



SPECIAL EMPLOYEE RECOGNITION ISSUE



Make your well-being a priority.
Take a walk through the tundra.

Spending time on the tundra is simply being in nature, connecting with it through our senses of sight, hearing, taste, smell and touch. By opening our senses, it bridges the gap between us and the natural world.

By 2050, 66 percent of the world's population is projected to live in cities. According to a study sponsored by the Environmental Protection Agency, the average American spends 93 percent of his or her time indoors.

But the good news is that even a small amount of time in nature can have an impact on our health. A two-hour "tundra bath" will help you to unplug from technology and slow down. It will bring you into the present moment and de-stress and relax you.

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COVID-19 RESOURCES

Covid-19 Nurse Triage Line

543-6949

– If you are feeling sick, or seeking medical advice.

Behavioral Health COVID-19 Emotional Support Phone line

543-6272

–Talk to a behavioral health team member and get some help to alleviate your worries.
9 a.m. to 5 p.m., Monday-Friday

Behavioral Health Emergency Services

543-6499

– For suicidal ideation, severe depression, decompensation, or serious issues call 24/7

SAMHSA (Substance Abuse and Mental Health Services Administration) Disaster Distress Helpline

1-800-985-5990

– or text TalkWithUs to 66746 to connect with a trained crisis counselor.

YKHC Website

www.ykhc.org/covid-19

Centers for Disease Control & Prevention

<https://www.cdc.gov/coronavirus/2019-nCoV/>

RESOURCES

YKHC main switchboard 543-6000
Toll Free 1-800-478-3321

APPOINTMENTS

Outpatient Clinics 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 Contro & EMS..... 543-6420

ADMINISTRATION & SUPPORT

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

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The Messenger is also available for download on our website at www.ykhc.org/messenger. Please ask permission to reprint articles or pictures.

This institution is an equal opportunity provider.

ATTENTION: If you speak Yup'ik, free translations services are available to you. Call 907-543-6603.

YKHC BOARD OF DIRECTORS

Unit 1



Mary Ayunerak
Alakanuk



Michael Hunt, Sr.
Kotlik

Unit 2



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St. Mary's



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VACANT

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Bonnie Persson
Upper Kalskag



Patricia Yaska
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Akiachak



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Nunapitchuk



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Unit 7



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Mekoryuk



James Sipary
Toksook Bay

Unit 9



Patrick Tall
Chevak



John Uttereyuk
Scammon Bay

Unit 10



Darren Cleveland
Quinhagak

Unit 11



Marvin Deacon
Grayling

Honorary Board Member



James Charlie, Sr.
Toksook Bay

Message

from the President & CEO



Dan Winkelman,
President and CEO.

THE IMPORTANCE OF COVID-19 TESTING

Waqaa! Practicing all known COVID-19 safeguards is important in any setting, but especially in congregate settings like schools and airplanes that arrive from areas with community spread.

In these types of settings, in order to prevent or limit the size of outbreaks, testing becomes even more important.

SCALED TESTING AT SCHOOLS IS NEEDED

Earlier this summer, YKHC began consulting with all seven school districts in the YK Delta in order to provide education on COVID-19 infection control methodologies. We also recently began a weekly call with all seven districts to better manage operational issues and to provide timely and consistent communication. While YKHC has committed to helping all of our schools with their individual testing needs, at this time, YKHC does not have the capability to implement a comprehensive testing program in all schools. We do, however, have the ability to offer limited testing in most villages and are currently working with some districts to implement a scaled testing program.

Although YKHC has given more than 15,000 tests to date, due to no national strategy to improve testing, YKHC and other hospitals across Alaska and the U.S. have limited testing capacity. We continue to encounter problems with testing, including long wait times for results, having enough tests, accessibility, supply chain issues and other testing problems. Without a national strategy to improve testing, unfortunately, we can expect these problems with testing to continue.

Nevertheless, YKHC is committed to assisting all schools to the greatest extent possible.

MANDATORY BETHEL AIRPORT TESTING IS NEEDED

On August 25, YKHC convened a meeting with Senator Lyman Hoffman, City of Bethel Mayor Perry Barr, Acting City Manager Lori Strickler, and City Attorney Libby Bakalar. YKHC has long advocated that YK Delta residents and businesses practice several COVID-19 precautions including universal masking in public, frequent hand washing, physical distancing and mandatory COVID-19 testing of all incoming travelers from out-of-region at the Bethel airport. Only 50 percent to 75 percent of passengers from Anchorage opt for free testing at the Bethel airport.

In July, I testified before the Bethel City Council, advocating they mandate COVID-19 testing at the airport. YKHC has continued those discussions with the City and the State of Alaska. YKHC recently worked with Senator Hoffman to bring all parties together. During this meeting, Senator Hoffman informed the City of Bethel that the Alaska Department of Law, through the Governor's office, would share its legal guidance confirming YKHC's testimony and legal argument that second-class cities, like the City of Bethel, have emergency authority under both the Alaska Disaster Act and municipal statutes generally, titles 26 and 29, to mandate temporary and reasonable requirements to protect public health and safety—including mandating COVID-19 testing at the Bethel airport and wearing masks in public so long as these measures are not prohibited by law elsewhere. The guidance we received is available online at www.ykhc.org.

While practicing all known COVID-19 safeguards is important, a comprehensive COVID-19 plan that also includes mandatory airport testing of incoming passengers from other communities with community spread is a known best-practice that other communities and countries have used successfully to prevent or limit widespread outbreaks. Such strategies and tactics, so long as implemented early and by a willing community, will further reduce the YK Delta's risk of community spread.

In a Special Meeting on August 31, the Bethel City Council unanimously passed an emergency ordinance requiring COVID-19 testing upon arrival to the Bethel airport. YKHC extends its appreciation to our community leaders for their work to keep our community and region safe during this pandemic.

Sincerely,

A handwritten signature in black ink, appearing to read 'Dan', written over a white background.

COVID-19 UPDATE

HOW COMMUNITIES CAN SUPPORT THOSE IN QUARANTINE/ISOLATION

When an individual tests positive for COVID-19, a provider will contact them with the results and a member of the YKHC Contact Tracing Team will follow up with an interview to determine who they may have been in contact with while they were infectious.

The Contact Tracing Team will then call all close contacts to notify them they were a close contact of someone who tested positive for COVID-19. Close contacts are individuals who were within six feet of someone who tested positive for a period of 15 minutes, or who were in a small space with an infected person for an extended period of time—such as a small airplane.

Close contacts are asked to quarantine along with members of their household for two weeks. The Contact Tracing Team will also contact all other general contacts, individuals who were reported to be around someone who tested positive for COVID-19, but not close enough to be considered a close contact. These individuals are asked to limit movement as much as possible, and directed to wear a mask whenever they have to go out in public.

Isolation times vary for individuals who are positive for COVID-19. Close contacts are advised to quarantine for 14 days since after the last day of exposure to someone who was positive for COVID-19 since it can take up to 14 days for your body to develop symptoms.

In most situations, test results should not be used to end quarantine early. There are some exceptions for critical in-

frastructure workers who can return to work following two negative tests taken five to six days after exposure and 24 hours apart. These exceptions only allow the worker to return to work early. They must not go anywhere other than home or work. While at work, they must limit interactions with others, wear a mask at all times, and complete daily symptom and temperature attestations.

Quarantine is very difficult. Any support the community can provide to individuals isolating or quarantining can be helpful for them to stay home. Households will need help getting food, water, medicine, picking up packages from the post office, etc.

Quarantine can also mean lost revenue and can make it difficult to stay on top of rent and bills. Some communities have used a portion of their CARES funding to assist families financially or with essential errands, or to provide entertainment such as additional internet and movie rentals to help pass time in quarantine. Incentivizing quarantine is typically the best way to keep people in quarantine.

YKHC cannot release the names of individuals who are isolating or quarantining. However, the YKHC Contact Tracing Team can provide a work excuse letter to individuals who test positive or are close contacts of a known positive on behalf of the State of Alaska. Some communities have used this letter to authorize access to programs that support individuals on quarantine or isolation.

If your community has a program that supports individuals on quarantine or isolation, be sure to advertise that locally, and consider sharing with the YKHC Contact Tracing Team at OEHE_Epi@ykhc.org, so that we can let them know when we are doing contact tracing calls.

SEPTEMBER 2020 SAFETY TIP: Slips, Trips and Falls

Fall safety should be a top priority. Construction workers are at the most risk for fatal falls from height, but falls can happen anywhere, and it is important to recognize potential hazards, both on the job and off. Plan ahead and use the right equipment.

- Focus on where you're going, what you're doing, and what lies ahead.
- Take responsibility for fixing, removing, or avoiding hazards in your path.
- Wear sturdy shoes with non-skid soles and flat heels.
- Walk, don't run.
- Wipe your feet when you come in from rain or snow.
- Watch out for floors that are uneven, have holes, etc.
- Keep your hands at your sides, not in your pockets, for balance.
- Don't carry loads you can't see over.
- Walk slowly on slippery surfaces. —Slide your feet and avoid sharp turns.
- Be constantly alert for—and remove or go around—obstructions in your path.

Source: National Safety Council (NSC)

September 2020

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

The connector is being used for access from the main entry of the clinic to the Emergency Department waiting room, Diagnostic Imaging and the cafeteria. The patient financial and travel department opened in July. In the clinic, temporary enclosed dental suites remain in place for treating patients with additional means of separation, versus open operatories during this pandemic period.

In August, fencing was installed below the building perimeter and boardwalks constructed from the connector link, and a covered walkway will be built at the east employee entrance.

HOSPITAL RENOVATION

Hospital entry demolition continued in late July, as the hospital parking lot asphalt was removed to make way for the new parking area, patient drop-off zone, and landscaping and new south entry. The new entry will include an interior ramp for access to security, the Emergency Department Fast Track, Diagnostic Imaging, Medical Records and Preventive Care departments.

Work in these departments through August included the addition of structural steel upgrades, wall layout and framing, rough in of plumbing, mechanical and electrical. The south entry exterior work includes import of sand fill for the new structure and sitework. Structural steel erection should be complete by mid-August followed by concrete floor placement and exterior wall framing. Fireproofing and roofing will commence in late August. The emergency waiting area is partially open, awaiting their added space with the completion of the fast track area.

In the surgery and central sterile remodel areas, plumbing, mechanical, electrical and insulation at above ceiling spaces is proceeding. Painting is completing, wall protection finishes, mechanical, electrical, and sprinkler ceiling trim continues. The design team will perform an above-ceiling inspection in late August followed by contractor completion of ceiling tiles and start of flooring. The electrical contractor will be working throughout August to tie-in emergency power from the new generators to the new transfer switch and panels in the hospital emergency power electrical room to put completed hospital renovation areas on the new generators.

INSPECTIONS

Quality Assurance Services was on-site in mid-August for testing and inspection of welding and bolts at the new steel for the hospital south entrance addition. With A/E team oversight, the YKHC Construction Department continues providing the above-ceiling inspections for architectural, mechanical, plumbing electrical, fire stopping and fire proofing throughout the hospital renovations.



Installation of new Hospital signage.



Demolition of the hospital entry.



Decorative wood ceiling at Pharmacy waiting area.

Employee Recognition

YEARS OF SERVICE

45 YEARS

Dr. Robert Allen, Dentist

Dr. Allen came to the YK Delta in 1975 when the hospital in Bethel was operated by the Indian Health Service. He has seen many different dental operations in his time with YKHC, but our new space is the largest and most advanced in our history. Dr. Allen sponsored the "Doctor Bob's" softball team in the 1990s and, along with Dr. Fritz Craft, initiated the Smile Alaska Style dental disease prevention campaign in 1990.



30 YEARS

Bill O'Brien, EMS Instructor, Sr.

"I have had the privilege, in the last 30 years, to instruct Basic CPR and First Aid as well as EMT-1 courses to Health Aides and entities in the villages and Bethel that requested courses. It is great to hear that students have used the skills they have learned to either save a life or keep the patient from getting any worse and turning the patient over to the next level of care."



25 YEARS

Irene Beaver Certified Nursing Assistant, LTC

Hospital Services, Bethel

Christine Christiansen Materials Management Administrator

Support Services, Bethel

Dr. William Eggimann Physician

Hospital Services, Bethel

Dr. Jane McClure Pediatric Physician

Hospital Services, Bethel

Martha Olick Behavioral Health Aide

Hospital Services, Kwethluk

Bruce Werba Remote Maintenance Worker

Village Health, Bethel

Earlene Wise Certified Health Practitioner, CHAP

Village Health, Upper
Kalskag

20 YEARS

Jacqueline Andrew Certified Health Practitioner, CHAP

Village Health, Napakiak

Marcia Coffey Social Worker

Hospital Services, Bethel

Melanie Gibson Pharmacist

Hospital Services, Bethel

Melody Jordan Licensed Practical Nurse, LTC

Hospital Services, Bethel

Elena Larson Office Assistant, CHAP

Village Health, Kwethluk

Richard Robb Behavioral Health Administrator

Hospital Services, Bethel

Continued on following pages



"I have been with YK for 25 years, 17 of them at Materials Mgmt. I had really great mentors that inspired me."—Christine Christiansen.



"I came to YK as a CNA. With the encouragement of the nurses of NorthWing, I graduated with the first LPN class here in 2002. During my 15 years on NorthWing, the Elders taught me how they they wanted to be cared for, and I am now at Long Term Care caring for my Elders."—Melody Jordan, LPN.



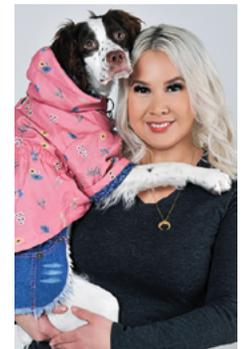
"It has been my privilege to have worked here in Behavioral Health for all these years."—Rick Robb.



Constantinos Dovolos started as a summer hire in 2004. "Working hard got me to the position I'm currently in."



Brian Lefferts' work focuses on partnering with Tribes and community partners to advance health equity in the region. Brian is inspired by the rich culture and wonderful sense of community in the YK Delta.



"I have enjoyed the last 15 years working here at YKHC and look forward to more."—Miranda Miller.

The Messenger invited all Years of Service honorees to send in photos and comments. All those who did so are included here.

EMPLOYEE RECOGNITION: Years of Service, cont.

15 YEARS

Doris Allain-Turner
Laboratory Assistant
Village Health, Aniak

Constantinos Dovolos
Construction Projects Accounting Manager, PJCP
Financial Services, Bethel

Mary Hoffman
Environmental Services, Housekeeping
Support Services, Bethel

Scarlett Hopkins
Research Coordinator
Quality, Bethel

Rebecca Hunter
Patient Resources Financial Counselor
Financial Services, Bethel

Rodney Jones
IT Security Officer
Financial Services, Bethel

Maggie Keene
Environmental Services Lead Worker, Housekeeping
Support Services, Bethel

Brian Lefferts
OEHE Director, Office of Environmental Health
Village Health, Bethel

Miranda Miller
Certified Coder I
Financial Services, Bethel

Dr. Kathleen Pelkan
Physician
Hospital Services, Bethel

James Sweeney
VP of Hospital Services
Senior Leadership Team, Bethel

Josephine Typpo
Medical Records Technician III,
Financial Services, Bethel

10 YEARS

Denise Alexie
Patient Registration Technician, CHAP
Village Health, Bethel

Grace Alirkar
Medical Lead Technician, Medical Records
Financial Services, Bethel

Pearl Andrew
Office Assistant, CHAP
Village Health, Kwigillingok

Rahnia Boyer
VP of Village Health & Workforce Development
Senior Leadership Team, Bethel

Robert Champagne
Financial Systems Analyst III, Networking
Financial Services, Bethel

Joseph Chavez
Medical Supprt Technician III, Outpatient, Specialty Nursing
Hospital Services, Bethel

Dr. Jennifer Eisner
Emergency Room Physician
Hospital Services, Bethel

Gwendolyn Evan
Certified Health Practitioner, CHAP
Village Health, Kongiganak

Andrew Gillilan
Security Officer III, Safety & Security
Support Services, Bethel

Teki Kuqo
Utility Systems Technician, Maintenance
Support Services, Bethel

Janelle Lamont
Certified Health Practitioner, CHAP
Village Health, Saint Mary's

Traci Maczynski
Grant Development Administrator
Financial Services, Bethel

Darlene Mochin
Certified Health Practitioner, CHAP
Village Health, Nunapitchuk

Krystle Penafior
Optometrist
Hospital Services, Bethel

Jonica Thomas
Finance Administrator, Decision Support
Financial Services, Bethel

Jeffrey Typpo
LAN WAN Administrator II, Networking
Financial Services, Bethel

Carlle Wassilie
Cook, Dietary
Support Services, Bethel

Pamela White
Third Party Recovery Manger, Patient Accounts
Financial Services, Bethel

FIVE YEARS

Adeleye Adesuyi, LPN
Outpatient Nurse
Hospital Services, Bethel

Brittany Akaran
Community Health Aide III, CHAP
Village Health, Saint Marys

Josephine Augustine-Edmund
Behavioral Health Case Manager
Hospital Services, Bethel

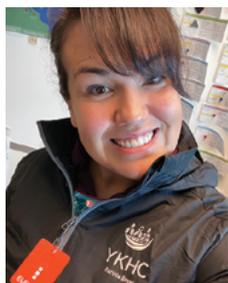
Moses Ayagalria, Jr.
Behavioral Health Case Manager, Opioid Outpatient
Hospital Services, Bethel

Allison Ayapan
Certified DHAT
Village Health, Toksook Bay

Jason Barrett
Pharmacist
Hospital Services, Bethel

David Blake
Carpenter Foreman, Construction
Support Services, Bethel

Thomas Bobo
Village Health Clinic Maintenance Technician, Facility Administration
Village Health, Bethel



"I have always known since I was little that I wanted to help others. I loved knowing that my mom was a Health Aide and how much it meant to her and knew I wanted to do something like that. I've continued to be inspired and motivated by the amazing people that give so much to help our people and communities."—Rahnia Boyer.



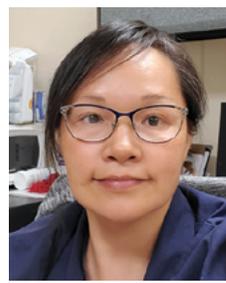
"I have always enjoyed helping others and meeting lots of new people. Some of the best people I have ever met were through working at YKHC."—Andrew Gillilan.



"I have been working as a health aide for 10 years. I love working for my people and our community, also my family helps keep me strong with their love and support."—Janelle Lamont.



"I was born and raised in Bethel, It is very rewarding to be able to come back to work in my hometown after attending college. I enjoy the work I do and the people I work with."—Jonica Thomas.



"Despite this new virus Covid-19 we are still staying strong, even some had to leave. We can beat this too by working together. Thank you very much for having me. I am glad to be here, more willing to help!"—Maggie Keene.



"I knew I wanted to go into the medical field and Optometry seemed like a great fit for me. My mom enjoyed working as a nurse for IHS, and she encouraged me to pursue a career in rural Native healthcare. I moved to Bethel after graduating because I had such a great experience as an extern and have been here ever since!"—Krystle Penafior.

EMPLOYEE RECOGNITION: Years of Service, cont.

Lisa Brown
Village Operations Business
Manager, CHAP
Village Health, Bethel

Eliza Caguioa
Physical Therapist
Hospital Services, Bethel

Jamin Carl
Environmental Services
Village Health, Hooper Bay

Michael Compton
Community Health Aide II,
CHAP
Village Health, HA Float

Joshua Cripe
Environmental Services,
Housekeeping
Support Services, Bethel

Lacy Cripe
Environmental Services Work-
er, Housekeeping
Support Services, Bethel

Remedios Dela Cruz
Cook, Dietary
Support Services, Bethel

Twyla Elhardt
RN Specialty, ER Nursing
Hospital Services, Bethel

Dr. Lisa Evans
Hospitalist Physician
Hospital Services, Bethel

Michael Evon
Psychiatric Technician,
Malone Home
Hospital Services, Bethel

Dr. Nicholas Flickinger
Emergency Room Physician
Hospital Services, Bethel

Marie Friday
ER Technician, ER Nursing
Hospital Services, Bethel

Max Green
Environmental Services
Village Health, Hooper Bay

Joshua Guy
Maintenance Technician
Support Services, Bethel

Paul Hager
Physician Assistant, Emergen-
cy Dept. Supervisor
Hospital Services, Bethel

Gwendolyn Heckman
Community Health Aide III,
CHAP
Village Health, Pilot Station

Josephine Henry
Community Health Aide I,
CHAP
Village Health, Quinhagak

Devin Hoffman
Electrician Apprentice,
Construction
Support Services, Bethel

Jamie Hoffman, N.G.
Accounts Payable Manager
Financial Services, Bethel

Marilyn Jaskowiak
Certified Coder I, Coding
Services
Village Health, Toksook Bay

Andrea John
Office Assistant, CHAP
Village Health, Sleetmute

Elizabeth Joseph
Office Assistant, CHAP
Village Health, Kongiganak

John Kameroff
Utility Systems Technician,
Maintenance
Support Services, Bethel

Renae Keene
Community Health Aide III,
CHAP
Village Health, Kasigluk

Shantell Kessner-Kinegak
HR Generalist, Personnel &
Benefits
WorkForce Development,
Bethel

Frieda Kinegak
Phlebotomist, Laboratory
Hospital Services, Bethel

Hope Kiunya
Community Health Aide III,
CHAP
Village Health, Quinhagak

Dalila Lucatero
Optometrist
Hospital Services, Bethel

Jeremy Malvich
Behavioral Health Finance &
Compliance Manager, Behav-
ioral Health Administration
Hospital Services, Bethel

Linda Mertens, LPN
Employee Health Case
Manager
Hospital Services, Bethel

Dr. John Travis Nelson
Hospitalist Physician
Hospital Services, Bethel

Valerie Nicholi
Office Assistant, CHAP
Village Health, Grayling

Martha Nicolai
Certified Health Practitioner,
CHAP
Village Health, HA Float

Amber Paukan
Patient Registration Specialist,
Sr., Admissions
Village Health, Saint Mary's

Emily Paukan
Certified Health Practitioner,
CHAP
Village Health, HA Float

Alice Peter
Hostel Technician
Financial Services, Bethel



"I was a biller, then promoted to supervisor for PFS and then in 2015 I became the manger for PFS. I recently earned my Certified Revenue Cycle billing credentials. I enjoy the challenges and working with the Revenue Cycle Team."—Pam White.



"I started working at YKHC as an Office Assistant at Kongiganak clinic in July of 2010. I transferred to Health Aide position in July 2012 and started my training as a healthaide. I graduated as Certified Health Practitioner in May of 2016. I enjoy helping my village as a health aide. For stress relief from my job I go out to tundra and enjoy doing subsistence activities to prepare for winter."—Gwendolyn Evan.



"I have lived all my life in Kwigillingok and I am Happy to be a part of the YKHC Kwigillingok clinic team. I applaud all the health aides for their hard work in taking care of their communities the way they do."—Pearl Andrew.



"I have been working as a Health Aide for 10 years and I got to pursue my Community Health Certification for 5 years! I Love working with people in my community and people of YK Delta!"—Darlene Mochin



"Starting at YKHC I was able to take on different roles in these past 5 years getting to where I am now. I'm very thankful and happy to work with an organization that allows you to grow within the departments and field you are working in." — Jamie Hoffman.



"When I was trying to decide what I wanted to do for a career I met a couple Dental Health Aide Therapists. They gave me more information about the program and I liked what they had to say so I applied. Once I started seeing patients I knew I would enjoy it because it gave me a chance to help people in the villages I serve when they're not able to travel to Bethel for dental care."—Allison Ayapan.

EMPLOYEE RECOGNITION: Years of Service, cont.

Daniel Quenneville
Radiologist
Hospital Services, Bethel

Timothy Robb
Behavioral Health Services
Coordinator, Behavioral
Health Outpatient Treatment
Hospital Services, Bethel

Jermaine Saddler
Electrician Apprentice,
Construction
Support Services, Bethel

Caroline Sanders
CHAP Certification & Creden-
tialing Specialist
Village Health, Bethel

Pauline Thomas
Case Manager, Behavioral
Health Emergency Services
Hospital Services, Bethel

Sally Thompson, RN
Charge Nurse, Inpatient
Nursing
Hospital Services, Bethel

Chhay Thon
LAN/WAN Admin I,
Networking
Financial Services, Bethel

Sarah Trieff
McCann Treatment Center Co-
ordinator, Boys Group Home
Hospital Services, Bethel

Jason Tulik
Environmental Services
Village Health, Toksook Bay

Theresa Twitchell
Community Health Aide III,
CHAP
Village Health, Kasigluk

Dr. Robert Tyree
Physician
Hospital Services, Bethel

Michael Vicente
Field Environmental Health
Officer, OEHE
Village Health, Bethel

Diane Wasuli-Dock
Registration Supervisor
Financial Services, Bethel

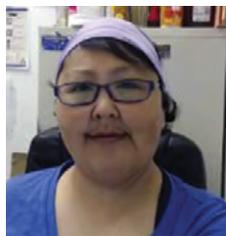
Daylen Westdahl
Security Officer I, Safety
& Security
Support Services, Bethel

Nicholas White
Nurse Practitioner
Hospital Services, Bethel

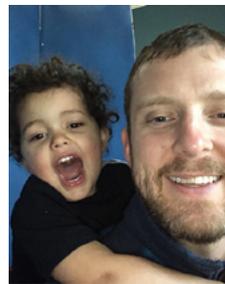
Carol Willard
Third Party Recovery
Supervisor
Financial Services, Bethel

Tiffany Workman
Community Health Aide III,
CHAP
Village Health, Shageluk

Sonia Zelaya
Licensed Practical Nurse, LTC
Hospital Services, Bethel



"I'm known to family and friends as Tan'gaucuaq. I Love to work with people."—Elizabeth Joseph.



"Practicing Psychiatry in The Delta is one of the more rewarding parts of my life. The Bethel community is great."—Nick White.



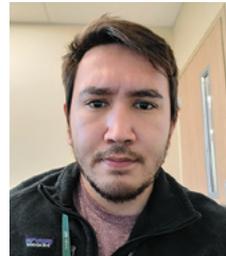
"I'm a St. Mary's resi-
dent who didn't know
what I was getting
into when I started
working "in the heart
of the clinic," but if I've
managed this far I can
manage a lot farther."—
Amber Paukan



"I have always been
mechanically inclined
and enjoy the work
that I do, especially
working on vehicles
and small engines."—
Joshua Guy.



"I've been working
with YKHC Technology
since 2009 as a Service
Desk Technician. I've
learned and grown
so much since then.
Technology is inspi-
rational, because it is
always evolving and it
continues to help us in
our daily life."—Chhay
Thon.



"I previously had expe-
rience at our homeless
shelter here and
Bethel, that had led
me to a career help-
ing others."—Jeremy
Malvich



"I was in Computer
Engineering. I find
myself more of a
people person, inter-
acting and helping as
much i can than just
being glued to the
computer alone. Here
I am doing my best in
Nursing."—Adeleye
Adesuyi.



"What inspired me
to pursue my work
is helping people."—
Frieda Kinegak.



"I grew up in Chicago,
and worked in dental
for 16 years. I enjoy
working as a coder
because it is interest-
ing. I really enjoy the
group of people I work
with."—Marilyn Jasko-
wiak.



"As a Logger's daugh-
ter from the Cascade
foothills, medicine
would not seem a
natural career choice;
but spending countless
hours in hospitals with
my disabled brothers
instilled in me a passion
for serving others. The
YK Delta has been a
good fit, where I can
serve down-to-earth
people, blending my
small-town roots with
my love of full-spec-
trum medicine."—Lisa
Evans.



"I find working with
the CHAP Training
Department to help the
Health Aide Trainees
move forward in educa-
tion with confidence in
their standing to serve
our huge region very
gratifying. They have
extremely challenging
positions practicing care
for the communities,
and I hold them in high
regard for their accom-
plishments."—Caroline
Sanders.



"I trained in Kansas
and California before
coming to Alaska, my
interests include emer-
gency medicine and
global health. I greatly
enjoy the privilege of
working with the popu-
lation in the YK Delta
area- there is never
a dull moment!"—Dr.
Travis Nelson.

Years of Service, cont.



"My father was a builder and if it was good enough for him it was good enough for me!"—David Blake.



"Be the change you wish to see in the world.' (Gandhi)"—Gwendolyn Heckman.



"I am from Geneva, Alabama. I have 3 daughters, 7 grandchildren & 1 great granddaughter. I have had the pleasure of working at YKHC as a RN Charge Nurse on Inpatient for almost ten years. The patients, doctors, and my co-workers have been the best! It has been a blessing to have been able to work with each and every one of them, and has by far been the best years of my nursing career."—Sally Thompson.

CHAP NEWS

Community Health Aide Program

HEALTH AIDES OF THE YEAR FOR 2019

CINDY LAWRENCE, CHP, MOUNTAIN VILLAGE

How do you describe the abilities of a Health Aide to someone who knows nothing about Health Aides? I would mention Cindy Lawrence, CHP from Mountain Village. Cindy is all around a great person, a great health aide and a leader in her community. She is a role model for upcoming health aides and someone to go to when emergencies are happening. She advocates for patients as well as her clinic. She gained a lot of experience working in Mtn. Village, which has helped other health aides as well.



Cindy Lawrence, CHP, Mtn. Village.

We all know that Mtn. Village is a busy village, the health aides endured one of the toughest, but most rewarding emergencies that got recognized last year during CHAP Forum in Anchorage. When you work in a busy clinic, it's almost normal to be completely busy. You work back to back patients, with the phone ringing off the hook. It's music to your ears. It's when it's not busy, you get anxious and start to think that something is brewing in the air.

Cindy was on call for a week in Mtn.Village, which is standard for them, because they get a longer break from the on-call phone. It was that week where Cindy was busy, Fourth of July weekend. With that being said, there was a multiple ATV accident that sent three people medevaced to Anchorage with injuries that needed further care. Cindy was calm throughout the whole situation. She had help, but spearheaded the whole incident. Her weekend wasn't over yet, she dealt with two other emergencies that also required additional care.

Mtn.Village has shaped Cindy into a stellar health aide. Thank you Cindy for continuously caring for your community and ensuring that your village is always covered.

TESSI CHARLES, AKIACHAK

Health Aides all around the region get overlooked 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.

Tessi Charles was called to a tragedy that struck her village of Akiachak. There were two victims; one did not survive and one was holding on to his life. Tessi called the ER and was told by the provider to do her best to keep the patient alive and that is what she did. She was the only health aide at the time, alone in a house, and relied on community members for back-up and to bring supplies. She supported the patient so he could breathe. She did an amazing job. Lifemed was activated and the patient survived. Lifemed was amazed at the tremendous efforts Tessi made to keep the patient alive.

We do our jobs daily and to the best of our ability. Tessi's work saved a life. Although it seems impossible to continue at times, she continues to care for her community daily. Thank you Tessi for your amazing duties, your care runs deep in the community of Akiachak.



Tessi Charles, Akiachak.

MAY 2020 HEALTH AIDE OF THE MONTH: Krysten Goetz, CHA II, Mtn. Village

Krysten Goetz, CHA II is from the village of Mountain Village. She has been a health aide for four years. She has health aide blood pumping through her veins, as her mother, Alvina Goetz, is also a health aide working for YKHC. She was mentored and brought up in a world that would care for others and for the well-being of everyone in her community.

May was filled with a lot of emergencies, unfortunately. With COVID-19 still threatening everyone, our health aides are there to support and to care for patients. Krysten endured a lot during her week of on-call. Some days she would go without sleep because someone needed her care while waiting for medevac.

Emergencies happen anytime of the day and night. Our health aides respond, sometimes leaving their own families through the night to care for those in need. There were multiple incidents that occurred in death, in which Krysten was called to respond. She did the best that she could and that we are thankful for. Health aides go through a lot and there is a lot they see that others don't. Krysten, we are thankful for your dedication and work you provide for your community. We at CHAP appreciate your hard work.

—Katherine Evon, BS, Field Supervision Coordinator



Krysten Goetz, CHA II, Mtn. Village.

HEALTH AIDES DISCUSS EMERGENCY FUND SUCCESS

Some enthusiastic Health Aides recently discussed the impact of the Health Aide Emergency Fund.

by Chester Mark, former YKHC Health Aide Instructor

Joseph Okitkun, CHP, former CHAP Compliance Officer and current Emergency Fund Trustee, says, “The Health Aide position is very taxing and demanding, and it requires a great level of sacrifice, physically and emotionally. The Fund provides some financial relief during difficult times. I love that this fund gives back so much to the Health Aides of this region.”

Fund Trustee Marsha Smith, CHP, a BTI-Assistant Trainer in Health Aide Training, emphasized, “The Fund is effectively helping our current and former Health Aides. A couple of Health Aides lost family members unexpectedly, and they had to take time off work to prepare for the funeral. The fund was able to help them with costly funeral expenses.” Smith also recalls, “Another Health Aide was very grateful for this fund and couldn't stop thanking us, as she had been in and out of the hospital helping an ill family member.”

Since its inception in early 2019, the Emergency Fund has helped more than 25 Health Aides with emergencies' costs, such as funeral, illness, hospitalization, and now COVID 19-related issues. The fund is capable of giving about 20

emergency awards a year. A Health Aide with two years of prior CHA employment can receive up to two awards in their lifetime. With the difficult situation surrounding the COVID 19 pandemic, the required years of service will be reduced from two years to one year until the end of summer 2020.

“This fund is very helpful for those needing financial assistance in emergency situations, especially now with many Health Aides having their work hours decreased



Retired CHAP SI Martha Attie is an Emergency Fund Trustee.

see **EMERGENCY FUND**, p. 15

COMMUNITY

Citizens work together in response to emergencies

TOKSOOK BAY



YKHC would like to recognize the selfless efforts of Toksook bay health aides and community members in their attempts to save a child's life.

by Conrad McCormick, YKHC Public Relations

Late in the evening of May 13, Toksook Bay's clinic was alerted of an emergency. A child was unconscious on the beach, and required immediate medical attention.

At the time, one of two health aides on call, Kristy Lincoln, was already at the beach waiting for a family member and was able to attend to the child before other health aides were notified. After starting the compressions on the beach, they transported the child to the clinic.

Health Aides Brentina Lincoln and Davida Nicholai along with providers Mathew and Anne Willard were the first responders. They were joined shortly thereafter by health aides Marlene Chagluak and Thomas Brown.

They could not stop compressions, but also needed more people to help so that others could set up equipment to resuscitate the child. This would be challenging, as many remained uncertified for CPR due to COVID-19 complications.

Nonetheless, Toksook Bay Sub-Regional Clinic operations manager Diana Therchick began making a number of phone calls throughout the community find people who could help assist with compressions.

Diana was able to enlist the help of site administrator Michael Robbins, Phlebotomist Magdaline John, Maintenance Technician Silas Moses, local teacher Chad Martin, and Coastal Villages Regional Fund employees Thomas Julius and Benjamin Angaiak.

"We were very fortunate to have the others come over," says Diana. The additional assistance allowed health aides to set up other critical equipment.

The clinic performed continuous compressions on the child for upwards to four hours. "It felt more like 6 to 7 hours," says Diana "It just felt so long." Each person did compressions until they grew too tired, when that happened, someone would be standing by immediately to continue after them.

The efforts made to save this child's life illustrate the sacrifices people who serve villages consistently make. "I'm always so thankful for our health aides and staff," says Diana "They're always willing to help out, and they always look out for each other."

Thank you to Toksook Bay's clinic and community for coming to help when they needed it the most. Your selfless work ensures our communities always receive excellent health-care.



ANIAK

When disaster struck the community of Aniak, the community worked together—and that cooperation saved lives.

by Conrad McCormick, YKHC Public Relations

Late in the afternoon of May 28, a plane took off from Aniak’s airport to pick up fire fighters. Shortly after taking off, the plane crashed in the water on the outskirts of town and became partially submerged.

Four young men and a woman from the community saw the plane go down. They quickly drove to the crash site and were able to get two of the victims into their truck and take them to Aniak’s Sub-Regional Clinic.

Clinic staff soon responded to the incident. Their immediate goal was to stabilize the pilot and three passengers, who had all suffered injuries in the crash. This proved challenging as the plane sat in chest-high water and the ground below it was mucky. The terrain made it difficult to get a boat in the water to rescue the remaining passengers. All the while, fuel from the plane was leaking into the water.

Despite it all, responders did not waver; nor did the community.

Many from Aniak came to the aid of responders. Some were there to just help everyone remain calm. At one point, responders ran out of blankets for those in the crash, so community members started giving them the shirts off their backs, knowing full well the gas would stain their clothing. There were so many shirts used that, after the rescue, the clinic had to post photos of all the t-shirts on Facebook to return them to their owners.

Everyone in the crash made it to safety. Clinic staff worked with doctors in both Bethel and Anchorage to medevac the injured patients to Anchorage.

“Each step was smooth and wonderful,” said Sue Hoeldt, Aniak Sub-Regional Clinic Administrator. “Being in remote Alaska, these folks get an incredible level of health care fast. Our system really clicked the entire way.”

Response to the crash extended not only to the scene, but also in Aniak’s clinic itself. Due to the amount of gasoline clinic staff had been wading in, a team had to be sent in to the clinic to clean out the smell of gas so the clinic could reopen. Without even being asked, the cleaning team showed up exactly when they needed to to get the job done, and had it cleaned so the clinic could be operational the next day.

YKHC would like to recognize and thank the community of Aniak, their clinic staff, and every individual who came to help, for their selfless efforts in response to the crash. “If not for COVID-19, we’d have a huge barbecue with the community,” said Sue Hoeldt. “We couldn’t do it without the community. We’re just one part of this whole system.”

We’re all working together to achieve excellent health.



Wreckage of plane that crashed in Aniak in May.



Above: People took their coats and shirts off to help warm patients. After cleaning, clinic staff posted photos on Facebook to return them.

HEALTHY LIVING

THE DELTA ROCKS OUT!

Diabetes Prevention & Control is pleased to be sponsoring a painted rock event during the month of September.

Decreasing stress and increasing activity levels are two key components to preventing Diabetes. Painting and decorating rocks by yourself or with your family can provide opportunities for stress reduction and/or family time. Getting outside and hiding painted rocks around your community can make for a relaxing walk or hike—remember to stay six feet apart and wear your mask if you encounter people outside of your household on trails.

Want to support the event in your village? The event started on September 1, but it's not too late to start painting and hiding rocks in your community. Paint some rocks—and watch for event postings. Follow and “like” YKHC’s Facebook page then join the YK Delta Rocks 2020 Event. There will be four challenges throughout the month that require painting a rock and/or finding a painted rock. Once you complete the task, submit a picture (with your contact information and mailing address) to Diabetes_Program@ykhc.org to have prizes mailed to you!

Rock Painting Tips

- Pick smooth, flat rocks; it's more challenging to decorate rocks with ridges.
- Wash rocks before decorating them.
- Let your paint dry between layers.
- Use small brushes, tooth picks, q-tips, or a stylus to make small details and/or dots.
- Use paint pens and Sharpies to write on your rocks. Remember: let paint fully dry before any writing.
- **Optional:** Use a clear coat or spray sealer before painting the rock. This helps so that the rocks (which are porous) don't cause your markers to dry out. Another way: prime with white paint to help the colors that you paint on top “pop” more.
- **Optional:** Finish your rocks with a clear coat. This will help protect your rock from the elements.
- “Hide” your finished rock in a place where it's sure to be found.



Supply ideas for painting & decorating rocks:

- Acrylic Paint
- Spray Paint
- Paint Pens
- Sharpies
- Latex Paint

Where do I hide the rock?

- Along your favorite trail
- The base of a sign
- Near the river
- Around the Park
- Near the playground

Reminders:

- Keep others' safety in mind (humans and critters)
- Think about the person finding your rock. Don't put them in a dangerous situation to retrieve your rock.
- Make sure to adhere to local property rules and laws.
- Have fun hiding rocks. Be respectful and creative!

IMMUNIZATION RATES IN SUB-REGIONAL CLINICS HIGH DESPITE PANDEMIC

The sub-regional clinics have been working diligently on improving immunization rates and have made great progress during the last several months.

From the grant funding we receive through Health Resources Services Administration (HRSA), the sub-regional clinics are required to include three additional immunization series (Rotavirus, Hepatitis A, and two flu shots by two years old) that the rest of the corporation isn't measured on in the rates we report.

Even with these additional required shots, our completion rates are increasing in several areas!

St. Mary's has successfully immunized 77 percent of all of their 19-35 month old children and has been consistently above 70 percent since February. They have also have a 95 percent completion rate for flu shots for the entire village.

Emmonak has improved their 19-35 month old immunization rate by 22 percent since March, and immunized 73 per-

cent of the village for flu.

Hooper Bay has immunized 69 percent of their giant village for flu, which is more than double the rate they had for the 2018-2019 flu season.

Toksook Bay has immunized 80 percent of their village for flu.

Great job everyone at the sub-regional clinics who have helped with immunizations! This is a huge achievement during a time when people are reluctant to come to the clinics to seek health care, and critically important for the health of our people during this COVID-19 time.

—Abby Zito, SRC Performance Improvement & Compliance Administrator

EMERGENCY FUND, from p. 11

(due to the pandemic). Groceries and everything else in the store is so expensive!" says Martha Attie, longtime CHP and SI, who retired this year but will continue as a Fund Trustee.

To be eligible for funds, current or former Health Aides must have an emergency now. This may include being furloughed or having work hours decreased due to the COVID 19 pandemic. The Fund does not cover routine or late utilities, phone bills, or rent. For questions, or to apply, contact a Supervising Instructor. Health Aides can also fill out a

form online at: <http://www.bcsfoundation.org/community-health-aide-emergency-fund-grant-application/>. When an application is approved, the money is released to the health aide within days.

Chester Mark, a former longtime Health Aide instructor, created the Fund to honor and thank YKHC health aides for their community service. The Emergency Fund operates through the Bethel Community Services Foundation with the support of CHAP and community donations.

Recipe of the Month: ROASTED VEGETABLES

Ingredients:

- 2 cups assorted fresh or frozen vegetables
- 2 tablespoons oil
- 2 teaspoons salt
- 1 teaspoon pepper
- 2 teaspoons garlic powder (optional)

Preparation

1. Preheat oven to 375°F. If using frozen vegetables thaw before baking.
2. Cut vegetables into similar sized pieces and place in a mixing bowl.
3. Add oil, salt and garlic powder. Mix well.
4. Place vegetables on baking sheet and bake for 25-30 minutes.



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.

September

Family Medicine

Crooked Creek: Blake Shahlaie, PA-C	8/22-9/5
Nightmute: Andrea Goryl, FNP	8/28-9/10
Nunam Iqua: L. Kat Robbins-Spann, FNP	8/28-9/5
Mekoryuk: Dr. Judy with nurse	8/31-9/4
Alakanuk: Wednesday Henry, FNP, with nurse	8/31-9/4
Toksook Bay: Dr. Lye-Ching Wong (pediatrician) and AFP resident	8/31-9/4
Chevak: Linda Hewett, FNP	8/31-9/3
Chuathbaluk: William Ford, FNP, and Michael Compton (till 9/8/20)	9/2-14
Mountain Village: Vicki Lear, PA-C	9/7-9
Grayling: Dr. Roll and AFP resident with nurse	9/8-11
Kwethluk: Angela Waller, FNP, with nurse	9/14-18
Russian Mission: Dr. Dunkley with nurse	9/14-18
Scammon Bay: Steve Bertrand, PA-C, Ashley Hale, NA	9/14-17
Chuathbaluk: Rachael Youngblood - FNP and CHAP	9/14-16
Eek: Angela Jackson, FNP, with nurse	9/21-25
Kipnuk: Dr. Lisa Rotelli (pediatrician) with nurse	9/21-25
Anvik: Rachael Youngblood, FNP, and CHAP	9/21-23
Shageluk: Rachael Youngblood, FNP, and CHAP	9/24-25
Pilot Station: Denise Tran-Boelz, FNP	9/22-24
Akiachak: Tom Miller, FNP, with nurse	9/28-10/2
Upper Kalskag: Colleen Britt, FNP, and CHAP	9/28-10/1

Dental

Kotlik: Susan Sergie, DMD (Pediatric Dentist)	9/14-18
Tununak: Allison Ayapan, DHAT	9/14-18
Stony River: Tamija Woods, DHAT	9/14-16
Shageluk: Tamija Woods, DHAT	9/28-10/1

Public Health Nursing

Kalskag: Susi Peterson / Micheline Tchatchoua (2 RNs)	8/31-9/4
Kipnuk: Micheline Tchatchoua / Susi Peterson (2 RN's)	9/14-17
Tununak: Micheline Tchatchoua (1 RN)	9/28-10/1

Physical Therapy

Kotlik: Eliza Caguioa, PT	9/9-11
Mountain Village: Eliza Caguioa, PT	9/15-17
Aniak: Jesse Gefroh, PT	9/21-23

Upper Kalskag: Jesse Gefroh, PT	9/24-25
Hooper Bay: Erin Knowles, PT	9/28-30

October

Family Medicine

Napakiak: Anne Komulainen, PA-C, with nurse	9/29-10/5
Alakanuk: Dr. Rotelli (peds) and Dr. Fahl (resident) with two nurses	10/5-9
Atmaultluk: Joan Daniels, FNP, and nurse	10/5-9
Emmonak: Wednesday Henry, FNP	10/5-9
Chevak: Linda Hewett, FNP, Patricia Carl, NA	10/5-8
Russian Mission: Rachael Youngblood, FNP, and CHAP	10/5-8
Chuathbaluk: Dr. Dunkley and Dr. McKinney (resident) with 2 nurses	10/12-16
Crooked Creek: Colleen Britt, FNP, and CHAP	10/12-16
Kipnuk: Anne Komulainen, PA-C, with nurse	10/19-23
Marshall: Denise Tran-Boelz, FNP	10/19-23
St. Mary's: Saundra Marion, FNP	10/19-23
Grayling: Rachael Youngblood, FNP, and CHAP	10/19-21
Holy Cross: Rachael Youngblood, FNP, and CHAP	10/22-23
Kotlik: Drs. Wong and Ndagano (peds) with two nurses	10/26-30
St. Mary's: Angela Jackson, FNP	10/26-30
Upper Kalskag: Colleen Britt, FNP, and CHAP	10/26-30
Scammon Bay: Steve Bertrand, PA-C, Ashley Hale, NA	10/26-29

Dental

Holy Cross: Tamija Woods, DHAT	10/12-15
Crooked Creek: Tamija Woods, DHAT	10/26-29

Public Health Nursing

Chefornak: Susi Peterson (1 RN)	10/15-16
Napaskiak: Micheline Tchatchoua / Tammy Kaboord (2 RN's)	10/19-22

Physical Therapy

Chevak: Erin Knowles, PT	10/1-2
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November

Family Medicine

Chevak: Linda Hewett, FNP	11/3-5
Sleetmute: Colleen Britt, FNP, and CHAP	11/16-18
Stony River: Colleen Britt, FNP, and CHAP	11/19-20

Dental

Anvik: Tamija Woods, DHAT	11/9-12
Upper/Lower Kalskag: Tamija Woods, DHAT	11/30-12/3

Public Health Nursing

Kwethluk: Susi Peterson (1 RN)	11/30-12/3
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