



Dr. Elizabeth Roll and Dr. Chandler Villaverde, a Rural Fellow Internal Medicine/Pediatric Physician from ANMC, along with outpatient nurse William Lee set up a testing station at the Tuluksak Clinic in November. The effort resulted in 60 flu shots and almost 300 COVID-19 tests given.

INSIDE

- Numbers to Call..... 2
- Board of Directors..... 2
- PRESIDENT & CEO MESSAGE..... 3
- COVID-19 UPDATE
How to Wash Your Masks 4
- PJCP Update 5
- A CLOSER LOOK:
2020 Year in Review..... 6
- HEALTHY LIVING:
Keep the Kids Busy.....7
- Mindful Eating..... 8
- RECIPE OF THE MONTH:
Bone Broth 9
- CHAP News.....10
- Traditional Practices During
COVID-19 11
- Village Travel Schedule 12

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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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



Photo not
available
John Matt Joe
St. Mary's

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Upper Kalskag



Patricia Yaska
Chuathbaluk

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Quinhagak

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Grayling

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James Charlie, Sr.
Toksook Bay

Message

from the President & CEO

Have you thanked a healthcare hero today? Since February, our staff of 1,300 have worked tirelessly for you to prevent and treat COVID-19 infections. Please thank a healthcare hero today!

As COVID-19 spreads and hospitalizations increase, knowledge is power. Be sure to review our web page, www.ykhc.org, for the latest COVID-19 information in the YK Delta. It contains a dashboard with numerous metrics on active cases, affected communities, hospitalizations and other important data.

Every day by 4:30 p.m. the daily case count is also posted on our website and Facebook pages. The number of cases itself, unless they indicate outbreaks, is generally not as important as any trends over several weeks' time. Knowing the prevalence and trends of new cases can help you and your family make good decisions to reduce your potential to COVID-19 exposure.

Although most will tolerate the disease and recover, prevention is key. Even if you have a family member who tests positive, all is not lost. We have had some families successfully isolate the infected family member in a separate room and, through continuous isolation, stringent mask wearing by all, relentless cleaning and segregating dishes and utensils, other family members did not become ill. Although this is by far the minority of cases, hope springs eternal.

Lastly, please keep from visiting other households and gathering with others, small and large. Lately in the YK Delta, the virus has spread to unmasked family and friends and in workplaces where people gather.

Some very good news, however, is on the horizon. It appears that in the spring, one of several effective and safe vaccines will become available to a large portion of the population. We are actively working with our state and federal partners on the logistics of the largest vaccination program seen in the YK Delta and the United States.

Let's do our part, and temporarily forego gatherings with friends and family, so all of us get there together.

Sincerely,



Dan Winkelman, President & CEO

COVID-19 UPDATE

HOW TO WASH YOUR MASKS



Store your cloth mask properly and wash it regularly to keep it clean. Consider having more than one mask on hand so that you can easily replace a dirty mask with a clean one. Make sure to remove your mask correctly and wash your hands after touching a used mask.

Store your mask

Store wet or dirty masks in a plastic bag



If your mask is wet or dirty from sweat, saliva, make-up, or other liquids or substances, keep it in a plastic bag until you can wash it. Wash wet or dirty masks as soon as possible to prevent them from becoming moldy. Wet masks can be hard to breathe through and are less effective than dry masks.

Store masks that are not wet or dirty in a paper bag



You can store your mask temporarily to reuse later. Remove your mask correctly and wash your hands after touching a used mask. Keep it in a dry, breathable bag (like a paper or mesh fabric bag) to keep it clean between uses. When reusing your mask, keep the same side facing out.

If you are taking off your mask to eat or drink outside of your home, you can place it somewhere safe to keep it clean, such as your pocket, purse, or paper bag. Make sure to wash or sanitize your hands after removing your mask. After eating, put the mask back on with the same side facing out. Be sure to wash or sanitize your hands again after putting your mask back on.

Wash your mask

Wash your cloth mask whenever it gets dirty or at least daily. If you have a disposable face mask, throw it away after wearing it once.

Using a washing machine



Include your mask with your regular laundry.

Use regular laundry detergent and the appropriate settings according to the fabric label.

By hand



Wash your mask with tap water and laundry detergent or soap.

Rinse thoroughly with clean water to remove detergent or soap.

Dry your mask

Dryer



Dry your mask completely in a warm or hot dryer

Air dry



Hang your mask in direct sunlight to dry completely.

If you cannot hang it in direct sunlight, hang or lay it flat and let it dry completely.

LOOK ON OUR WEBSITE
FOR OTHER USEFUL AND
IMPORTANT RESOURCE
DOCUMENTS TO PREVENT &
COPE WITH COVID-19:
www.ykhc.org/covid-19

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

Construction of the temporary elevated covered walkway at the east employee entrance will be completed this month. The finished walkway will be completed early next Spring. The connector continues to be used for access from the main entry of the clinic to the Emergency Department waiting room, Diagnostic Imaging, and Grab-n-Go. The connector HVAC system was commissioned last month.

HOSPITAL RENOVATION

The contractor and subcontractors have been working on corrective items from the substantial completion punch lists for surgery and central sterile remodel areas which were certified as substantially complete on November 2.

YKHC Construction has been moving in new medical equipment, with Surgery and Central Sterile staff starting the week of November 16. Rebuilding the new hospital south entry continues. Exterior siding panels, rough-in of electrical, plumbing, and mechanical will continue in November. Exterior glazing has been installed and the framework for interior glass railings is progressing.

The new hospital Security area, the Emergency Fast Track, Performance Improvement, Medical Records and Preventive Care departments remain in the renovation phase with plumbing, electrical and mechanical completing in-wall work and continuing in the above-ceiling spaces. Drywall and painting have begun, and preparation of the existing concrete slab for flooring is ongoing.

The ceiling grid has been installed in many of these areas allowing for the start of sprinkler, ductwork and electrical fixtures. The Emergency Department waiting area remains partially open, awaiting their added space with the completion of the Fast Track area.

Around the hospital site, installation of arctic pipe for new fire hydrants continues. Boardwalks around the south and east sides of the hospital are nearing completion.

The renovation of the old pharmacy area continues. This area is designed for new locker/restrooms, a staff lounge, conference room, training room and workshop for medical equipment maintenance and repair. The new main communication server room has had the old equipment salvaged, existing fiber optic lines relocated, and the space cleared for arrival of new equipment.

The existing air handler unit in the rooftop penthouse above the old clinics was demolished and removed, as the new air handler for the same area and emergency department is operating. YKHC will begin vacating the maintenance garage this month as the existing electrical gear and old generators are disengaged in preparation for removal later in November.



New hospital south entry.



Boardwalk construction continues in front of the hospital.



Arctic piping for fire hydrant.

A Closer Look 2020: The Pandemic Year

This has been a difficult year. Although it started with the optimism of opening a new and renovated hospital, the COVID-19 pandemic overtook all our attention and resources, first preparing for and then responding to and contending with the outbreak.

January

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



Larissa, Kayce and Nathaniel.

February

RAPID RESPONSE TEAMS ALWAYS READY AT YKDRH

If a patient is having a serious heart problem or a breathing problem and needs immediate attention, a Rapid Response Team can swing into action.

INTRODUCING HOSPITALITY SERVICES

Due to the size of the new facility, as well as the implementation of an integrated model of care, Hospitality Services will employ greeters to meet and escort patients to their appointments and help them find their way around.

March

In February, the World Health Organization (WHO) announced an official name for the disease that causes the current outbreak of coronavirus disease: COVID-19.

In March, it was still unlikely that COVID-19 was in the YK Delta. Nevertheless, YKHC was actively preparing by assessing and drilling on emergency preparedness.

April

YKHC's annual Tribal Gathering was cancelled due to the possibility of spreading the COVID-19 coronavirus. Smile Alaska Style was also cancelled. Each of these events had been continuing for more than 25 years.



Tribal Gathering, 2019

Staff received education and drilled for treating potential COVID-19 patients, adding significantly more beds in the hospital and securing additional capacity for patients needing isolation.

May

In an effort to prepare for the arrival of COVID-19 during a global shortage of personal protective equipment (PPE), staff in YKHC's dental clinic used sterile wrap to sew masks to be used by providers in patient-care environments.



Sewing masks.

Due to the pandemic's spread and subsequent precautions, YKHC experienced a 60 percent decrease in outpatient visits and a 70 percent decrease in Emergency Department visits, devastating monthly financials. YKHC was forced to furlough and reduce its workforce by 300 employees.

June

Almost 3,000 people had been tested for COVID-19 in Bethel and YK Delta villages. Two were positive for COVID-19 and one was a false positive test.

Drive-thru COVID-19 testing was made available in Bethel along with airport testing for passengers arriving from Anchorage, but only 30% to 50% of passengers were opting for testing.

July

By mid July, YKHC had performed over 7,000 tests in the YK region. Twenty-two positive COVID-19 cases were reported.

August

President & CEO Winkelman advocated with the City of Bethel to enact a reasonable City of Bethel ordinance requiring incoming passengers to either have documentation of a nega-



Precautions and Responses

- We began conducting symptoms and exposure risk screenings for all patients during scheduling, upon arrival to our facility, and during registration for an appointment.
- We implemented social distancing best practices within our facilities.
- Waiting area furniture was re-arranged to encourage non-congregate seating.
- We created a separate waiting area in the hospital for expectant mothers.
- Patients with any respiratory symptoms were taken into an isolated area of the outpatient clinic, away from the general public.

see 2020, p. 10

HEALTHY LIVING

HAPPY HOLIDAYS FROM THE DIABETES DEPARTMENT

We hope you are staying safe and healthy this winter. We wanted share some fun activities this month that can be done inside to stay active.

Even though these activities are based indoors, don't forget to get out for some fresh air! All it takes is 150 minutes of exercise a week to help reduce stress and improve health! Just remember to stay hydrated with water and try to avoid sugary drinks which have empty calories and can lead to tooth decay.

Need to keep the kiddos entertained while cooking?

Enter The Frozone

- Here is an awesome idea for some family fun. By using things found around your home, you can create an indoor obstacle course for endless fun.
- I used to do this with my cousins every winter! It was always fun to see how crazy of a course we ended up making:
<https://www.parents.com/fun/activities/indoor/indoor-obstacle-course-ideas-for-kids/>

For those wanting to challenge the brain,

Concentration: The old school game that challenges the brain and your ability to focus.

- Start with a full deck of cards.
- Shuffle them and place them face down on a flat surface .
- It should look something like this:
- To start the game, flip two cards over, if they match, then remove those cards and continue your turn.
- Keep going until a pair of cards does not match. Then it is the other players turn.
- Repeat this until all the cards are gone.
- You don't have to use the entire deck. For a shorter game, go through the deck and pick out an even number of cards and make sure they match with another. Then shuffle and deal.
- Matches should be decided before the game begins. They can be by numbers, suits (spades, diamonds clubs, hearts) or by honor cards (Queens, Kings, Aces, Jacks)



Overtime Fun

Dance Time

- Turn on a fun playlist and have a dance party in the living room.
- Why not have a fiddle dance in your own living room?

Balancing Icicles

- Take some time during the day to see how long you can stand on one foot! Time each other a couple times during the week to see who the champion of balance is

Winter Lanes Alleyway

- Have some spare cans or cups lying around? How about a tennis ball? Then you have yourself a bowling alley!
- Set up the cans in a pyramid shape and have some fun.
- You can use old boxes for the bumpers.

Lastly, if you would like a cool prize, send us a picture of you and your family doing one of these activities! Email the picture to Diabetes_Program@ykhc.org with your contact information and we will be sure to get every send you a very cool prize!

Have fun and stay safe!

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

MINDFUL EATING

'Tis the season for overindulgence. It is easy to eat too much when there is an abundance of food to choose from and everyone around you is eating. One of the most effective and natural ways to ensure that you are getting the right amount of food for your body is to apply mindful eating techniques.

by Audrey Conrad, *Diabetes Registered Dietitian*

Mindful eating is a tool used to improve eating behaviors, encourage weight control, prevent chronic disease, and foster a healthy relationship with food.

By eating mindfully, you restore your attention to the act of eating and slow down (the brain needs up to 20 minutes to realize you're full). This helps bring awareness to your physical hunger and fullness cues, giving you more control over how you respond to food-related triggers (e.g. stress, fatigue, boredom). Both mindlessly overeating and consciously undereating are equally unhealthy and unsustainable. Ultimately, mindful eating helps you eat when you are hungry and stop when your body has had enough.

Behavior change is not easy; the brain is hardwired to do what it is accustomed to doing. For this reason, it takes time and practice to tune back into our physical hunger and fullness cues. Negative relationships with food are replaced with awareness, improved self-control, and positive emotions. Practicing mindful eating techniques and reestablishing awareness of eating patterns is associated with achieving and maintaining a healthy weight through a nonjudgmental natural approach.

Mindful eating quick tips:

- Eat more slowly and don't rush your meals.
- Observe the aroma, flavor, texture.
- Assess the changes you notice in your body as you observe the food (salivation, impatience, anticipation, or nothing).
- Chew food thoroughly.
- Eliminate distractions (TV, cell phone).
- Eat in silence.

References:

Harris C. *Mindful Eating - Studies show this concept can help clients lose weight and better manage chronic disease. Today's Dietitian.* 2013;15(3):42.

Bjarnadottir A. *Mindful eating 101 - a beginner's guide.* Accessed November 16, 2020. Retrieved from <https://www.healthline.com/nutrition/mindful-eating-guide>



- Focus on how the food makes you feel (satisfied, guilty, happy).
- Stop eating when you're full.

Hunger awareness exercise (each should only take 15-30 seconds)

- *Before each meal or snack:* Check in with how your body is feeling, do you have sensations of hunger? Is there a gnawing feeling in your stomach? How intense is that gnawing feeling (mild or intense)? Are you hungry for a small amount of food or a whole meal? How are your energy levels? What kind of food are you craving (salty, sweet, something else)?
- *In the middle of a meal or snack:* Check-in again. Are you starting to feel full? What sensations is your body sending you? Are the flavors and textures of this food satisfying or would you prefer to stop and eat something else? How quickly are you eating? Ask these questions without judgement.
- *Towards the end of your meal or snack:* Do a final check-in. What would your body say if it could talk? Would it ask for more? Would it tell you to stop eating? How did your body respond to the speed at which you were eating? No answers are right or wrong.

This holiday season, try to practice mindful eating and bring awareness back into your body. Before going for second helpings, take a moment to ask yourself if that's what your body really wants.

"Mindfulness means paying attention in a particular way; on purpose, in the present moment, and nonjudgmentally," described by world-renowned meditation teacher Jon Kabat-Zinn PhD.

Recipe of the Month

BONE BROTH

Bone broth is made by simmering the bones and connective tissue of animals. You can make bone broth from just about any animal: moose, venison, goose, ham, fish, turkey, pork, or beef. The most nutritious bones come from healthy animals (i.e. local subsistence foods). Using a variety of bones (marrow bones, knuckles, feet) increases the nutritional value. All you need is a large pot, water, vinegar, and bones. The vinegar is essential, it helps pull all of the valuable nutrients out of the bones. You can also add herbs, spices, or vegetables. Bone broth helps repair the gastrointestinal lining, aids digestion, fights inflammation, improves joint health, and may improve sleep and brain function. This holiday season, let's aim to not let these nutrition-packed bones go to waste!

Ingredients

- 1 gallon of water
- 2 tablespoons vinegar
- 2-4 pounds of animal bones
- Salt/pepper to taste (1 teaspoon)

Directions:

1. Place all ingredients in a large pot
2. Bring to boil
3. Reduce and simmer for 12-24 hours (the longer the better)
4. Allow broth to cool and strain out the solids.

Ingredient	Nutrients
Bones	Calcium, magnesium, phosphorus, and other trace minerals
Fish bones	All of the above and iodine
Marrow	Vitamin A, vitamin K2, zinc, iron, boron, manganese, selenium, omega-3 and omega-6 fatty acids

All of these ingredients contain collagen, which turns to gelatin when cooked and yields several important amino acids.

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.

AUGUST 2020 HEALTH AIDE OF THE MONTH:

Richard Lincoln, III, Tununak

Richard Lincoln III, CHP is originally from Tununak. He was working as a float CHP traveling all over the YK Delta providing care. Richard was traveling until COVID hit and with a huge family wasn't able to travel as much. He stepped up to help the COVID team to provide a different type of care

in August 2020, assisting with providing COVID -19 testing in Bethel drive-thru, throughout the day and weekends. The COVID team was happy for his assistance, he was a major help to the team. Quyan Richard for your time and effort. You are appreciated.

2020, from p. 6

tive COVID-19 test within 72 hours of arrival, or opt for a free test at the Bethel airport, or require isolation for a period of time.

YKHC distributed detailed information on testing, quarantining and contact tracing as positive cases in the region climbed from 40 to more than 80.

September

With the pandemic prohibiting any kind of community or employee gathering, YKHC honored its Years of Service milestone employees with a special Messenger edition, including thanks and congratulations to employees who have gone above and beyond in serving their communities.

COVID-19 cases climbed to more than 150 cases by mid-month.

October

While the pandemic dominated YKHC's healthcare communications, a bit of good news: The new \$340 million+ hospital and housing project had its final financing secured with the signing of the last loan closing documents. The \$165 million low-interest community loan from the USDA was the largest in USDA's history.



November

The infection rate for the YK Delta region had become the highest in the state, with community spread occurring in villages as well as Bethel. YKHC encouraged all residents to stop having any community gatherings, close schools to in-class learning, wear masks and practice all the recommended protocols for slowing the spread of the virus.

December

Infections in several regional villages continues to increase while YKHC calls for a month-long lockdown. We look forward to a safe and effective vaccine becoming available to distribute region-wide next year.

MyYKHealth has an App!

The HealthLife application, commonly referred to as MyYKHealth, enables collaboration between patients and providers right on your smart phone! Simply go to the app store and search for: HealthLife and download the application.

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.

NALLUNRITNARQELLRIIT NAULLUUTEM NALLIINI Yup'ik Practices and Teachings to Know During the Coronavirus

1 Keep your hands busy. When doing things like sewing or chopping wood, the mind is focused on the task at hand rather than what might be causing stress. Put your whole mind into it and focus. When you complete a task, it creates good feelings and positive thoughts.

2 There are old traditional teachings about not bringing your kids out into the public. This was a very strict teaching because it risked exposing children to illness.

3 Start your day on a positive note with gratitude. For example, a Yup'ik ritual that was used was rinsing the face with water every morning to wash away the previous day's negative energy, reminding yourself to be grateful for another day, living with all the beautiful things our creator meant for us to be.

4 Smudge with a salve, ayuq (tundra tea), or sage. We use smudging to cleanse, purify, and remove negative energies, centering ourselves and promoting healing.

5 Talk to someone. Share what you're feeling and thinking. Doing so doesn't necessarily change the situation, but it could change how you may think and feel about the situation. It opens up our minds to think more clearly about what's going on around us. It helps to feel lighter.

We often find ourselves in a place where what is happening around us is beyond our control, but how we respond to it is totally within our control.

We must mind how we respond and cope.

There are many ways to cope in a healthy way. It doesn't change the situation but it really makes a big change inside.

Everything can look more hopeful when we use healthy coping strategies

Created in collaboration between YKHC Research and Behavioral Health Preventative Services

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.

December

Dental

Nunam Iqua: Bonnie Hunt, DHAT + DA.....	12/7-10
Pilot Station: Sean Davis + Dental Assistant(s)	12/7-18
Tununak: Conan Murat, DHAT + 1 dental assistant.....	12/7-11
Marshall: Dr. Burks, Gwen, Wilma, Maksii, Aana	12/7-11
Upper Kalskag: Kathrine Levi + 1 assistant.....	12/7-11
Chevak: Sadie Green, DHAT + DA.....	12/7-11
Chevak: Sadie Green, DHAT + DA.....	12/14-18
Grayling: Tamija Woods, DHAT	12/14-17

Family Medicine

Nightmute: Laura Koskenmaki, FNP	11/25-12/14/
Chuathbaluk: Andrea Goryl, FNP	11/29-12/15/
Crooked Creek: Matthew Horgan, FNP	11/29-12/8
Emmonak: Dr. Roll	11/30-12/4
Sleetmute: William Ford, FNP	12/2-7
Anvik: Blake Shahlaie PAC	12/2-10
Russian Mission: Rachael Youngblood, FNP & CHAP	12/7-10
Chuathbaluk: William Ford, FNP	12/7-15
Sleetmute: Andrea Goryl, FNP	12/7-15
Chefornak: Susan Dunbar, WHNP with nurse	12/7-11
St. Mary's: Dr. Ndagano (peds)	12/7-11
Chevak: Sandy Beeman, PAC; Erin Abston, PAC; Krystal Gransbury, NA	12/8-10
Chuathbaluk: Blake Shahlaie, PAC.....	12/15-19
Crooked Creek: Matthew Horgan, FNP	12/14-22
St. Mary's: Angela Jackson, FNP	12/14-18
Chuathbaluk: Farah Sears, FNP	12/21-29

Chuathbaluk: William Ford, FNP.....	12/26-1/14
Anvik: L. Kat RobbinsSpann, FNP.....	12/26-1/2
Sleetmute: Matthew Horgan, FNP	12/28-1/5

Audiology

Kwethluk: Dr. Dockery	12/14
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January

Dental

Chevak: Sadie Green, DHAT + DA.....	1 / 4-8
Shageluk: Tamija Woods, DHAT.....	1 / 4-8
Marshall: Bernadette Charles, DHAT + DA.....	1/11-15
Pilot Station: Renee Cheemuk, DHAT + DA.....	1/11-15
Russian Mission: Tamija Woods, DHAT	1/18-21
Pilot Station: Renee Cheemuk, DHAT + DA.....	1/19-22

Family Medicine

Anvik: Andrea Goryl, FNP	1/3-21
Crooked Creek: L. Kat Robbins Spann, FNP	1/8-16
Sleetmute: Blake Shahlaie, PAC	1/9-23
Chuathbaluk: Laura Kowkenmaki, FNP.....	1/21-2/11
Stony River: L. Kat RobbinsSpann, FNP.....	1/22-30
Crooked Creek: William Ford, FNP	1/23-2/12
Sleetmute: Matthew Horgan, FNP	1/25-2/2
Nightmute: Andrea Goryl, FNP	1/31-2/12

February

Dental

Marshall: Bernadette Charles, DHAT + DA.....	2/1-5
Pilot Station: Bernadette Charles, DHAT + DA.....	2/8-12
Chevak: Sadie Green, DHAT + DA.....	2/8-11
Chevak: Sadie Green, DHAT + DA.....	2/15-19
Marshall: Renee Cheemuk, DHAT + D	2/16-19

Family Medicine

Russian Mission: Rachael Youngblood, FNP & CHAP	2/8-11
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