



Lillian and William Manumik of Marshall get their vaccine with Anne Komulainen, PA-C, and Covid Nurse Hailey Royer. YKHC is now able to vaccinate any YK Delta adults with both doses. Providers are traveling throughout the region, offering vaccinations. Many village clinics have the Moderna vaccine on hand. Both Pfizer and Moderna vaccines are safe and 95 percent effective and will help slow the spread of COVID-19.

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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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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



Geraldine Beans
St. Mary's



Photo not
available
John Matt Joe
St. Mary's

Unit 3



Bonnie Persson
Upper Kalskag



Patricia Yaska
Chuathbaluk

Unit 4



Photo not
available
Moses Owen
Akiak



James Nicori
Kwethluk

Unit 5



Stan Hoffman, Sr.
Bethel



Alton Alexie
Bethel

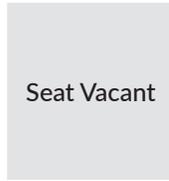


Walter Jim
Bethel



Chris Larson
Napaskiak

Unit 6



Seat Vacant



Adolph Lewis
Kwigillingok

Unit 7



Abraham David
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 & CEO.

At the time of publication we will have vaccinated more than 6,000 people with their first dose of the COVID-19 vaccine across all 50 villages. We continue to fly to villages and use our community health practitioners for vaccinations. When vaccinating in either Bethel or villages, we have averaged between 150 to 250 vaccinations per day. We continue to have a fast and safe pace.

There are two ways to sign up for your COVID-19 vaccination: by phone or submit an on-line form. Bethel elders or people without internet connectivity should call 907-543-6949. In the village, call your clinic or your Tribal office for assistance. Individuals with Internet connectivity can fill out the vaccine application at <https://tinyurl.com/y7reeyst>. You will receive a call back within three business days.

We urge everyone to get vaccinated who is eligible. Since Jan. 11 we have been vaccinating everyone 16 and over across the YK Delta. We continue to educate and answer questions on COVID-19 response and the vaccine through a variety of methods:

- Custom public service announcements on seven radio stations;
- Local and statewide media interviews;
- Print and graphic ads;
- The monthly Messenger;
- Videos;
- www.YKHC.org;
- YKHC's Facebook page;
- Six region-wide virtual town halls with various partners; and
- Weekly hour-long telephone conferences with tribal/city governments, seven school districts and YKHC staff;
- Monthly hour-long telephone conferences with businesses; and
- Numerous individual telephone conferences with tribal and city governments.

To learn more about YKHC's COVID-19 response, to sign up for the vaccine or to answer your questions on the vaccine's safety and effectiveness, go to www.ykhc.org or YKHC's Facebook page.

A handwritten signature in black ink, appearing to read 'Dan', with a stylized flourish above the 'D'.

COVID-19 UPDATE

FORMAL RECOMMENDATIONS FOR SCHOOL DISTRICTS

Understanding the critical importance of essential community functions, like education, continue amidst the on-going COVID-19 health crisis, YKHC developed the following guidance to clarify our remote learning recommendations, and to help teachers and school administrators with long-term planning based on COVID-19 rates and projections.

YKHC relies on several tools to determine the risk associated with in-person learning. It is our belief that **during a global pandemic there is no low-risk** associated with schools having in-person learning in the YK Delta.

Our region's vulnerability to COVID-19 is significantly higher than many places in the state due to a number of factors such as transportation challenges, limited healthcare infrastructure, lack of widespread access to running water and sewer, and multi-generational housing.

Even with no active cases in the YK Delta, we would continue

YKHC has put the following framework together to help identify when it would be safe to move back to medium risk, and allow for modified in-person learning to occur.

These recommendations are based on the Centers for Disease Control & Prevention School Risk Indicator Threshold and the Alaska Smart Start 2020 Restart & Reentry Framework Guidance for K-12 Schools.

Comprehensive considerations for evaluating modified in-person learning must include:

- YK Delta Case 14-day Rate < 200 per 100,000 (<25 cases/week),
- YK Delta Positivity Rate < 3%, and
- All local cases can be linked to travel

YK Delta Case 14-day Rate

Because of the interconnected nature of the YK Delta, YKHC believes all schools should be in remote learning status when the total number of new cases exceeds the CDC's highest risk of transmission category for schools.

This rate is a 14-day average of 200 per 100,000, which equates to roughly 25 cases per week in the YK Delta. When numbers are below this threshold, it may be safe for select schools to move to medium risk status, provided they meet the other two indicators.

to recommend all schools operate in medium risk status until we see cases drop across the U.S.

In November 2020, YKHC recommended all schools in the region move from medium to high-risk status, and close to in-person learning. Community-based transmission of COVID-19 continues occurring widely in Bethel and multiple villages throughout the YK Delta, and there was significant evidence in late 2020 that undetected transmission was occurring in villages prior to a confirmed case due to the interconnectedness of the entire region.

Positivity Rate

YKHC also looks at the percentage of coronavirus tests performed that have a positive result, known as a "positivity rate." This helps us know if the numbers are low because of a reduction in coronavirus transmission or if it is because not enough people were tested. We calculate the positivity rate by taking the total number of positive tests divided by the total number of tests.

A positivity rate below 3 percent generally indicates that we are doing enough testing to identify everyone infected so they can isolate themselves, their close contacts can quarantine, and we are more confident in reduced viral transmission.

Without enough testing, the virus can quietly spread, leading to large village outbreaks that are difficult to control. (*see graph, next page*)

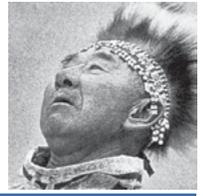
Contact Tracing of Local Cases Linked to Travel

Finally, in addition to regional rates falling below these thresholds, each individual community should go two weeks without any cases that cannot clearly be linked to travel. Even one case in a community would indicate a case rate that would exceed the highest risk thresholds set by the CDC.

See COVID UPDATE, p. 11

February 2021

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

Tables and chairs are set up at the Gathering House with social distancing protocols in place. The connector continues to be used for access from the main entry of the Clinic to the Emergency Department waiting room,

Diagnostic Imaging, and the Servery. Sprinkler piping and the metal roof are complete at the east employee entrance; artwork along the railings will complete in the Spring.

HOSPITAL RENOVATION

Contractor crews took time off for the holidays and the project was shut down for two weeks. Work is again progressing at the new Café and Dining area between the existing servery and Gathering House. Walls are painted, ceiling grid is installed with electrical, mechanical and sprinkler trim. Flooring, casework, and doors and hardware will follow for a substantial completion and opening in early February.

The new morgue space is scheduled to be substantially complete and turned over to YKHC at the beginning of February, at which time the old morgue will be renovated to become part of the material handling and receiving area. The new Hospital Security area, Emergency Department Fast Track, Performance Improvement, Medical Records, and Preventive Care departments will see flooring and casework beginning in January with door and hardware installation continuing. Above-ceiling punchlist corrections are underway by all trades.

The Emergency Department waiting area remains partially open, awaiting their added space with the completion of the Fast Track area. Two adjoining restrooms will open this month for the waiting area. Rebuilding of the hospital's emergency entry continues. A staff lounge, conference room, training room, new lockers/restrooms, and workshop for medical equipment maintenance and repair will take over the space of the old pharmacy. The finishes for this space are following right behind new security and fast track areas. Equipment rack installation in the new main communication server room began early this month. The new compressed oxygen storage and compressor rooms are progressing.

Existing oxygen equipment has been relocated to its new location. The new oxygen generator has been installed in the maintenance garage temporarily to fill the tanks. Installation of arctic pipe for new fire hydrants in front of the Hospital is complete with activation scheduled this month.

SPECIAL INSPECTIONS

Above-ceiling inspections for mechanical, plumbing, and electrical at the Café, Dining, rooms at the old pharmacy, and Morgue will occur in mid and late January. YKHC is observing and documenting welding for structural upgrade steel bracing on first floor and in the interstitial space below.



Gradual opening of the Gathering House.



Accent panels installed at Emergency entrance.



Flooring installation at employee locker room.

A Closer Look

COVID-19 Vaccine Safe and Effective

YKHC is encouraging all YK Delta residents to get vaccinated for COVID-19.

Enough vaccine has been allocated to our region to complete vaccination of healthcare and other essential workers, elders, and those most at risk of the worst effects of the virus. Anyone over the age of 16 can now receive the Pfizer vaccine, over the age of 18 for the Moderna vaccine.

As more and more people are vaccinated, our communities will be able to reach “herd immunity” that will slow down the spread of COVID-19, allowing schools to re-open and, eventually, for life to return to how it was before the pandemic. It will still take time and, for now, it is necessary for people to continue practicing the precautions we have been recommending since the onset of the pandemic.

“Vaccination is a powerful tool in our management of this pandemic,” said YKHC Chief of Staff Dr. Ellen Hodges, “and if enough people in our community get vaccinated, wear masks, frequently wash their hands and keep

their social circles small, we can defeat this terrible and unpredictable virus.”

Although the COVID-19 vaccines were developed quickly, the FDA has verified their safety and effectiveness and approved both the Pfizer and Moderna vaccines for emergency use.

The most common side effects people reported are soreness at the injection site, fever, fatigue and muscle aches. These typically resolve after about 48 hours, are signs your body is learning to fight COVID-19, and can be treated with ibuprofen or Tylenol. Severe allergic reactions have occurred, but are very rare. The risks of not getting vaccinated—and becoming infected with the virus—far outweigh any risks or side effects of the vaccine itself.

Also, partly because of the rapidity with which the vaccines were developed, there are still some unknowns, especially whether or not a person



Paul Clark (left) and his brother Richard Larson in Napaskiak. They found out many years later as adults that they were brothers—as they had both been adopted. They were excited to get their vaccines together.



Wilson Berlin, Kwethluk. Vaccinated by Health Aide Rhonda Jackson.

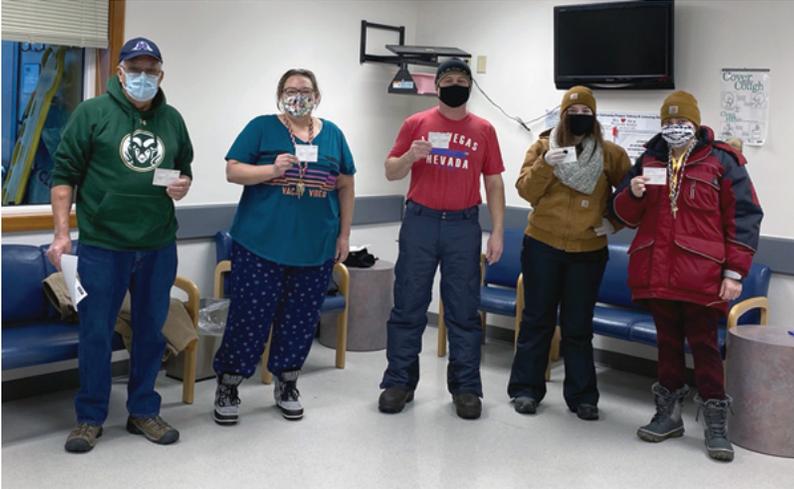


Anna Joekay gets her shot in Napaskiak.



Aaron Soresby and Lauren Martinez with daughter Althea.

Thanks to Dr. Elizabeth Roll and YKHC's Health Aides and vaccination teams for photographs.



Eek School staff: David Brewer, Cindi Faubian, Troy Poage, Emily Morton, Kierra Carmichael. Since children cannot get the vaccine, it's important for teachers and others who have and care for children be vaccinated.



David Simeon is the custodian for the Chuathbaluk clinic. He traveled 15 miles by four wheeler at -15 to receive his first vaccine. The plane was not able to land the first day so he traveled back home and the next day, when the weather was good, he did it again and received it at the airport with all the Aniak clinic staff. David set an amazing example of what Alaskans will do to receive their covid vaccine



John Sipary and Charity Maxie receive their vaccinations with Covid Nurse Melissa Tefft and Dr. Elizabeth Roll in Napaskiak.

who has gained immunity through vaccination could still pass it to others. Therefore, the protocols and recommendations for hand-washing, mask-wearing, social distancing and staying home still apply. The vaccines are 95 percent effective, but that does leave a five percent possibility of infection. Even if you've been fully vaccinated and have been exposed to someone who tests positive, quarantine protocols must be followed.

Because both versions of the vaccine must be kept stored at very low temperatures and cannot be left at normal temperatures for very long, vaccinators need to know how many doses will be needed during the day, or during a particular village visit. Therefore, all vaccinations require an appointment. To schedule a vaccination appointment, go to this site on the internet: <https://tinyurl.com/y7reeyst> and fill out the appointment request form. If you're in a village and don't have internet access, call your local clinic or your tribal office for a phone number to contact YKHC. Bethel residents without internet access can call the COVID-19 hotline at 543-6949. The hotline is staffed Monday–Friday 8 a.m. to 8 p.m .



Elizabeth and Nick Fisher of Kwethluk get their vaccinations with Health Aide Patricia David.

HEALTHY LIVING

February is American Heart Month, a month dedicated to raising awareness on the importance of making healthy choices to protect your heart.

Heart disease is a preventable disease. Healthy lifestyle choices, which include eating heart healthy foods, exercising, and engaging in stress management, can help prevent the development of heart complications. Below are some tips for staying heart healthy.

Heart Healthy Foods

The American Heart Association (AHA) recommends adding color to your diet. This means eating a variety of fruits and vegetables of all different colors to ensure that you are eating a nutrient dense diet. Frozen, fresh, canned, or dried fruits and vegetables can all count! Just be sure to check the nutrition label on frozen, canned and dried fruits. A lot of these options contain added sugars or salt.



The AHA also recommends limiting the amount of salt consumed each day to help protect your heart. One way to help lower salt content on canned goods is to rinse off canned vegetables with water before cooking. This has been shown to drastically reduce the amount of salt on the vegetables. Also consider using alternative ingredients to add flavor to a dish – try different spices, lemon juice, garlic and other healthier items to add flavor to the food you eat instead of salt!

Exercise

The AHA and American Diabetes Association (ADA) both recommend that individuals exercise for at least 150 hours each week. This may seem like a lot, but it really only means 30 minutes of exercise for 5 days of the week. Also, it has been shown that this can be broken up into shorter bursts of time (5-10 minutes, several times during the day) and still provide the same health benefits as if you exercised for 30 minutes straight. Exercising has been shown to reduce the risk for heart disease by lowering blood glucose, blood pressure, and improving cholesterol levels. Exercise can include going for a walk, chopping wood, hauling water, or any other form of fitness that you enjoy.

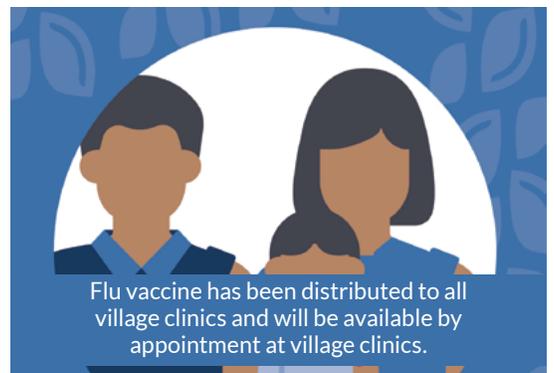
Stress Management

Stress can have a negative impact on health. Over time it can affect heart health by leading to increased blood pressure and elevated blood sugars, among other illnesses. Stress can also lead to negative coping behaviors that can increase the risk for heart disease such as smoking, alcohol consumption, over eating, and physical inactivity. It is important to manage stress in order to prevent these negative outcomes. Some useful ways for managing stress include talking with family and friends, laughing, deep breathing and positive self-talk. Sometimes meeting with a counselor or other health care provider can also help. If you are experiencing a lot of stress, feel depressed, or have some other mental health concern, please reach out to YKHC's Behavioral Health Department at 907-543-6499.

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

YKHC urges all residents of the YK Delta to receive their flu shot this 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.



RECIPE OF THE MONTH

PICKLED ONIONS

Recent research has shown that acetic acid supplementation may help in the management of chronic metabolic disorders. A systematic review and meta-analysis revealed that consuming acetic acid-rich foods may reduce triglycerides and fasting blood sugar concentrations in people with type 2 diabetes and decrease triglycerides in people who are overweight/obese.¹ Acetic acid-rich sources include vinegars, fermented grains (e.g. sourdough), sauerkraut, kimchi, kombucha, and pickled foods. See recipe below for an easy and inexpensive way to include acetic acid in your diet.



Ingredients

- 1 red onion, halved and sliced thin
- 1 cup red wine vinegar
- 1/3 cup sugar
- ¼ tsp canning and pickling salt
- 2 jalapeno chiles, stemmed, seeded, and sliced into thin rings (optional)

Directions

1. Place onion in medium bowl. In small saucepan, bring vinegar, sugar, salt, and jalapenos to simmer over medium-high heat, stirring occasionally, until sugar dissolves
2. Pour vinegar mixture over onion, cover, and let cool to room temperature, about 1 hour
3. When cool, drain vegetables in colander and serve (these can be refrigerated for up to 1 week)

How to use:

Garnish tacos, grilled cheese, or other sandwich
Sprinkle over a salad
Serve alongside grilled sausages or burgers

References:

Valdes DS, So D, Gill PA, Kellow NK. Effect of dietary acetic acid supplementation on plasma glucose, lipid profiles, and body mass index in human adults: a systematic review and meta-analysis. *Journal of the Academy of Nutrition and Dietetics*. 2021. Doi: <https://doi.org/10.1016/j.jand.2020.12.002>

Editors at America's Test Kitchen (2016). *America's test kitchen: foolproof preserving*. Penguin Random House Publisher Services.

PROTECT YOUR CHILDREN'S TEETH: Dental Sealants Prevent Cavities

February is National Children's Dental Health Month

Let's talk about one of the ways that YKHC is helping to prevent dental decay in our children: **Sealants!**

Sealants are a thin protective coating that is painted on your child's healthy tooth as a protective shield that helps block out germs and food that cause cavities.

Sealants Work: Sealants on permanent molars reduce the risk of cavities by 80 percent for two years and continue to protect against 50 percent of cavities for up to four years.

Sealants are Easy: The tooth does not need to be numbed. Here is a picture showing how it can be done.



When is the best time to get your child's teeth sealed?

Sealants can be beneficial to any tooth that has grooves or pits and is at risk for developing cavities. Sealants prevent the most cavities when applied as soon as possible after permanent molars come into the mouth. This happens usually around age 6 for the first set of molars and age 12 for the second set of molars.

How do you get sealants on your child's teeth?

Schedule your child an appointment for a dental exam at least one time per year and ask your dental provider if sealants are a good idea for your child. Sealants can be placed by DHATs, Dentists and Dental Hygienists.

The photo used and some of this information was obtained from the CDC website. For more information on sealants, you can visit https://www.cdc.gov/oralhealth/dental_sealant_program/sealants.htm

CHAP NEWS

Community Health Aide Program

HEALTH AIDE OF THE MONTH: October 2020—Pius Phillip of Alakanuk

You have often heard it said that Health Aides are the backbone of our healthcare system. Being a health aide takes a lot of sacrifice to get things done and patients taken care of. It can be overwhelming as well, especially if you're the sole health aide for your village.

Pius Phillip, CHA 1, has been taking care of his community with little to no complaint because of his deep commitment to his village. He has been the only village-based health aide in Alakanuk for most of the past year and is grateful when help is able to go out and relieve him. It can often be challenging due to weather.

Recently, Pius had a patient that required special care and was able to get the patient stabilized and sent out of the village for further care.



Pius Phillip of Alakanuk.

VAX CHAMPS: Health Aides promote COVID-19 vaccine

Kimberly Beebe-Hoffman: *I'm happy to share a photo of me giving the shot to my grandma. I was excited to give the vaccine to the people in my community because many people were eager to get the vaccine themselves. I think it's important to get the vaccine, especially to protect the vulnerable individuals in our community and to prevent the loss of another loved one. My daughter, myself, my mom, and my grandma all got the vaccine. I thought that was amazing having four generations get the vaccine. I love my community and I want people to be safe and healthy.*



Shara Davis, Community Health Practitioner, Mekoryuk: *Two weeks ago I received my second Pfizer covid vaccine. I am now 95 percent protected against the covid19 virus! We all have a chance to be a part of putting this scale of the pandemic behind us by choosing to get the covid vaccine. I got it to protect myself and my son. Let's protect our children because they cannot get the vaccine yet. If you're still undecided, please look for trustworthy resources to do your research on the vaccine like the CDC, State of Alaska or your health corporations like YKHC.*

LeeAnna Wilde, BHA: *(I got the vaccine) to protect my family and myself. I have little children that live in my household. Not being able to work remotely from the company, having to come into the office and having chances of being exposed to the virus.*



Aniak Staff line up to take vaccines and take photos of this historical moment of receiving their first covid vaccination. Shelbylee Simeon receives her vaccine by Dr Bates while Charlene Wolf and Adrian Boelens look on.

Mason Peterson, SRC Dental Case Manager: *I received the COVID-19 vaccine—that way I lessen chance to spread the virus. Also because I am protecting our elders in our community and because I love my grandmother. I hope to see younger generations receiving the vaccine as well.*



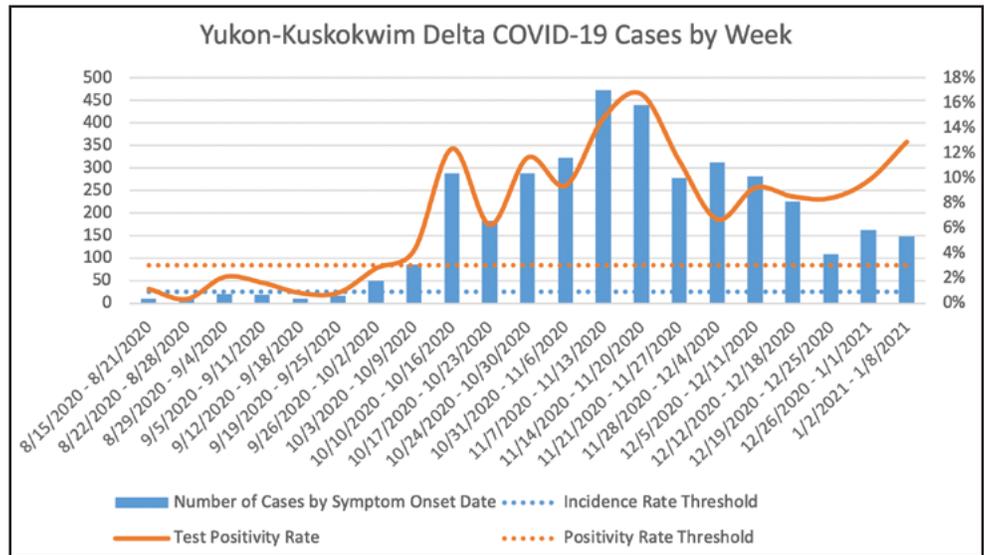
Jaydean Kelila, who works at the Aniak clinic, took a selfie while she received her first vaccine so she could show everyone!



COVID-19 UPDATE, from p. 4

An excellent way to lower the rates, and support essential functions like modified in-person learning, would be to have every eligible person in a community be vaccinated, wear a mask when out in public, and limit in-person social interactions to just the individuals who reside in your household. Please help us spread the word about the importance of vaccination to get kids back in school as quickly as possible.

We hope this guidance will help districts, schools, and teachers anticipate the types of recommendations that have been and will continue to come from YKHC over the coming weeks and months, and assist with longer term planning.



The graph above shows the number of cases (in blue) by week since school started in August. In order to protect the life, health, and safety of students, teachers, and communities, YKHC would like this number to fall below the blue dashed line for two weeks before any school returns to medium risk in-person learning. The orange line represents the test positivity rate by week over the same period. We would also like that to be below 3 percent for two weeks as represented by the orange dashed line.

YKHC RESPONDS TO TULUKSAK WATER PLANT FIRE

On January 26, YKHC met with members from the Tuluksak Native Community, the State of Alaska, Indian Health Service (IHS), U.S. Dept. of Agriculture (USDA), Housing and Urban Development (HUD), and several other federal agencies to solidify plans and funding for temporary and permanent solutions to bring water services back to Tuluksak following a fire of the water treatment plant and washeteria.

Immediate and intermediate plans are now in place, and discussions about permanent solutions are underway.

YKHC's immediate short-term plan provides \$150,000 of funding to restore non-potable water to Tuluksak for cleaning, bathing, and other sanitation needs of the school and community. This plan will also include the building of a temporary washeteria. This process is estimated to take three or more weeks to complete. YKHC, IHS, and Bureau of Indian Affairs will continue to provide bottled water for drinking until potable water is restored by the next phase, the intermediate plan.

YKHC's intermediate plan will provide \$1.5 million in funding to deliver a mobile water-plant building capable of producing potable water to Tuluksak via the ice road. Bethel Search and Rescue, along with the village of Napaimute, have already successfully plowed the community's ice-road. This building will be delivered when the river is safe enough to do so and used until a permanent build of the new water plant is complete.



A fire destroyed Tuluksak's water plant and washeteria in mid-January.

YKHC will provide initial funding and front all costs for both the immediate and intermediate projects. Further discussion is underway with the IHS, USDA, HUD State of Alaska and others to seek reimbursement for this emergency funding.

"We are excited to help Tuluksak restore its water services. It has been and will continue to be a team effort by all involved," said Dan Winkelman, YKHC President & CEO.

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.

February

Family Medicine

Chuathbaluk: Laura Kowkenmaki, FNP	1/21-2/11
Stony River: L. Kat Robbins-Spann, FNP	1/22-30
Crooked Creek: William Ford, FNP	1/23-2/12
Sleetmute: Matthew Horgan, FNP	1/25-2/2
Nunam Iqua: L. Kat Robbins-Spann, FNP	1/26-2/2
Nightmute: Andrea Goryl, FNP	1/31-2/12
Russian Mission: Rachael Youngblood, FNP & CHAP	2/16-19
Upper Kalskag: Colleen Britt, FNP & CHAP	2/22-25
Chevak: Sandy Beeman PA-C	2/22-26

Dental

Marshall: Bernadette Charles, DHAT + DA	2/1-5
Grayling: Cory Johnson, Anna Slats	2/1-5
Holy Cross: Tamija Woods - DHAT and Jared Thorson DA	2/1-4
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
Hooper Bay: Janette Ulak, DHAT	2/15-19
Crooked Creek: Tamija Woods, DHAT and DA	2/15-18
Marshall: Renee Cheemuk, DHAT + D	2/16-19

COVID-19 Vaccination

Chevak: HSRC Provider to help with Covid Vaccines	2/1-2
Scammon Bay: HSRC Provider to help with Covid Vaccines	2/1-2

Audiology

Scammon Bay: Rose Dockery	2/1-3
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Optical

Alakanuk: Blum +2	2/8-12
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Physical Therapy

Aniak: Jesse Gefroh, PT	2/1-3
St Mary's: Eliza Caguioa, PT	2/1-3
Upper Kalskag: Jesse Gefroh, PT	2/3-4
Hooper Bay: Erin Knowles, PT	2/8-10
Chevak: Erin Knowles, PT	2/11-12
Kipnuk: Eliza Caguioa, PT	2/16-18
Napakiak: Jesse Gefroh, PT	2/16
Napaskiak: Erin Knowles, PT	2/16
Marshall: Jesse Gefroh, PT	2/22-24
Akiachak: Amy Spatz, PT	2/24

March

Family Medicine

Shageluk: Rachael Youngblood, FNP & CHAP	3/8-10
Anvik: Rachael Youngblood, FNP & CHAP	3/11-12
Lower Kalskag: Colleen Britt, FNP & CHAP	3/22-25
Stony River: Colleen Britt, FNP & CHAP	4/5-7
Sleetmute: Colleen Britt, FNP & CHAP	4/8-9

Dental

Chevak: Sadie Green, DHAT + DA	3/1-5
Hooper Bay: Janette Ulak, DHAT	3/1-5
Chuathbaluk: Tamija Woods, DHAT	3/1-11
Pilot Station: Bernadette Charles, DHAT + DA	3/15-19
Hooper Bay: Janette Ulak, DHAT	3/22-26
Grayling: Tamija Woods, DHAT	3/22-25

April

Family Medicine

Holy Cross: Rachael Youngblood, FNP & CHAP	4/13-14
Grayling: Rachael Youngblood, FNP & CHAP	4/15-16
Upper Kalskag: Colleen Britt, FNP & CHAP	4/19-23

Dental

Hooper Bay: Janette Ulak, DHAT	4/12-16
Hooper Bay: Janette Ulak, DHAT	4/26-30