluk**: Angela Waller, FNP, with nurse 5/4-7
- **Scammon Bay**: Dr. Tyree with nurse and resident 5/4-7
- **Nightmute**: Anne Willard, FNP 5/4-6
- **Chevak**: Linda Hewett, FNP 5/5-7
- **Emmonak**: Dr. Won 5/11-14
- **Marshall**: Anne Komulainen, PA-C, and Rebecca Touger, IM Fellow, with nurse 5/11-14
- **Lower Kalskag**: Colleen Britt, FNP and April Mattson, CHP 5/18-22
- **Nunam Iqua**: Dr. Johnson and nurse 5/18-20
- **Mekoryuk**: Anne Willard, FNP 5/18-20
- **Russian Mission**: Rachael Youngblood 5/26-29
- **Chevak**: Sandra Beeman, PA-C 5/26-28
- **Chuahbaluk**: Dr. Dunkley with nurse 5/26-28