Your flu shot protects me, my flu shot protects you.

YKHC urges all residents of the YK Delta to receive their flu shot in the 2020/2021 season.

COVID-19 and the seasonal flu have very similar symptoms. Simultaneous COVID-19 and flu outbreaks in our communities this winter could easily overwhelm local medical capacity. You can help prevent this from happening, while protecting the health of yourself and others, by receiving your flu vaccine.

Flu vaccine has been distributed to all village clinics and will be available by appointment at village clinics after October 3.

If you have symptoms like a cough, fever or shortness of breath and think you have the COVID-19 virus, do not go to your village clinic and do not go to the Emergency Room in Bethel.

Instead, call your village clinic, or in Bethel call 543-6949.
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
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 Control & 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 translation services are available to you. Call 907-543-6603.
As you know, since the last week of January we have been planning our COVID-19 preparedness and response. Since then we have communicated COVID information with you in a variety of ways. Early this spring we began several different leadership teleconferences in which organizations, tribes, school districts, and YKHC staff participate to learn more about COVID preparedness and planning. We have also used radio stations KCUK, KEDI, KICY, KSKO, and KYUK to air our custom public service announcements and interviews. Social media and www.ykhc.org has also been busy communicating the latest information on COVID, sometimes updated as frequently as every day.

Recently, the Association of Village Council Presidents recognized our extensive leadership, communication and partnership efforts by awarding YKHC its AVCP Award for Health, “COVID-19 Agency Working Group”. This award recognizes the YKHC Board of Directors and every YKHC employee who everyday plays a vital role in working together to achieve excellent health for every YK Delta resident. I thank YKHC’s staff, AVCP’s CEO, Vivian Korthuis and her leadership team, AVCP’s Board of Directors and staff for their participation and partnership in COVID preparedness and response across the YK Delta.

Special mention goes to YKHC leaders, Deanna Latham and Kathlena Tsosie for coordinating the weekly Agency meeting with all YK Delta organizations and businesses. This meeting also accompanies our weekly teleconferences with all YK Delta tribal and city governments, school districts, and staff calls. These meetings are coordinated by YKHC leaders: Tiffany Zulkosky, Conrad McCormick, Gage Hoffman and Rahnia Boyer. YKHC leaders who regularly make presentations and answer extensive questions are Drs. Elizabeth Bates and Ellen Hodges, nurse Lori Chikoyak, environmental health officer Brian Lefferts and many others. Quyana!

On a different but related note, the new $340 million+ hospital and housing project, where much of our COVID planning and response takes place, has its final financing in place. We recently signed the last loan closing documents to receive our long-term financing for the new hospital project, a $165 million low-interest community loan from the USDA, the largest in USDA’s history. It pays off our short-term construction loan from Raymond James Financial. The rest of the financing was previously secured several years ago through a change in Alaska law advocated by YKHC to allow tribal health organizations access to the Alaska Municipal Bond Bank. A few years ago, our bond sale in Manhattan, NY, realized $109 million in low interest financing. It is estimated that these two unique and complex financing arrangements will save YKHC more than $100 million in interest and fees over the life of the project when compared to the private marketplace.

Lastly, due to the pandemic and its possible complications, it is especially important to receive your annual influenza shot this year! YKHC began vaccinations on October 3, which is about normal for receiving our shipment of flu shots. For Bethel residents, we will announce our next round of flu shots on our website and Facebook page. Otherwise you can receive your flu shot from your local village clinic.

Sincerely,

[Signature]
October 2020

DR. PAUL JOHN CALRICARAAQ PROJECT

Guiding Principles: Represent the Y-K region’s Culture & Identity | Promote Customer Centered Care | Affordable Cost & Sustainable Operations

PJCP CONSTRUCTION

Installation of the chain link perimeter fencing below the building began in August. Boardwalks are being added from the connector link exit, and construction of a covered walkway at the east employee entrance began in September. The connector continues to be used for access from the main clinic entry to the Emergency Department waiting room, Diagnostic Imaging and the Cafeteria.

HOSPITAL RENOVATION

Tie-in of emergency power from the new generators to the new transfer switch and panels in the hospital was successfully completed at the end of August. Renovation of the new hospital entry continued through August with erection of the structural steel and pouring the concrete floors and ramp, and exterior wall framing.

The new entry roofing is completing in early September followed with fireproofing of the roof and floor decks and structural steel. Layout for walls, and rough in of electrical, plumbing, sprinkler and mechanical will begin in mid-September. 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. With the exception of Diagnostic Imaging, these four areas are still under renovation with new walls, drywall, plumbing, electrical and mechanical trades completing. The emergency waiting area is partially open, awaiting the completion of the added space in the Fast Track area.

The new hospital parking lot is proceeding with surveying, import fill and grading. Site lighting piles and wiring are complete. Concrete walkways were placed at the beginning of the month. Fire hydrant piping and asphalt paving is scheduled for mid-September. Wood boardwalks around the south side of the hospital are proceeding.

In the Surgery and Central Sterile remodel areas, wall protection finishes and flooring installation continues. Mechanical, electrical, and sprinkler ceiling trim is complete. Contractors have completed above-ceiling punch list corrective work, and the installation of ceiling tiles and doors has begun.

Operating room lighting and anesthesia equipment support booms, and central sterilization equipment were installed in September.

The hospital outpatient pharmacy was decommissioned and relocated to the new clinic pharmacy. Contractors began the demolition phase of the old pharmacy in September. This area is being remodeled into new locker/restrooms, a staff lounge, conference room, training room and workshop for medical equipment maintenance and repair.

INSPECTIONS

The Special Inspector was on site in August for welding inspection of the new steel for the south entrance addition at the hospital, and structural steel upgrades in the interstitial space below the hospital. Above-ceiling inspections for architectural, mechanical, plumbing electrical, fire stopping and fireproofing at central sterilization and surgery areas was completed the last week of August.
We offer the following preparedness and planning recommendations for tribes and cities to discuss and consider as you prepare for, or respond to, COVID-19 in your community.

Quarantine is very difficult. Any support the community can provide to individuals isolating or quarantining can be helpful for them to stay home. Remember, quarantine is the only treatment the global medical community has for COVID-19. During this time, households will need help getting food, water, medicine, picking up packages from the post office, etc.

Helpful tips for how to help residents in quarantine:

- Use Tribal or City CARES money to support people remaining in quarantine, as it is more effective than punitive approaches. **YKHC cannot provide legal guidance on how to spend CARES funding. Be sure to receive legal advice from your organization’s attorney on specific and appropriate use of your CARES funding.**
- Incentivize quarantine, and make it easier to say inside. Examples include:
  - Free movie rentals
  - Free internet
  - Access to iPad(s) or other electronic devices
- Develop support services, like a quarantine worker, who can help to run errands for individuals/families in quarantine. Examples include:
  - Checking mail at the post office
  - Quick shopping trips to the grocery store
  - Helping to haul water/honeybucket waste

General guidance for communities when there is a known COVID-19 case in your village

To prevent widespread exposure risk to COVID-19, which is a highly contagious virus, we recommend communities consider enacting the following, or similar, protective measures.

- No visiting, but do call and check on elders and friends often!
- Require wearing masks in public (outside of the home).
- Do not steam or perform subsistence activities with individuals outside your immediate household.
- Children who do not reside in the same household should limit interaction during this pandemic.
- Restrict number of people in post office, grocery store, and washeteria.
- Maintain six feet separation between non-household members at all times.
- Limit the number of people in the space at a time.
- Require customers to wear masks at all times. Masks should cover both the nose and mouth.
- Post signs that encourage frequent handwashing.
- Ensure there is frequent disinfecting/cleaning of high traffic areas, such as counters, doorknobs, buttons/knobs, etc.
- Close non-essential businesses where possible and allow people to work from home.
- Essential workers should be put on rotating shifts, so they are not exposed to each other. This will ensure essential services do not need to fully shut down if a positive case is identified among essential employees.
- Remove public basketball hoops; do not allow children in stores; establish a community curfew.
- Create programs to deliver food, stove oil, chop wood, ice, and medicine to elders and high-risk individuals who may not feel comfortable going out.
- Follow YKHC quarantine/isolation guidelines.
- Cancel or indefinitely delay community gatherings.
- Think about how you’ll communicate updates to residents — VHF, social media, etc.

**When does YKHC deploy its village rapid response team if a COVID-19 case is found in a service area village?**

YHKC’s village rapid response team offers community-wide, in-village testing for COVID-19 in certain circumstances. Decisions to activate village response are made on a case-by-case basis and subject to judgement based on public health need, resource limitations and clinical context, which is determined by COVID-19 clinicians and a contact tracing team.

**Do you have questions about any of this?**

Contact YKHC’s OEHE On-call at 800-478-6599 or email OEHE_Epi@ykhc.org.
Domestic Violence Awareness Month

PANDEMIC ADDS TO RISK OF DOMESTIC VIOLENCE

Throughout history, domestic violence has often been excused, particularly when used against those with little or no political power, such as children, women, servants, or slaves.

by YKHC Behavioral Health Services

It is easy to consider it a private matter, especially when most of it occurs in the privacy of the home. In modern times, however, there has generally been a movement towards eradicating domestic violence and protecting the vulnerable. There is a conviction that everyone should be able to feel safe in his or her home.

Yet, in the twenty-first century, domestic violence still occurs across the entire world, in every generation, race, nation, political philosophy and religious persuasion. It persists at every socioeconomic level, as well as every education level. Approximately 8.7 million women are battered each year in the world (Bender & Roberts, 2007), and that may be an underestimate, as much domestic violence is believed to go unreported.

Here in the YK Delta, the statistics are even more grim. A study conducted by the National Institute of Justice found that 84.3 percent American Indian and Alaska Native women have experienced violence in their lifetime — 56.1 percent have experienced sexual violence, 55.5 percent have experienced physical violence by an intimate partner (IPV), 48.8 percent have experienced stalking, and 66.4 percent have experienced psychological aggression by an intimate partner.

Overall, more than 1.5 million American Indian and Alaska Native women have experienced violence in their lifetime (Rosay, 2016). These statistics are not helped by the isolation of our villages and increased response time of law enforcement.

The COVID-19 pandemic has subjected the family structure to stress and tension and it is not known how long it will last. Victims of IPV may have to spend the entire day with their partners and away from people who can validate their experiences and give help, with a particular concern about homes where there are guns. This is exacerbated for those who live in cramped houses in small villages.

The presence of children at home due to school closures also increases their exposure to IPV. And often, the help of extended family, especially elders, cannot be utilized, given their particular vulnerability to the virus. Abusive situations can also deteriorate further due to the economic crisis brought about by COVID-19 (Mazza, et al., 2020). Evidence is already showing an alarming trend toward more IPV reported by law enforcement everywhere, as well as gun sales on the rise (Campbell, 2020).

Fortunately, there now exist effective programs intended to treat and rehabilitate people with a history of IPV. There is a new program available here in the YK Delta through YKHC, the first of its kind to be offered here, that is applying to the treatment of IPV a set of Principles of Effective Intervention (PEI) that have been used in institutional and community correctional programs and proven to be effective at reducing recidivism by as much as 80-90 percent for other types of offenses such as substance abuse, violence, and other issues common in correctional settings (Andrews & Bonta, 2010; Radatz & Wright, 2015). This treatment program is delivered in a group format via video teleconference, so is available to all villages. The group is led by Dessie Pierce, MA, LPC, a new behavioral health clinician who is based in Aniak, and Erica Kameroff, BHAT, also located in Aniak. To obtain more information about the group, to recommend someone for the group, or to be scheduled for an intake session, please call either 907-543-6100 or 907-675-4556 ext. 40425 or ext. 40415.

If you are a victim of IPV, you should know that it is reasonable to expect to feel safe in your home. Abuse is NEVER okay. If you are experiencing any type of abuse, please reach out for help. You can call the YKHC Behavioral Health Crisis Line at 907-543-6499, toll free at 844-543-6499, the Tundra Women’s Coalition at 907-543-3444, the National Domestic Violence Hotline at 800-799-7233, your local clinic, and don’t ever hesitate to call 911 if your life is in danger.

Everyone should also understand that leaving an abusive relationship is a dangerous time for victims and their children, and generally should not be attempted without expert help and guidance. It is of utmost importance for all of us to stay as connected as we can throughout this pandemic, via social media and other electronic means if necessary.

References

Bender, K., & Roberts, A. R. (2007). Battered women versus male batterer typologies: Same or different based on evidence-based studies?
OCTOBER IS AMERICAN PHARMACISTS MONTH

Pharmacist Month is a time to recognize pharmacists’ contributions to health care and everything they do for our community.

A significant part of a pharmacist’s job is to safely provide medicine to the patients they serve, but you may be surprised to learn about the other important roles pharmacists play as part of their commitment to help patients live healthier lives.

At YKHC, pharmacists are involved across the organization. Most patients are familiar with the outpatient pharmacy. That is where you go to pick up your prescriptions when you are not feeling well, or you have a medical condition that causes you to need medication on a regular basis.

In the outpatient pharmacy, the pharmacists prepare prescriptions for patients, but they also check for drug interactions and allergies, check for appropriate dosing, make recommendations on therapy, and work as part of the health care team to ensure each patient receives the best care possible.

Pharmacists provide counseling any time a patient has a question. Pharmacists in the outpatient pharmacy are supported by a whole team of technicians, inventory analysts, operators, pharmacy billing specialists, and an office manager.

The pharmacy staff are responsible for filling prescriptions, mailing prescriptions to patients, preparing medication to be used at village clinics, supplying medicine to all departments throughout the hospital, and answering questions from health aides, nurses, and doctors, as well as patients.

In addition to the pharmacy, there are pharmacists in the outpatient clinics who work directly with providers. They see patients when necessary, monitor drug therapy for some patients, do drug utilization reviews to optimize therapy or decrease side effects or interactions, make sure refill requests are processed and approved in a timely manner, and they play a very important role in maintaining an accurate medication list in each patient’s medical record.

There are also inpatient pharmacists and technicians. Inpatient pharmacy staff are more closely involved with the care of patients who are admitted to the hospital, or who are being seen in the Emergency Room.

These pharmacists look over all the orders for inpatient and emergency room patients and evaluate them for safety and appropriateness. They adjust doses when necessary, monitor labs when appropriate, prepare medications to be administered to patients, and make dosage and treatment recommendations. They also assist in emergency situations and are available as the “drug experts” for any provider or nurse who has a question.

There are pharmacists at Long Term Care, in Behavioral Health, in the Diabetes Department, and in the Electronic Health Record Department. No matter where pharmacists (or other pharmacy staff) are working, they are directly involved in improving the health of the people of the YK Delta.

DV REFERENCES, from p. 6

Aggression and Violent Behavior 12, 519-530. DOI: 10.1016/j.avb.2007.02.005
A Closer Look
Meet Your Pharmacists

These are the women and men who prepare and send you your prescriptions, check for drug interactions and allergies, ensure appropriate dosing, and make recommendations on therapy—working as part of the health care teams that make sure each patient receives the best care possible.

Nick Berres, seven years
Prior to Bethel, he was a pharmacy student at the University of Wisconsin-Madison. He works in the inpatient pharmacy, with a special interest in emergency medicine, and in the outpatient pharmacy. His favorite part of life in Bethel is the friends he has made over the years, as well as the remote Alaska lifestyle.

Ashley Hunsucker, two years
Ashley attended pharmacy school in Arizona, but is Alaska grown. She works in the inpatient pharmacy, and has recently taken on as chair of the medication safety committee. Her favorite part of living in Bethel is the slower pace of life, the tight-knit community, and the limitless amount of tundra blueberries.

Alicia Koffi, three years
Prior to moving to Bethel, Alicia lived in Tampa, Florida, and attended pharmacy school at LECOM School of Pharmacy in Bradenton, FL. She is an ambulatory clinic pharmacist and also works in the outpatient pharmacy. Her favorite thing about life in Bethel is the outdoor activities like fishing and picking berries.

Kailash Murthi, one year
He worked at Walmart pharmacy in Austin, Texas, before he came to Bethel. He is currently working in the outpatient pharmacy. His favorite part of life in Bethel is hiking on the tundra and boating on the river.

Katarzyna (Kasia) Wielgosz, one year
Prior to Bethel she was living in Chicago and Rockford, IL. She works in the outpatient pharmacy in the ambulatory clinics, and at the Elders Home. Her favorite part of life in Bethel is that everything is so close. In just a few minutes you can be on the tundra and pick berries for fresh blueberry pancakes.

Amy Aumann, four years
Before Bethel, Amy was completing a pharmacy residency in Wisconsin. She is the assistant pharmacy director, but still works shifts in outpatient occasion ally. Her favorite part of life in Bethel is the small-town vibe and how there is always something going on in the community. Amy is leaving YKHC. She will be relocating to the lower 48 and we wish her the best.

Daniel W. Jenkins, two years
Prior to coming to Bethel he worked as a medical writer in Utah. He works as an inpatient pharmacist. His favorite part of life in Bethel is walking along the river and watching the ravens. When he isn’t at work, he enjoys cooking, video games and reading.

Henry (Hank) Calhoun, one year
He worked as a retail pharmacist in Florida before he came to YKHC. He works in the outpatient pharmacy. His favorite part of Bethel is the “very little crime” and the polite people.

Bridget Alem, 18 years
Prior to Bethel, she worked at Doctor’s Community Hospital in Lanham, MD. Bridget works in the outpatient pharmacy. Her favorite part of life in Bethel is that it is so quiet and laid back. She enjoys hanging out with friends, reading and watching movies, fishing during fishing season, and going to Saturday market.

Bryan Rawski, one and a half years
He lived in South Berwick, Maine, before he moved to Bethel, after having graduated from pharmacy school with his PharmD. He works in the inpatient and the outpatient areas of the pharmacy. His favorite thing about life in Bethel is the opportunity to experience the beautiful wilderness on a regular basis. He likes to explore the Delta and beyond via boat in the summer or the ice road in the winter.
Heidi Salisbury, two years
She worked at Carrs Safeway Pharmacies in Alaska before YK, and prior to working as a pharmacist, she worked as an analytical chemist in the environmental and oil fields. She works as an ambulatory clinic pharmacist in clinic C and in the outpatient pharmacy, and has been instrumental in getting our hazardous drug disposal program up and running. Her favorite part of life in Bethel is the quiet mornings.

Jason Barrett, five years
Originally from Seattle, Jason went to pharmacy school in Philadelphia, PA, at Thomas Jefferson University before he moved to Bethel. He works in the inpatient and outpatient pharmacy. His favorite part of Bethel is the short commute to work.

Eric Peck, One and a half years
Prior to coming to Bethel, Eric worked in another community in Alaska. He works in the outpatient pharmacy, and as an ambulatory clinic pharmacist. His favorite part of life in Bethel is ... SNOW!! (Seriously).

Daniel Robocinski, one year
Prior to coming to Bethel, he was in Pharmacy School at the University of Wyoming. He works in the outpatient pharmacy. His favorite part about life in Bethel is “getting away from it all.”

Bryan Thompson, 2 months
Bryan graduated from Philadelphia College of Pharmacy and Science, the oldest school of Pharmacy in the United States, in 1997. He has lived on Kodiak island, the White Mountains of New Hampshire, and coastal and Western Maine. His hobbies are cooking, fly tying and working out.

Elizabeth (Beth) Tressler, 12 years
YKHC was her first job out of Pharmacy School in Pennsylvania. She is the Program Coordinator for Diabetes Prevention and Control. Her favorite thing about life in Bethel is living in such a beautiful place. She likes village travel and enjoys camping, fishing, hiking, hunting—anything outdoors and with her family.

Emily McNally, two years
Prior to Bethel, Emily completed a pharmacy practice residency in Potsdam, New York. She works in the inpatient and outpatient pharmacy areas. Her favorite thing about living in Bethel is how unique Bethel is compared to other places she has lived, as well as the opportunity she has to learn about Yu’pik culture.

WE WANT TO HEAR FROM YOU
There are several ways to provide feedback:
• After your visit, take the survey for Qless, if you registered on your smart phone.
• E-mail us at customer_feedback@ykhc.org
• Download a feedback form at www.ykhc.org/comment
• Mail a comment form to P.O. Box 287 Bethel, AK 99559
• Or fax a feedback form to 907-543-6366

Recipe of the Month: MOOSE SOUP
Ingredients
• 1lb moose, cut into bite sized pieces
• 1/2 cup rice
• 1 large onion, chopped
• 2 carrots, chopped
• 2 cups assorted vegetables, chopped (canned, fresh or frozen)
• 2 tablespoons olive oil
• 8 cups low-sodium beef or vegetable broth
• 2 tablespoons garlic powder
• 1/2 teaspoon salt
• 1/2 teaspoon pepper

Instructions
1. Heat 1 tablespoon of oil in a large pot over medium high heat.
2. Add meat to the pot and cook until browned (approximately eight minutes).
3. Transfer meat to a plate and add another tablespoon of oil to the pot.
4. Add onions, carrots, and assorted vegetables. Cook for four minutes.
5. Add in remaining garlic, salt, and pepper to pot. Add the broth and rice to pot. Bring to a boil and then reduce heat to low.
6. Cover pot and let simmer for 45 minutes, or until rice is fully cooked.
MAY HEALTH AIDE OF THE MONTH:
Ian Elachik, CHA II, Chevak

Ian is a positive role model for the community of Chevak. He was previously a tribal police officer taking care of his community. Now he takes on a different role. He is one of five providers for his community. He goes above and beyond caring for patients of Chevak. He does a great and thorough job while caring for them. Quyana, Ian, for continuously caring for your community; your dedication to provide amazing care shows in your work.

Here is what one of the providers said about Ian and is great work ethic
I have had the opportunity to work with Ian Elachik from Chevak multiple times over the past two months. I thought you ought to know that he is well beyond his years in terms of skill and professionalism. Ian completes his CHAM assessment thoroughly on each patient. I have not seen him cut corners. Ian takes direction very well, and completes the assigned task in the stated timeframe every time. He has a calm demeanor in the face of complex patients, as exemplified by caring for a very ill patient in crisis with patience and precision. Ian has a bright future, and I am really proud of his service to YKHC and the people of Chevak thus far.

—Shawn Vainio, MD

MyYKHealth has an App!

The HealtheLife application, commonly referred to as MyYKHealth, is a secure application that enables collaboration between patients and providers right on your smart phone!

Simply go to the app store and search for: HealtheLife and download the application to have all of the MyYKHealth features at your fingertips.

**MyYKHealth includes the following patient services:**

- Send Secure Messages to Your Case Managers
- View Upcoming Appointments
- View Test Results – including COVID19 results

**Health Record** — You can find appointment instructions, medications, immunization records, and more. Keep your record up-to-date to help you and your care providers. Remember, this is not a complete health record. Some results such as radiology reports or provider notes may not be viewable.

**Manage other accounts** — With proper consent, you can view medical records of family members. Caregivers can manage the healthcare of loved ones (minor children 0-18 years of age or dependents) privately and conveniently.

If you already have a MyYKHealth account, simply log into the app with your username and password.

If you don’t have a myYKHealth account or have trouble logging into your account, call the MyYKHealth enrollment hotline at 907-543-6947 or the Registration Department at 907-543-6315 or send an email to: MyYKHealthEnroll@ykhc.org.

Congrats & Quyana

Congratulations to Serena Solesbee for receiving her Bachelor of Social Work Degree from UAF! After many years of hard work and late nights Serena has completed the Social Work Program while working fulltime at YKHC. Thanks Serena, for all that you do for YKHC and the people of our region!

Kudos to the LTC Staff and Residents on the successful completion of an unannounced Infection Prevention CMS Survey in July. The surveyors were complementary of the staff and resident hand hygiene as well as the upbeat and positive environment during a time of gloominess cast by COVID-19. Thank you for all your hard work each and every day! It is truly appreciated.
EXERCISE CAN HELP MANAGE STRESS

by Miles Rice, Exercise Physiologist Health Educator

It is something we hear all the time—“exercise will reduce stress” or “exercise will help you sleep better at night” or “it is a great outlet.” But the truth is, all these benefits won’t do anything unless someone puts in the work.

Believe it or not, Fall is a great time to start an exercise program. As the weather changes and outdoor activities become a little more of a challenge, it can be easy to stay indoors and relax. So before we all get into our winter routines, here’s some quick tips to help get you started on building a workout plan from the ground up.

Think of a Goal
Try to think of one thing you would like to do before the next year. Is it walking a mile in under 10 minutes? Shedding a couple pounds? Or maybe getting toned. Personally, my goal is to increase my jumping skill! Whatever your goal may be, try to stick with it and work hard to accomplish it.

Choose an activity you enjoy
While this might seem like a no-brainer, you’d be surprised how many people perform exercises that they actually don’t like. It could be walking on a treadmill, yoga or weightlifting. Each form of exercise will lead to a common goal: helping you to live a healthier life. But forcing yourself to exercise will definitely turn you off to it.

Pick a time
Setting aside a little time throughout your week can go a long way. When just starting out, try doing light stretches and body weight movements during commercials and timeouts. As you get used to exercising, try increasing the amount of time you spend on yourself. Most health experts agree that at least 150 minutes of exercise is needed a week to keep our aerobic and muscle systems in top shape. But here’s the great news, we can break down those minutes in many different ways! It can be a bunch of 10-minute mini yoga sessions or a couple of long walks! Again, whatever you like best that gets you up and moving!

Remember to have fun!
At the end of the day, exercise is supposed to be enjoyable. I know I have mentioned it a couple of times, but to me that is what’s most important. Go out for walk with your dog and family, play hopscotch or even fire up the old Wii. Now is the perfect time to get active and create some new habits!

In the meantime, Diabetes Prevention and Control will continue to offer COVID-19-friendly activities and hope you participate! Follow the YKHC Facebook page to stay up to date on the events and how to participate.

Until next time, stay safe. Remember to practice social distancing, wear masks and stay hydrated.

REMEMBER SELF CARE FOR PHYSICAL THERAPY MONTH

With all the quarantine chaos, smaller social groups, fewer events to attend, AND cooler weather, it’s easy to be less active before it gets to the snow days. Your YKHC physical therapists would like you to know that activity doesn’t ever stop in the land of subsistence. During National Physical Therapy Month it’s an excellent time to do the following:

Practice self-awareness: Pay conscious attention to your physical habits. This can lead you to take steps to change the ones that may result in chronic aches—even injuries. For example, if you notice that you slump or slouch when sitting, start to correct your posture, which can help prevent aching muscles.

Physical therapy can make an impact: With guidance from physical therapy one can recover more quickly and completely from serious injury or major surgery, while reducing the need for pain medication and drugs.

Remember to focus on self-care: Whether you are recovering from an accident, recent surgery, or even just plain stress from COVID-19 restrictions, you can benefit from spending this month really taking care of yourself. You may be surprised to find that indulging in a little “me time” is good for you mentally and emotionally, as well as physically.
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.

August

Dental

Chefornak: Allison Ayapan, DHAT + 1 .................................................. 8/3-7
Shageluk: Tamija Woods DHAT and DA .............................................. 8/10-14
Sleetmute: Tamija Woods DHAT and DA .............................................. 8/24-28

Family Medicine

Mekoryuk: Dr. Judy and Dr. Jeffers with two nurses ......................... 8/17-21
Scammon Bay: Anne Komulainen, PA-C, and Dr. Lisa Rotelli with two nurses .................................................. 8/17-21
Chevak: Linda Hewett, FNP ................................................................. 8/4-6
Mountain Village: Denise Tran-Boelz, FNP ....................................... 8/4-6
Lower Kalskag: Colleen Britt, FNP & CHAP ...................................... 8/10-13
Akiak: Joan Daniels FNP and Angela Jackson FNP with two nurses ... 8/10-14
Chevak: Drs. Lye-Ching Wong and Emily Reilly with nurses ............ 8/10-14
Marshall: Vicki Lear, PA-C ................................................................. 8/24-28
Tulusak: Angela Waller FNP and nurse .............................................. 8/24-28
Tuntutuliak: Tom Miller FNP and nurse .............................................. 8/24-28
Atakanuk: Wednesday Henry, FNP with nurse .................................. 8/31-9/4
Toksook Bay: Dr. Lye-Ching Wong (pediatrician) and AFP resident ... 8/31-9/4

Optometry

Nightmute: Drs Kalistook and Lucater ............................................... 8/3-8
Aniak: Drs Conrad and Penafior ......................................................... 8/10-14

Physical Therapy

Kipnuk: Eliza Caguioa, PT ............................................................... 8/26-28
Tuntutuliak: Erin Knowles, PT .......................................................... 8/11-13

September

Dental

Tununak: Allison Ayapan, DHAT + 1 ................................................. 9/14-18

Family Medicine:

Chevak: Linda Hewett, FNP ................................................................. 9/1-3
Mountain Village: Vicki Lear, PA-C ..................................................... 9/7-9
Chuathbaluk: Rachael Youngblood - FNP & CHAP ............................ 9/14-16
Chevak: Sandra Beeman PA-C & Gransbury ..................................... 9/21-25
Anvik: Rachael Youngblood FNP & CHAP ........................................ 9/21-23
Shageluk: Rachael Youngblood FNP & CHAP ................................... 9/24-25
Pilot Station: Denise Tran-Boelz, FNP .............................................. 9/22-24
Upper Kalskag: Colleen Britt FNP & CHAP ...................................... 9/28-10/1

October

Family Medicine

Russian Mission: Rachael Youngblood FNP & CHAP ....................... 10/5-8
Chevak: Linda Hewett, FNP ............................................................... 10/6-8
Crooked Creek: Colleen Britt FNP & CHAP ....................................... 10/12-16
Marshall: Denise Tran-Boelz, FNP ..................................................... 10/19-23
Grayling: Rachael Youngblood FNP & CHAP ................................... 10/19-21
Holy Cross: Rachael Youngblood FNP & CHAP ............................... 10/22-23
Chevak: Sandra Beeman, PA-C ........................................................ 10/20-22
Upper Kalskag: Colleen Britt FNP & CHAP ...................................... 10/26-30