

The Paul John Calriciraq Project received its Certificate of Substantial Completion on March 23, meeting the goal of being on time, under budget and constructed safely. Take a closer look starting on page 8.

TOP: New south entrance: Access to Emergency Services, Diagnostic Imaging and Security. BOTTOM, from left: Security desk complete at new entry. Furniture complete in the new office space for Records Management. Reopening of the hospital main corridor.

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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

### YKHC Website

**[www.ykhc.org/covid-19](http://www.ykhc.org/covid-19)**

– Links to resources, vaccination application, latest COVID-19 information.

### 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

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](mailto: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](http://www.ykhc.org/messenger). Please ask permission to reprint articles or pictures.

This institution is an equal opportunity provider.

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

## YKHC BOARD OF DIRECTORS

### Unit 1



Mary Ayunerak  
Alakanuk

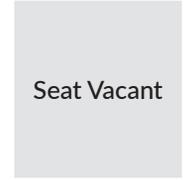


Michael Hunt, Sr.  
Kotlik

### Unit 2



Geraldine Beans  
St. Mary's



Seat Vacant

Seat Vacant

### Unit 3



Bonnie Persson  
Upper Kalskag



Patricia Yaska  
Chuathbaluk



Moses Owen  
Akiak



James Nicori  
Kwethluk

### Unit 4

### Unit 5



Stan Hoffman, Sr.  
Bethel



Alton Alexie  
Bethel



Walter Jim  
Bethel



Chris Larson  
Napaskiak

### Unit 6

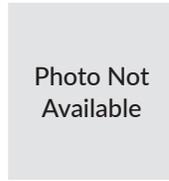


Photo Not  
Available

Sam Tinker Sr.  
Kasigluk

### Unit 7



Adolph Lewis  
Kwigillingok

### Unit 8



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.

I am happy to announce that, with the opening of the new south entrance to the hospital on Monday morning, April 5, the \$340 million Joint Venture Paul John Calricaraq Project (PJCP) is complete!

This has been the largest Joint Venture construction project in the history of the Indian Health Service (IHS). After six years of applying, planning, designing, securing funding, construction and renovation, our new hospital and housing has arrived—on time, under budget and most importantly, safely.

Opening the new south entrance means no more long walks to the emergency department, more parking availability, improved capacity, a new facility with new and improved medical equipment to provide much needed health care services to our customers. Work will continue, however, as we transition to upgrading business office space and connecting it to the back of the hospital. This additional project along with the refurbishment of the Community Health Services Building's first floor are both paid for mostly with savings from our PJCP project.

Congratulations to the YKHC Board of Directors, our 58 member tribes, all 1,300 YKHC employees and our joint venture partner, the IHS!

Any substantial accomplishment worth doing requires a team. Sometimes many teams, with many teammates. Some key teams that guided our success were the YKHC Board of Directors, the PJCP steering committee, the YKHC senior leadership team and the PJCP art and cultural committee which included staff, directors of the board, elders, Yup'ik, Cup'ik, and Athabascan language experts and customers of different ages.

We also had many other key partners throughout this project, including our hospital construction partner at ASKW-Davis, LLC; our project management team at Arcadis; our architects at Bettisworth North, Jones & Jones and ZGF; our financial advisors at PFM Financial Advisors, Western Financial Group, and Wipfli; our financial and banking partners:

Alaska Industrial Development & Export Authority  
JP Morgan Securities  
Alaska Municipal Bond Bank  
Raymond James Financial  
Bank of America Merrill Lynch

US Bank  
Bank of New York Mellon  
US Dep't of Agriculture  
First National Bank Alaska  
Zions Bank;

Our political delegation of Sen. Lisa Murkowski, Sen. Dan Sullivan, Rep. Don Young, Sen. Lyman Hoffman, Rep. Tiffany Zulkosky and former Rep. Bob Herron; our legal repre-

[see CEO Message, next page.](#)

## CEO Message, cont.

resentation at Birch, Horton, Bittner & Cherot and Sonosky, Chambers, Sachse, Miller & Monkman; our staffing, medical equipment and furnishings advisors at Healthcare Performance Partners, the Innova Group and BiNW;

our engineering partners:

|                                 |                              |
|---------------------------------|------------------------------|
| Arctic Food Service Design      | CRW Engineering Group        |
| HMS                             | RSA Engineering              |
| BBFM Engineers                  | Daly-Standlee & Associates   |
| Morrison Hershfield             | Stantec                      |
| Coffman Engineers               | Golder Associates            |
| Rowan, Williams, Davies & Irwin | Ted Jacob Engineering Group; |

our medical equipment partners:

|                          |                 |
|--------------------------|-----------------|
| Burkhart Dental          | Henry Schein    |
| Roche Diagnostics        | Skytron         |
| CME Corp.                | Hill-Rom        |
| Scriptpro                | Steris          |
| FujiFilm Medical Systems | Millipore Sigma |
| Shimadzu Medical USA     | Stryker Medical |
| GE Healthcare            | Pyxis;          |
| Siemens Medical Imaging  |                 |

our national, state and local sub-contractors and vendors:

|   |                            |
|---|----------------------------|
| Accel Fire Systems, Inc.                    | Nowka Cabinet Company      |
| General Mechanical, Inc.                    | American Landscaping       |
| ACME Fence Company                          | Otis Elevator Company      |
| Glacier Signs                               | Andy Milner Company        |
| Al Industries                               | Pacific Studio             |
| Independent Steel Erectors                  | Arctic Insulation          |
| AK Demolition                               | Polar Supply Company, Inc. |
| Knik Construction                           | ASRC SKW Eskimos           |
| Alaska Commercial Company                   | Rural Service Solutions    |
| Kuskokwim Commercial Supply                 | ATS Alaska Inc.            |
| Alaska Industrial Insulation & Fireproofing |                            |
| Kuukpik Arctic Services                     |                            |
| Alaska Marine Lines                         |                            |
| Mass Excavation, Inc.                       |                            |
| Alaska Professional Construction            |                            |
| Mechanical Construction                     |                            |
| Alaska Restaurant Supply, Inc.              |                            |
| NAPA Bethel                                 |                            |
| Alaska Steel                                |                            |
| National Pipe & Piling                      |                            |
| All Wall Contracting, Inc.                  |                            |

Salzbrun Services and Drilling  
AVEC  
Samson Electric, Inc.  
BEK of Alaska, Inc.  
Sherman Technologies  
Bentley's  
Shorty's Shop  
Bethel Native Corporation  
Siemens Industries  
Butcher Glass, Inc.  
Sign Dog Media  
Cascadia Windows LTD  
Slana Surveys Inc.  
Casey's Carpet  
Spenard Builder's Supply  
Commercial Contractors, Inc.

STG Incorporated  
Dale Construction, LLC  
Summit Windows & Doors, Inc.  
Delta Western  
Swanson's  
Denali Industrial Supply  
Swisslog Healthcare  
DMR Sign Systems  
T and H Leveling, Inc.  
Door Systems of Alaska  
Taylor Fire Protection  
EP Roofing, Inc.  
The Lumber Yard  
Far North Acoustics  
YKHC Construction  
Faulkner Walsh Constructors

Quyana to everyone listed, the City of Bethel and many, many others for all that you do each and every day!

Quyana to all our customers! Please do not put off your health care, even during a pandemic. As COVID-19 case rates have plummeted, get your annual physicals, dental, eye, preventative screenings and medical advice. YKHC is here for you and your family.

Yours Sincerely,



Dan Winkelman, YKHC President & CEO



**Left:** President/CEO Dan Winkelman signs US Department of Agriculture loan documents in 2015 as the Paul John Calricaraq Project got underway. **Right:** in September, 2020, Chief Financial Officer Lisa Wimmer and Dan Winkelman sign the final documents closing the \$165 million USDA loan, securing completion of the new hospital.

# COVID-19 UPDATE

Although COVID-19 is still a serious health concern for our region, we are starting to see signs of progress in the fight against this virus. Last month, positive cases dropped to levels not seen since last fall.

The decrease in cases is due in large part to the effectiveness of the COVID-19 vaccine. As of April 23, more than 64 percent of the eligible population in the YK Delta has received a COVID-19 vaccine. In some villages, nearly every eligible person 16 years and older has been vaccinated. If you have not received your shot, please sign up at [www.ykhc.org](http://www.ykhc.org) or by calling 800-478-6599.

Since the start of the COVID-19 pandemic, YKHC has provided guidance on how to keep our communities safe. As conditions change and the Centers for Disease Control (CDC) updates its guidance, YKHC has adjusted its practices and recommendations. Following are some recent updates.

**Quarantine guidelines.** Fully vaccinated people are not required to quarantine after travel or exposure to a suspected or confirmed case of COVID-19. (People are considered fully vaccinated two weeks after getting the second shot of Pfizer or Moderna or one week after getting the Johnson & Johnson vaccine.) Unvaccinated people should quarantine for 10 days upon returning from travel. All travelers should test seven days after travel or they have symptoms.

**Indoor gatherings of vaccinated people.** Small, indoor gatherings between fully vaccinated individuals (10 people or less) can be held without masks or physical distancing. Indoor visits between fully vaccinated and unvaccinated people can occur if the unvaccinated individuals are at low risk for severe COVID-19 and the social circle is limited to one additional household. Medium to large indoor gatherings (greater than 10 individuals) should be avoided.

**Outdoor mask-wearing for fully vaccinated people.** Mask wearing continues to be critical to the fight against COVID-19. All people, vaccinated and unvaccinated, should wear a well-fitting mask in public, indoor settings, such as at work or on an airplane. However, fully vaccinated people may participate in outdoor activities without a mask, except in certain crowded settings, such as a large sporting event.

**New hours for COVID-19 testing.** Regular COVID-19 testing is recommended for unvaccinated people. YKHC offers free testing at the Bethel drive-thru testing site at the Community Health Services Building on Fridays only from 4 to 5:30 p.m. and at all Alaska Airlines arriving flights (noon and 7 p.m.) at the Alaska Airlines terminal. "Close contacts" and persons showing symptoms of COVID-19 may be tested

by appointment by calling 543-6949 or visiting one of the testing facilities at CHSB or the airport. Testing is also available daily at the hospital for patients with appointments. In the village, please call your local clinic.

As always, YKHC will continue to monitor the situation with COVID-19 and make recommendations to protect the health of our communities. We offer many ways to stay up-to-date on the latest COVID-19 news. Case count updates are published daily at <https://www.ykhc.org/covid-19/>. Each Friday, we publish a Situation Report, which summarizes information from the week and can be found at <https://www.ykhc.org/covid-19/situation-reports/>. Other updates are available on our Facebook page, <https://www.facebook.com/ykhealth/>.

If you have additional questions about the COVID-19 vaccine or updated recommendations, please speak with your healthcare provider. YKHC is here for you and your family.

## This Is Our Shot! — to end COVID-19 and return to normal

Being vaccinated makes it safer for us to visit family and friends indoors, hug our elders, play basketball and reopen our schools. The CDC considers individuals to be fully vaccinated once two weeks have passed since they received a second dose of the Moderna or Pfizer vaccine, or a single dose of the Johnson & Johnson vaccine.

Keep in mind you'll still need to wear masks and social distance even if you're fully vaccinated when in public or any group greater than 10 people or if you're visiting with someone who is high risk and unvaccinated. If you're unsure, it's always best to play it safe!

Are you unvaccinated? Our doctors agree: COVID-19 vaccines are safe and effective. The vaccines pose our best shot to protect ourselves and our community from the virus, and return to normal. The health risks of getting COVID-19 are far more dangerous than any risks or side effects from the vaccines, which are under continuous study to ensure ongoing safety. We encourage you to sign up today. In the meantime, wear a mask, maintain distance and wash your hands to protect your community.

See OUR SHOT, p. 13

# RIVER WATCH 2021

YKHC is working with our regional partners and river watch to help prepare for break-up again this year.

Health Aides are working with local governments to develop lists of individuals who may have need to be evacuated first if flood waters start to rise. If you believe you or a family member should be included in this list, please contact your local health clinic to be sure you're on the list.

Because large gatherings are a high-risk activity due to COVID-19, please get vaccinated ASAP in case you need to evacuate to a shelter! Now is also the time to gather emergency supplies like food, water, clothing, and medicine for you and your family in case you have to evacuate on short notice.

If you have any questions about what to do before, during, or after a flood, please call the YKHC Office of Environmental Health & Engineering at 543-6420 and your local City/Tribe who are working on their local flood preparation and response plans.

—*Brian Lefferts, Director, Office of Environmental Health & Engineering*

## Why does flood water compromise our health?

- Flood waters contain countless fecal bacteria from honey-bucket waste, sewage, lagoons and animal droppings.
- It also carries loose trash and waste oils that may have harmful chemicals. Coming in contact with flood waters can put you at risk for illness.

## What can we do to prepare for a flood?

- Unplug all electrical appliances at risk of getting wet and move them to a higher ground.
- All valuables or home items at risk should be moved to higher ground. If possible, carpets should be removed from the floor.
- Stock extra heating fuel.
- Keep inventory of emergency supplies.

## After a flood, what can we do to avoid exposure to harmful agents?

- Do not use contaminated water to clean or do dishes.
- Check with your water plant operator to see if the community water source is safe to use.
- In a flooded home, all electrical and oil or propane tanks should be shut off to avoid the risk of fire. All down powerlines should be avoided. Appliances should not be used until all components are dried completely.



- Discard or thoroughly wash food items that have been in contact with flood waters.
- Hands should be washed with disinfected water after any time one comes in contact with flood waters.
- If you have a personal well that is covered in flood water, do not use the well! Contact the YKHC Office of Environmental Health (OEH) at 1-800-478-6599 for well disinfection instructions.
- If you come in contact with flood waters (especially in an open wound), see the local Health Aide to find out if you need a tetanus booster.

## DO NOT ALLOW CHILDREN NEAR FLOOD WATER!

### What emergency supplies should I keep in my home?

- Clean containers filled with several days worth of water.
- 3-5 day supply of non-perishable foods.
- First aid kit and any needed prescription medicines.
- Battery powered radio, flashlight and extra batteries.
- Sleeping bags or extra blankets.
- Supplies for a baby like diapers and baby wipes.
- Extra clothing.
- Bleach for disinfection of water and home surfaces.

### How can I clean my home?

- Remove wet items from the home until they are dry, and dry all surfaces in the home.
- Wall and hard surfaces can be cleaned with dish soap and disinfected with a mixture of 1 cup of bleach for every 5 gallons of water.
- Wash all linens, stuffed animals, pillows etc. in hot water and use a mechanical dryer on the high heat setting if possible. If an item cannot be washed, air dry it in the sun and spray it thoroughly with a disinfectant.
- All plastic toys should be disinfected with a bleach solution.

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If you have any questions, please contact the YKHC Office of Environmental Health (OEH) at 1-800-478-6599.

## RABIES IDENTIFIED IN YK DELTA FOX

Oftentimes when discussing rabies, the image of a horrifying rabid dog with a foaming mouth comes to mind, but that idea can be misleading, as the rabies virus does not always affect animals in this obvious way.

It is important to be observant of wildlife, especially when found close to houses. Wildlife that lacks fear of humans or that exhibits other abnormal behavior must be reported to the appropriate authorities as soon as possible (local law enforcement or public safety and YKHC Office of Environmental Health).

Between March and April 2021, two red fox and one arctic fox were confirmed through laboratory testing to be infected with the rabies virus—one each in the communities of Alakanuk, Bethel and Nightmute.

In recent years, positive specimens have been identified in many different animals, such as fox, wolves, coyotes, and more, from many different communities in the YK Delta. It is known that the rabies virus is always present in fox populations in the region and positive specimens are most often identified in late winter.

Protect your pets and family from rabies by following these prevention tips:

### **Vaccinate your pets.**

#### **Resources for Bethel and nearby communities:**

- Contact the local veterinary clinic (knikveterinaryclinic.com, 907-543-2823),
- Bethel Friends of Canines (bethelfriendsofcanines.com or Facebook Messenger),

#### **Regional Resources:**

- YKHC Office of Environmental Health (OEHE) staff works with volunteers in many communities that have been trained and are now certified lay vaccinators. Contact OEHE to find out if your community has a volunteer lay vaccinator by email at [OEHE\\_rabies@ykhc.org](mailto:OEHE_rabies@ykhc.org) or call 907-543-6420.
- Dr. Laurie Meythaler-Mullins, Public Health Veterinarian (email: [ykvet1@gmail.com](mailto:ykvet1@gmail.com) or “Dr. Laurie YK Vet” on Facebook)

Report any of the following scenarios to local law enforcement/public safety and YKHC OEHE:

- If a dog (vaccinated or not) comes into contact with a wild animal (i.e., fox, wolf, otter, etc.)
- If a dog starts showing any of the following symptoms: excessive drooling, staggered walking, acting strange, unprovoked aggression, irritability, difficulty moving, paralysis, inability to swallow, not eating/drinking, biting object/non-food items, change in voice/bark, etc.
- If you see a fox or other wildlife looking sick or acting strangely.
- If a dog, fox, or other wildlife bites or scratches a person, seek medical attention as soon as possible.

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For more information about rabies, contact the YKHC Office of Environmental Health at 907-543-6420 or [OEHE\\_rabies@ykhc.org](mailto:OEHE_rabies@ykhc.org).

## TRAVEL BOOTH NEW HOURS STARTING MAY 16

The Travel update booth located in patient resources of the new hospital will have new hours starting Sunday, May 16.

The new hours will now be 8 a.m. to 7 p.m.

After 7 p.m. patients can seek assistance from the Hostel.

For questions related to this change, contact Virginia Howard at ext. 6501 or via email at [virginia\\_howard@ykhc.org](mailto:virginia_howard@ykhc.org)

# DR. PAUL JOHN CALRICARAQ PROJECT

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

## PROJECT COMPLETION

The PJCP received its Certificate of Substantial Completion on March 23, 2021 meeting its goal of being on time and within budget. The Indian Health Services conducted their final inspection and acceptance on April 6, 2021 signing the last amendment to the Joint Venture Agreement for Phase 3.

The new south entrance to the hospital opened to the public providing direct access to the Emergency Department, which means no more long journeys from the Clinic side of the facility. The new south parking lot opens up availability of much needed parking space. The new entry also provides access to the new main security desk and offices, and future access to the West Wing building connection.

The new material handling, receiving (dock) area and mailroom all opened this month. The Café is substantially complete, but remains closed for operations this month.

The new staff lounge, conference room, training room, staff restrooms/locker rooms, and workshop for medical equipment maintenance and repair were all turned over from the contractor at the end of March.

YKHC IT Department continues new equipment installation at the main server room. The new compressed oxygen storage and compressor rooms were inspected and turned over this month.

Work continues on minor punch list items including insulating plumbing pipes in the interstitial space below the hospital floor, demolition of abandoned materials from the old systems, and completion of the lighting system. The new fire alarm system was also completed this month.

The final corridor renovation punch list and finishes, between Maintenance and Receiving will be done this month. Exterior lighting and security camera installation continues through April, as temperatures warm.

## CLINIC CONSTRUCTION

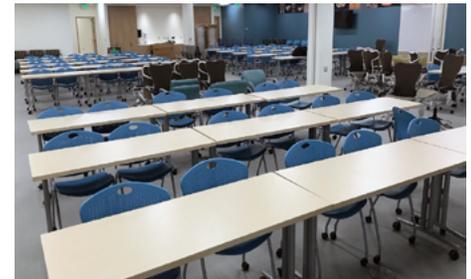
The Gathering House space remains open with social distancing protocols in place. All construction trades are working on demobilizing, cleanup and punch list work in the Central Utility Plant and Penthouse.



Finished gathering house at sunrise.



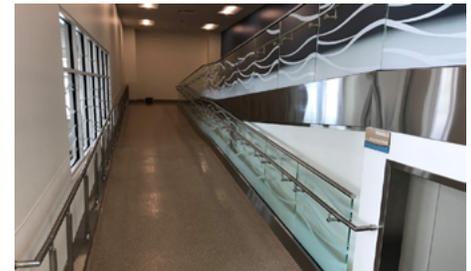
Waiting area for Diagnostic Imaging.



Furniture in Revenue Management space.



Nurse's Training room ready to occupy.



Indoor ramp at Hospital Emergency entry, with future access to the West Wing building through wall beyond



Servery area.



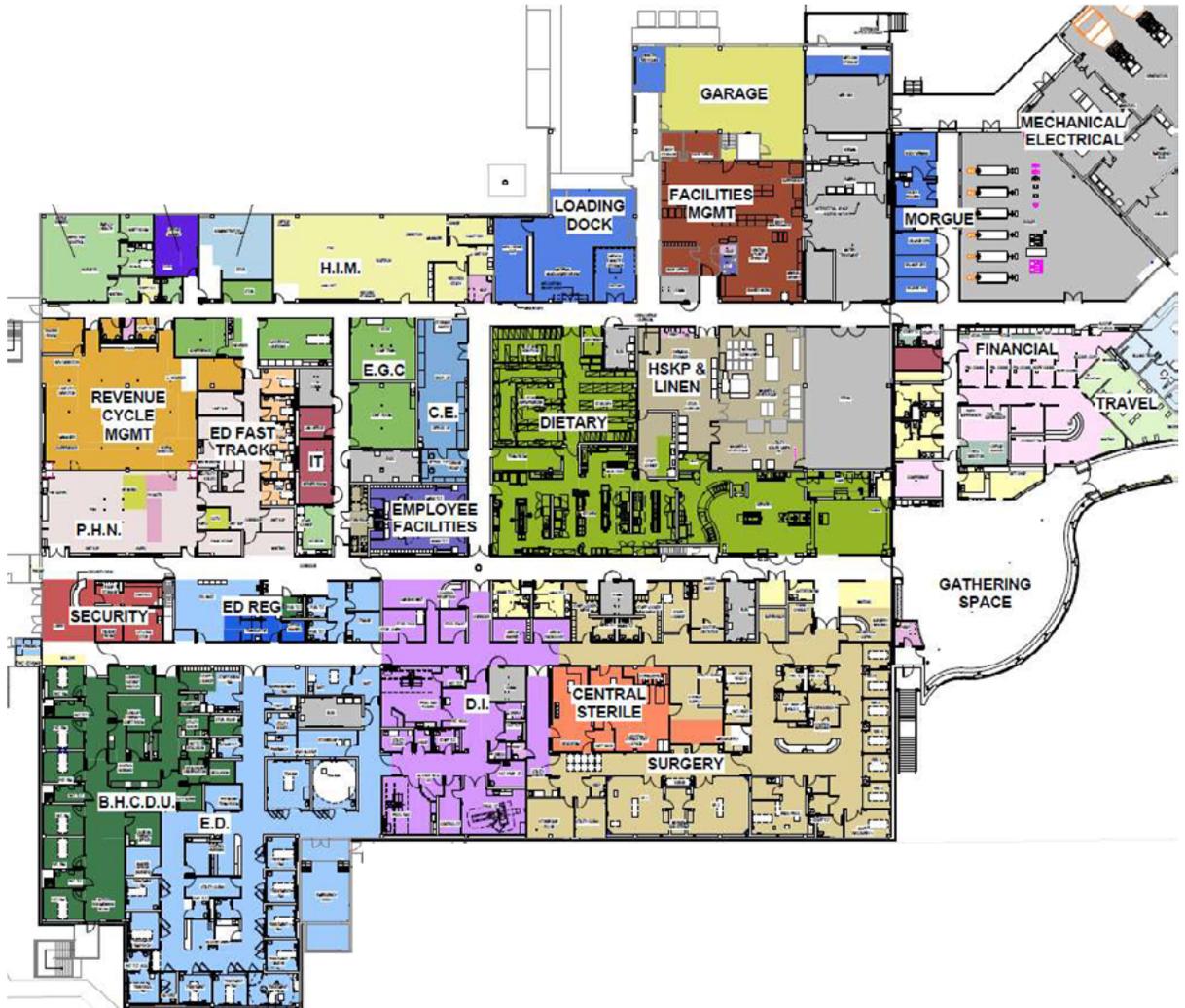
Finished stairway to Security and Emergency Department.

# FIND YOUR WAY AROUND THE NEW YUKON-KUSKOKWIM DELTA REGIONAL HOSPITAL



## RENOVATED HOSPITAL FIRST FLOOR

**New South Entrance:**  
 Access to Emergency Room, Security and Diagnostic Imaging. Additional patient parking



## NEW HOSPITAL FIRST FLOOR

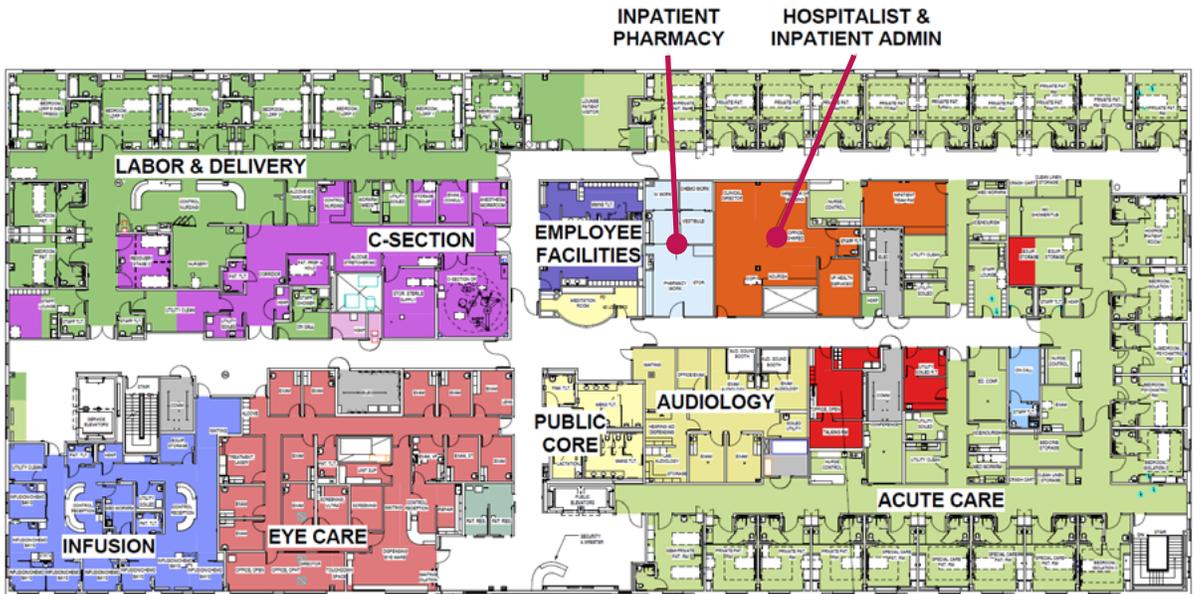


Second and third floor diagrams are on the next page

HOSPITAL  
SECOND  
FLOOR



HOSPITAL  
THIRD  
FLOOR

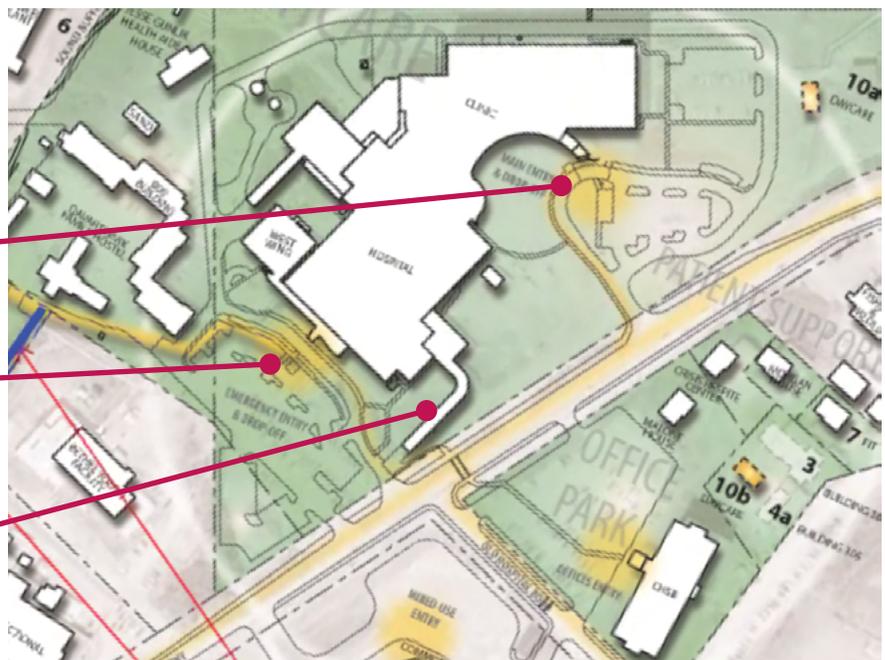


YKHC  
HOSPITAL  
AND  
CAMPUS

MAIN ENTRANCE AND  
PATIENT PARKING

EMERGENCY  
ENTRANCE AND  
ADDITIONAL PATIENT  
PARKING

ER AMBULANCE RAMP



## Are you interested in a career helping others?

### Are you—

- Motivated to help others?
- A team player?
- Interested in an opportunity for development and advancement?
- Looking for a career with purpose and value?

### Apply to be a Psychiatric Technician!

Contact Human Resources at 543-6060 or submit an application at [www.ykhc.org](http://www.ykhc.org)

Positions also open for Direct Care Providers (Developmental Disabilities) and Behavioral Health Aides.

*These positions require the ability to pass a criminal background check, drug testing, be 18 years or older, basic computer knowledge, be accountable, and participate in on-going training through YKHC.*



# YKHC SCHOLARSHIP PROGRAM

YKHC offers various scholarships for students enrolled in health oriented programs at accredited schools. If you need financial assistance in pursuing your interest in a nursing, dental, medical, or other healthcare career, please contact us!

#### Who should apply?

- Members and their descendents of tribes served by YKHC
- Employees of YKHC who are in good standing
- All Alaska residents

#### Who is qualified?

- Student must have completed all prerequisites for the program of study. Prerequisites vary by health occupation program.
- Students applying for funding of a health program at a graduate level must have completed their Bachelor's Degree.

### Apply for the scholarship by June 1, 2021

#### Undergraduate Programs

|                |         |
|----------------|---------|
| 1st year.....  | \$2,000 |
| 2nd year ..... | \$2,500 |
| 3rd year ..... | \$3,000 |
| 4th year ..... | \$3,500 |

*\*Not to exceed \$11,000 total*

#### Graduate Programs

|                |         |
|----------------|---------|
| 1st year.....  | \$4,000 |
| 2nd year ..... | \$4,500 |
| 3rd year ..... | \$5,000 |
| 4th year ..... | \$5,500 |

*\*Not to exceed \$19,000 total*

Visit [www.ykhc.org/education](http://www.ykhc.org/education) for more information about scholarship requirements, eligibility, and application form.

#### Do you have any questions?

Call (907) 543-6060 or 1-800-478-3321 ext. 6060

or email [AHEC@ykhc.org](mailto:AHEC@ykhc.org)



*The priority for funding will be in line with P.L. 93-638, the Indian Education and Self-Determination Act.*

*All candidates will be selected based on the YKHC scholarship applicant scoring sheet.*

*Candidates applying to the program must be enrolled or admitted as a fulltime student at an accredited program leading to licensure or certification as a health professional.*

# HEALTHY LIVING

## JOYS OF SPRING: Except maybe for pollen!

By Miles Rice, Diabetes Prevention & Control

It seems like Spring has finally arrived and with it a fresh batch of outdoor activities. Personally I am looking forward to berry picking and basketball! However, all these fantastic opportunities can be overshadowed by allergies.



With all the snow from this year's winter, we should expect to have high pollen counts this year. Here are a couple of tips to protect yourself while enjoying the sunshine!

**Remember:** Drink plenty of water

**Start your activities with a solid warm up:** Prepping the body for all activities is very important. Even if it is to chop wood, a solid warmup can help keep your back from aching and knees from hurting.

**Identify what you are allergic to:** This is important as some allergens are more present in the air during different times of the day. By knowing which allergens trigger your symptoms, you can plan when to go out.

**Monitor how intense your workouts are:** Consider bumping down your bike rides and trail runs if you find that longer and more intense workouts seem to trigger your symptoms.

**Wear masks when outside:** Believe it or not, masks can not only reduce your chances of getting COVID-19, but can also limit your exposure to pollen!

If allergies are severe, please talk to your provider!

If you would like any more tips or workouts, please feel free to contact the Diabetes Prevention and Control Department.

Send in photos showing off how you are enjoying the great outdoors and get a cool prize. Just email the photo and an address (PO Box) to [Diabetes\\_Program@ykhc.org](mailto:Diabetes_Program@ykhc.org)

obesity cavities  
liver disease heart disease  
tooth decay diabetes  
asthma weight gain cancer risk

Soda DRINK MIX Flavored Milk

**Cut back on sugary drinks and see how sweet life can be!**

## SUGAR-SWEETENED BEVERAGES

Mom or Dad must 'take the lead' in the decision as to what young children are offered to eat or drink. Unhealthy choices can lead to habits that can shape and impact a child's long-term health.

- Feed infants only breastmilk for the first 6-months of life.
- Never, put a sugary sweetened beverage in a baby bottle.
- Do NOT give children (under 2) sugar sweetened beverages. Give them water. Children under 5 should drink mostly water throughout the day.
- Do NOT give sport drinks to young children - they have as much sugar as mixed juices and soda.

Sugary drinks are by far the largest source of added sugar in our diet and are a major contributor to obesity, diabetes, and other diseases. An extra sugary drink each day increases a child's risk of obesity by 60%. Cut back on sugary drinks and see how sweet life can be!

## OUR SHOT, from p. 5

If you have concerns about vaccines, your health care providers would be happy to discuss them with you. For information about how to sign up, call your local clinic or visit: <https://www.ykhc.org/covid-19/vaccine/>

Every Delta resident over age 16 is eligible to be vaccinated

# THIS IS OUR SHOT!

Each person vaccinated brings us one step closer to our normal way of life.

✓ It is safe for you to get the COVID-19 vaccine.

✓ The vaccine will help slow the spread of COVID-19 in our region.

✓ The vaccine is highly effective at preventing severe illness or death from COVID-19.



## Apply for your vaccine today

[ykhc.org/covid-19](https://www.ykhc.org/covid-19)

Call 1-800-478-6599  
if you need assistance signing up.



## RECIPE OF THE MONTH

### Healthier Instant Noodles

#### Ingredients

- 1 package ramen
- 1 can mixed vegetables
- 1/2 cup jarred/dried salmon
- 3 cups water

#### Preparation:

1. Bring 3 cups water to boil.
2. Drain and rise the canned vegetables to remove extra salt.
3. Once boiling, add the ramen noodles, half of the flavoring packet, and half a can of mixed vegetables to the water.
4. Once the noodles are cooked, add in jarred or dried salmon and serve.

## EMPLOYER PENSION MATCH DISBURSED

The YKHC Board and Senior Management are excited to announce that YKHC will be matching up to the maximum contribution for our qualified retirement plan participants.

This contribution totals more than \$6 million that will be deposited in plan participants' accounts before May 7. YKHC has made the contribution at this level for the past four years.

This contribution would not have been possible without the efforts of our employees who worked tirelessly during the year to take care of customers.

YKHC strongly encourages all of our employees to participate in the pension plan. Please reach out to Human Resources in order to ask about enrolling in the plan.

# CHAP NEWS

Community Health  
Aide Program

## DECEMBER 2020 HEALTH AIDE OF THE MONTH: Michaela Okitkun of Kotlik

Michaela has been working hard since she came back as a health aide. She never gave up, but kept praying for help when she was working by herself during most of December when the two other health aides in Kotlik had to quarantine.

December was a very busy month! Michaela, with the support of the clinic office assistant, saw patients who needed to be seen in the clinic and attended to emergencies during and after working hours. She was also testing her community members for COVID-19. She was the only health aide who could be on call at the time. She spent most of her days in the clinic.

Thank you for not giving up, and for going forward every day! Thank you for your commitment to your health aide job and taking very good care of your community. You are appreciated every day!

—*Oliane Kameroff, Supervisor Instructor.*

## JANUARY 2021 HONORARY HEALTH AIDE OF THE MONTH: Beth Chief, CHP, Mountain Village

*Beth Chief passed away January 5, 2021. She is remembered as one of “our heroes” who gave her all and was deeply respected and loved within her community.*

Beth Chief, CHP, was a health aide from Mountain Village for about 25 years. She was known to help the community by caring and nursing her community back to health. She would also float to places where they needed help. Beth would always have a listening ear and would talk to people who needed advice. She always made sure family members were okay. She was full of compassion and made sure people heard what she wanted to say.

When Beth was younger, she and her brother would cut open pop cans like they were practicing being surgeons. They would call the nail a needle, make holes in the pop can and suture them back together. They would play doctor growing up and when Beth got older she became a health aide, following in her own mother’s footsteps.

Beth was a jokester; she always brought joy to work. In our Yup’ik culture we would always *ingqeq* our loved ones, giving them nicknames. Beth did that with her patients. She had many talents as a health aide and many people felt so comfortable around her. She has touched so many people. People in her community knew she would leave her family to help the community, especially with emergencies. Even when she was tired, she would still be doing her household chores daily and making sure she had enough energy to be with her kids.

Alvina Goetz remembered, “We would tease each other and laugh. Beth would be good to work with. Was a good shoulder to cry on no matter what.”

—*Adeline Wiseman*



Michaela Okitkun.



Beth Chief.

# BREAKING THE STIGMA OF MENTAL HEALTH

## SOME COMMON MYTHS:

- If you have Mental Health issues you are “not normal”.
- If you have a Mental Health diagnosis you “need” medication.
- Children don’t have Mental Health issues.
- Mental Health Services are only for “crazy” people.

Have you ever thought any of these things yourself or do you know anyone that has said or thought this before? This article is to inform you that all of these things are misconceptions of what Mental Health is...they are all MYTHS!

The fact is that using terms like “crazy” or “abnormal” can be very offensive, disrespectful and inappropriate. Mental health is a very common thing that many people deal with. We all have Mental Health just like we all have Physical Health. It may help to think of Mental Health as a staircase that we all use...on one end we have Mental Health Disorders and on the other end we have Mental Health.

The goal of Behavioral Health providers and their services is to try to help everyone move up to reach their full potential so they can become self-sufficient and live satisfying healthy lives.

Living a healthy life means that individuals are able to cope with challenging life situations, feel in control and confident of their lives, able to manage and express their emotions in healthy ways and, last but not least, build and maintain healthy relationships.

We all must deal with life stressors. This is what Behavioral Health providers are here to assist with. Providers want to work with any and every one who have consistent struggles with extreme sadness, grief and loss, substance use/addictions, anger problems, working through traumatic experiences and much more. If you or anyone you know feel as though you could use someone neutral to talk to and help you work through hard times, the Behavioral Health providers of YKHC are here for you.

May is Mental Health Awareness Month and we want to help break the stigma of what Mental Health is. Please join us in helping break the stigma by dismissing myths such as those mentioned above and letting people know the facts!



## More Fact - According to the National Alliance on Mental Illness:

- About 1 in 5 adults experience a mental illness.
- About 17% of youth experience a mental health disorder such as major depression.
- Children experience MH issues too but express them in difference ways not like adults.
- Therapy/Counseling can help people work through their MH problems.
- Medication is not always necessary if a person has a MH problem.
- Subsistence living/activities can help people work through MH problems and addictions.
- Traditional practices can be incorporated into Therapy/Counseling.
- Therapy/Counseling is based on what your goals and objectives are, not the provider's.

To learn more, connect with your local Behavioral Health Aide or contact YKHC's Behavioral Health Services at 543-6100. We have Friday Lunch & Learns to educate community members on various topics. We welcome conversations and discussions about community issues and we accept referrals for individual and group counseling. We are here for you!

## 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](mailto:customer_feedback@ykhc.org)
- Download a feedback form at [www.ykhc.org/comment](http://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

## 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.

### May

#### Dental

|  |          |
|--|----------|
| <b>Grayling:</b> Tamija Woods, DHAT .....      | 5/3-6    |
| <b>St. Mary's:</b> Dr. Zimin and 1 DA.....     | 5/3-7    |
| <b>Hooper Bay:</b> Janette Ulak, DHAT.....     | 5/17-21  |
| <b>Chuathbaluk:</b> Tamija Woods, DHAT.....    | 5/17-20  |
| <b>Hooper Bay:</b> Janette Ulak, DHAT.....     | 5/17-21  |
| <b>Hooper Bay:</b> Cory Johnson and 1 DA ..... | 5/20-27  |
| <b>Kalskag:</b> Katherine Levi.....            | 5/24-28  |
| <b>Hooper Bay:</b> Janette Ulak, DHAT.....     | 5/31-6/4 |

#### Family Medicine

|   |           |
|---|-----------|
| <b>Nunapitchuk:</b> Laura Koskenmaki, FNP .....               | 4/27-5/13 |
| <b>Tununak:</b> Matthew Willard, PA +1.....                   | 5/3-5     |
| <b>Russian Mission:</b> Rachael Youngblood, FNP and CHAP..... | 5/10-13   |
| <b>Lower Kalskag:</b> Colleen Britt, FNP and CHAP.....        | 5/17-20   |
| <b>Chevak:</b> Sandy Beeman, PAC .....                        | 5/24-27   |
| <b>Lower Kalskag:</b> Colleen Britt, FNP and CHAP.....        | 5/17-20   |
| <b>Chevak:</b> Sandy Beeman, PA-C.....                        | 5/24-27   |

#### Optometry

|  |         |
|--|---------|
| <b>Stony River:</b> Dr. Kalistook and 2 staff..... | 5/3-7   |
| <b>Mtn. Village:</b> Dr. Lucatero and 3 staff..... | 5/10-14 |
| <b>Kasigluk:</b> Pam Conrad and 3 staff.....       | 5/17-21 |
| <b>Kwigillingok:</b> Dr. Penaflor and 3 staff..... | 5/24-28 |

#### Physical Therapy

|                                    |         |
|------------------------------------|---------|
| <b>Hooper Bay:</b> Amy Spatz ..... | 5/3-5   |
| <b>Chevak:</b> Amy Spatz .....     | 5/6-7   |
| <b>Emmonak:</b> Jesse Gefroh ..... | 5/1--12 |
| <b>Kipnuk:</b> Eliza Caguioa ..... | 5/18-20 |
| <b>Aniak:</b> Jesse Gefroh .....   | 5/24-26 |

### June

#### Dental

|   |         |
|---|---------|
| <b>Pilot Station:</b> Renee Cheemuk DHAT with 2 DAs ..... | 6/14-18 |
| <b>Hooper Bay:</b> Janette Ulak, DHAT .....               | 6/21-25 |

#### Family Medicine:

|   |         |
|---|---------|
| <b>Chevak:</b> Sandy Beeman, PAC .....                        | 6/7-10  |
| <b>Upper Kalskag:</b> Colleen Britt, FNP and CHAP .....       | 6/7-10  |
| <b>Scammon Bay:</b> Erin Abston, PA-C .....                   | 6/14-17 |
| <b>Russian Mission:</b> Rachael Youngblood, FNP and CHAP..... | 6/14-17 |

#### Optometry:

|  |       |
|--|-------|
| <b>Kipnuk:</b> Dr. Kalistook and 3 staff ..... | 6/1-4 |
|--|-------|

#### Physical Therapy

|  |         |
|--|---------|
| <b>Kotlik:</b> Amy Spatz .....           | 6/3-4   |
| <b>St. Mary's:</b> Eliza Caguioa .....   | 6/7-9   |
| <b>Mtn. Village:</b> Eliza Caguioa ..... | 6/10-11 |
| <b>Marshall:</b> Jesse Gefroh .....      | 6/15-17 |

### July

#### Dental

|   |         |
|---|---------|
| <b>Hooper Bay:</b> Janette Ulak, DHAT ..... | 7/12-16 |
|---|---------|

#### Family Medicine

|   |         |
|---|---------|
| <b>Scammon Bay:</b> Erin Abston, PA-C ..... | 7/12-16 |
|---|---------|

## MyYKHealth has an App!

The HealtheLife 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: HealtheLife 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](mailto:MyYKHealthEnroll@ykhc.org).