



YKHC's Diabetes Program recently painted one of Bethel's dumpsters, which encourages residents of the YK Delta to "Cut Back on Sugary Drinks and See How Sweet Life Can Be."

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## Medicaid and YK-Pay Patient Travel

- Patients must travel on the air-line that is designated on their itinerary. If you alter from your itinerary in any way you may be responsible for your own air fare, taxis, lodging and meals.
- Escort must stay with the patient at all times.
- Check in two hours prior to your flight's departure time.
- Remember to bring vouchers, identification, incidental money for items not covered by Medicaid, and snacks.
- Taxi vouchers are not to be used for any reasons other than your medical appointments, to and from lodging or to and from airport.
- If your travel plans change you must call 543-6625.
- If you are in Anchorage, please contact your provider or Quyana Travel.

## 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.

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**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

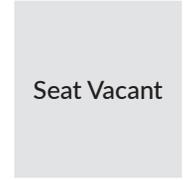


Michael Hunt, Sr.  
Kotlik

### 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



Sam Tinker Sr.  
Kasigluk



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

After nomination by YKHC, these Dental Health Aide Therapists and Community Health Aide/Practitioners were recently recognized by The Alaska Native Tribal Health Consortium for their outstanding work serving our customers!

CHAP Directors and their tribal organizations annually recognize the contribution and commitment of Community Health Aides/Practitioners through the Shining Star Awards. Recently, the awards were expanded to include Dental Health Aide Therapists. The fact that YKHC's Health Aides and DHATs are routinely included among the annual awardees speaks to our employees' commitment to excellence.

Congratulations to all for their accomplishments and dedication to our region and Alaska!

Sincerely,



Dan Winkelman,  
President & CEO.

## OUTSTANDING ACCOMPLISHMENT

### Trish Patton, DHAT, YKHC



Trish revised the Yuut Elitnaurviat Dental Training Clinic's infection control manual during the COVID-19 pandemic, allowing the ADTEP to continue their work of educating the next group of DHATs to serve Alaska Native communities during this unprecedented time.

## RISING STAR

### Anna Albert, CHA I, Tununak, YKHC



Anna responded to a call of a patient with internal bleeding and shock. She provided care until the medevac team arrived. Anna is a committed health aide to her village of 300 and appreciated for the wonderful care she provides.

## SHINING STAR

### Sophie Wiseman, CHP, Chefornak, YKHC



Sophie is a CHP, She is a quiet leader who speaks Yup'ik fluently, and is always prepared to provide the best care for her patients. This was apparent with her care of two very sick infants that needed a medevac to Bethel. With little oxygen and power fluctuations, she made sure that they were breathing and comfortable. She cared for these patients for more than 48 hours. Weather lifted, they were transported safely and oxygen tanks refilled. Her colleagues and community are blessed to have her!

## NORTH STAR

### Martha "EllqikZ" Lewis-Yohak, CHP, Chefornak, YKHC



Martha started her journey as a Community Health Aide in 1971. She worked as a Supervisor Instructor and traveled throughout the YK region to help and maintain the program. During this time she also worked as a Medic with the National Guard. She is appreciated for her work in her community and service to her country.

## NORTH STAR

### Jesse Gunlik, Basic Training Instructor Assistant, YKHC



Jesse has been an integral member of CHAP for 44 years.

- Basic Training Instructor Assistant.
- Otitis Media Program ear chapter in the CHAM.
- Development of a CD on wax removal.
- Advanced Ear Workshop which provides ongoing education for health aides.
- Telemedicine.

He also translated the Alaska Telemedicine Testbed Project to Yup'ik.

# COVID-19 UPDATE

Since the COVID-19 vaccine arrived in December 2020, more than 14,300 people on the Yukon-Kuskokwim Delta have rolled their sleeves up and gotten their shot. That's nearly half the population of the region that have received at least one dose of the COVID-19 vaccine.

More people are choosing to get vaccinated each week, which helps decrease the number of COVID-19 cases in the region and makes us safer. People who are vaccinated are less likely to catch COVID-19 and, if they do catch it, are less likely to get seriously ill or die.

According to Alaska Department of Health and Social Services, more than 97 percent of all COVID-19 hospitalizations in Alaska since January 1, 2021, have been among people who were unvaccinated. Each person who gets vaccinated protects themselves and their community from the virus and brings us one step closer to normal ways of life.

"The vaccine is our most powerful tool to fight COVID-19," YKHC's Chief of Staff Dr. Ellen Hodges said. "We want every person over age 12 to get vaccinated. Since we cannot vaccinate kids under 12, it's essential the rest of us get the vaccine."

Vaccination rates vary by community around the region. Below is information on the percentage of the total population of each sub-region that has received the COVID-19 vaccine, as of Friday, June 18. YKHC shares vaccination rates by sub-region in the Situational Report, which is posted Fridays at <https://www.ykhc.org/covid-19/situation-reports/>.

**Aniak sub-region:** 54.8 percent of the total population has been vaccinated. Includes: Aniak, Anvik, Chuathbaluk, Crooked Creek, Georgetown, Grayling, Holy Cross, Lime Village, Lower Kalskag, Napaimute, Red Devil, Russian Mission, Shageluk, Sleetmute, Stony River and Upper Kalskag.

**St. Mary's sub-region:** 52.2 percent of the total population has been vaccinated. Includes: Andreafski, Marshall, Mountain Village, Ohogomuit, Pilot Station, Pitka's Point and St. Mary's

**Bethel sub-region:** 50.7 percent of the total population has been vaccinated. Includes: Akiachak, Akiak, Atmautluak, Bethel, Eek, Kasigluk, Kipnuk, Kongiganak, Kwethluk, Kwigillingok, Napakiak, Napaskiak, Nunapitchuk, Oscarville, Quinhagak, Tuluksak and Tuntutuliak

**Emmonak sub-region:** 48.5 percent of the total population has been vaccinated. Includes Alakanuk, Billmore Slough, Chuloonawick, Emmonak, Hamilton, Kotlik and Nunam Iqua.

## COVID-19 VARIANT ARRIVES IN YK DELTA

In early June, the State of Alaska notified YKHC that two cases of the COVID-19 virus alpha variant were identified in two different villages in the Delta in May. The alpha variant is believed to be more virulent and contagious than the original strain of the COVID-19 virus.

People who are vaccinated against COVID-19 have less to worry about. Studies have shown that COVID-19 vaccines offer protection against the alpha variant.

"The solution is easy," YKHC President and CEO Dan Winkelman said. "Become fully vaccinated. It will protect you, your family and the community."

To register you or your child over 12 years old for the COVID-19 vaccine, visit at <https://tinyurl.com/8kb9vth> or call 1-800-478-6599.

**Toksook Bay sub-region:** 47 percent of the total population has been vaccinated. Includes Chefornek, Mekoryuk, Newtok, Nightmute, Toksook Bay, Tununak and Umkumiut

**Hooper Bay sub-region:** 44.4 percent of the total population has been vaccinated. Includes: Chevak, Hooper Bay, Paimute and Scammon Bay.

While the number of unvaccinated people is declining, a sizable portion of the population is not vaccinated yet. Unvaccinated people should speak with their healthcare provider to learn more about the COVID-19 vaccine and make plans to get vaccinated.

Until they are fully vaccinated, unvaccinated people should wear a mask and practice social distancing when they are around people outside their household. YKHC and the CDC recommend that unvaccinated people quarantine and get tested for COVID-19 after travel.

COVID-19 testing is available on the first floor of the hospital in Bethel between 8 a.m. and 6 p.m. Monday through Friday. Patients should enter through the main hospital doors (not the emergency room entrance) and indicate they are interested in a COVID test. "Close contacts" and people showing symptoms of COVID-19 can schedule testing by calling 543-6949. In villages, please call your local clinic.

# Guidance for YK Delta Communities

## With Low, Moderate or Substantial Transmission of COVID-19

This chart does not apply if there is high transmission of COVID-19 in the community.

Unvaccinated People	Examples of Activities	Fully Vaccinated People
<b>OUTDOOR</b>		
	Walk, run, wheelchair roll, or bike outdoors with members of your household.	
	Attend a small, outdoor gathering <i>with fully vaccinated family and friends</i> , including participating in subsistence activities, attending bonfires and playing outdoor sports, such as basketball or soccer	
	Attend a small, outdoor gathering <i>with fully vaccinated and unvaccinated people</i> , including participating in subsistence activities, attending bonfires and playing outdoor sports, such as basketball or soccer	
	Attend outdoor social events with multiple households that may include eating, such as potlucks, graduation parties, birthday celebrations.	
	Attend a crowded, outdoor event, like a live performance, parade, or sports event	
<b>INDOOR</b>		
	Get a massage or visit a barber or hair salon.	
	Shop in the store or attend Saturday market.	
	Have indoor play dates between multiple households with a mix of vaccinated and unvaccinated people.	
	Go to a movie or a steam bath. Have a sleepover with a mix of vaccinated and unvaccinated people.	
	Attend an indoor funeral, baptism or story circle.	
	Participate in Yup'ik dancing or attend a full capacity worship service with singing.	
	Eat at an indoor restaurant or bar, attend indoor social events with multiple households that may include eating, such as potlucks, graduation parties, birthday celebrations.	
	Participate in an indoor, high intensity exercise class, or close contact school sports like wrestling and basketball	

## SCAVENGING FOR ZOMBIES: All Through August

This year's Zombie Event will be in the form of a scavenger hunt through Pinky's Park!

Take a walk or run along the boardwalk and look out for "Spawn of the Dead" signs hidden throughout the park. When you locate a sign, take a picture doing the yoga pose listed and write down the words listed for the word scramble. There are five signs in total. Once you find them all, you can email [diabetes\\_program@ykhc.org](mailto:diabetes_program@ykhc.org) with the following information:

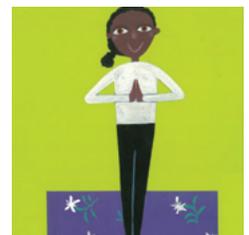
- All five pictures of you doing the yoga poses
- The sentence formed by the word scramble related to tobacco
- Your name
- Your mailing address
- What size sweatshirt you would like (we have youth and adult sizes this year!)

If you have any questions about the event, please contact the Diabetes Prevention and Control department at 543-6133 or by email at [diabetes\\_program@ykhc.org](mailto:diabetes_program@ykhc.org)

If you live outside of Bethel but are interested in participating, please reach out to the Diabetes Prevention and Control department and we can work with you to bring the Zombie Event to your community as well!

### DO YOU WANT TO BRING A ZOMBIE EVENT TO YOUR COMMUNITY?

Contact Diabetes Prevention and Control (DP&C) at [diabetes\\_program@ykhc.org](mailto:diabetes_program@ykhc.org) or 543-6133 to request a Zombie Event package. We will send you all of the supplies you need to get an event going in your community! All that you will need to do is find one person to hide the zombie event signs around your community and then let everyone know to go find them throughout the month of August. Participants can email their proof of participation to DP&C to claim a prize!



### Recipe of the Month: Salmon Chowder

#### Ingredients:

- 1 Onion, diced
- 4 Carrots, peeled and chopped
- 2 Medium Potatoes, chopped
- 4 Stalks of celery, thinly sliced
- 2 Tbsp. vegetable oil
- 2 Pint Jars canned salmon — do not drain
- 1 can low sodium corn — do not drain; OR 1 c. corn + 1 c. water
- 4 c milk; OR 4 c. reconstituted dry milk\*
- Salt & Pepper to taste
- Optional: 1 Tbsp. fresh dill, chopped; OR 1 tsp dried dill

*\*If lactose intolerant, use unsweetened rice, almond, or soy milk.*

#### Preparation

1. Over medium heat, add 2 tablespoons oil to soup kettle.
2. Once oil is heated, add vegetables to the pan in this order: onions, celery, potatoes, carrots. Sauté for one minute after each addition; after adding carrots, sauté for another 2-3 minutes.
3. Place cover over kettle and "sweat" vegetables for 2 minutes.
4. Add enough water to cover vegetables; bring to a boil, and then simmer until vegetables are fork tender.
5. Add corn and milk; stir well.
6. Add salmon and heat through.
7. Add dill, salt, and pepper to taste.

# A Closer Look

YKHC Community Health & Wellness

YKHC's Community Health & Wellness (CHW) is comprised of Women, Infants, and Children (WIC), Diabetes Prevention and Control (DPC) and Tobacco Prevention and Cessation (TPC).

These three departments emphasize health education and take a preventative approach to decrease rates of childhood obesity, diabetes, dental decay, and poor or fatal health outcomes as a result of tobacco use. CHW departments work

closely together with overlapping department goals and rely upon patient-initiated behavior change for meaningful outcomes.

## WIC

**Main Office:** 543-6459

**Email:** [WIClist@ykhc.org](mailto:WIClist@ykhc.org)

**Location:** PJCP 1st floor, Silver Hall

**WIC Breastfeeding Peer Counselor:** 907-545-6448

*(returning to West Wing Fall 2021)*

**Who is eligible?** Pregnant women during entire pregnancy, postpartum women up to one year if fully breastfeeding. If mom is no longer fully breastfeeding at six months post-partum her benefits are reduced. Children are eligible up to their fifth birthday. All WIC certifications last one year; you must re-apply for your child each year.

**What does WIC provide?** WIC provides specific nutritious foods for Mom and infant at critical, developmental times in their lives. This nutrition is intended to provide Mom/baby with optimal nutrition during pregnancy, and for brain and spinal cord development in children. WIC provides nutrition education and uses food benefits to educate moms on making healthy food choices for herself and her child. WIC also provides breastfeeding education and encourages exclusive breastfeeding for the first six months of life.

## Diabetes Prevention & Control

**Phone:** 543-6133

**Email:** [diabetes\\_program@ykhc.org](mailto:diabetes_program@ykhc.org)

**Location:** PJCP 2nd Floor - Wellness Center

**Diabetes Prevention and Control** is able to assist in testing for prediabetes or diabetes, as well as provide information and support on diabetes (which includes prediabetes, diabetes type 1 and 2, and gestational).

Diabetes prevention education is available as well. We have diabetes educators on staff being able to offer diabetes medication education, diabetes self-management and education support (DSMES), medical nutrition therapy (MNT), and exercise education. For convenience, telehealth appointments are available.

## Tobacco Prevention & Cessation

**Phone:** 543-6312

**Email:** [tobacco\\_program@ykhc.org](mailto:tobacco_program@ykhc.org)

**Location:** PJCP 2nd Floor-Behavioral Health

Our mission is to coordinate and promote activities that help Alaskans in the YK Delta live healthy and tobacco-free lives.

The overall goal is to reduce cancer incidence, illness, and death due to tobacco use among Alaskans. We do this by providing tobacco cessation services in both Yup'ik and English from nationally certified Tobacco Treatment Specialists.

The program includes eight counseling sessions along with FDA approved medications to treat nicotine dependence. We also support and host activities and policies that prevent the initiation of tobacco use.

### Who is eligible?

- YK Delta residents, 12 years of age and older.
- Pregnant and nursing women.

### How to Enroll?

- Clients can self-refer by calling the program at 543-6312.
- Clinicians outside of YKHC can also refer. Call 543-6312.

## 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
- 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

## TULUKSAK WATER PLANT UPDATE

The next phase of the plan to restore water to Tuluksak is underway. A water treatment plant and storage tank arrived in the village June 10.

The water treatment plant, originally in Bethel, was delivered via barge by Faulkner Walsh Constructors. CRW Engineering Group LLC and Faulkner Walsh are working on plans to install the plant and storage tank and connect it to the new well and power system. The project is expected to be completed later this summer.

The water treatment plant will be used until a permanent water treatment plant is constructed, a project that is expected to take several years. The Yukon-Kuskokwim Health Corporation (YKHC) is working with CRW Engineering Group this week to start to establish a timeline for the construction of the new, permanent water plant.

A fire January 16 destroyed Tuluksak's existing water plant and washeteria. YKHC, the Tuluksak Native Community, the State of Alaska, IHS, USDA, Housing & Urban Development (HUD), and several other agencies have worked together to establish temporary and permanent solutions to bring water services back to Tuluksak.



Faulkner Walsh Constructors deliver temporary water plant to Tuluksak June 10.



Fire destroyed Tuluksak's water plant and washeteria January 16.

## LODGING SCARCE FOR MEDICAL APPOINTMENTS IN ANCHORAGE

YKHC reminds Medicaid patients traveling to Anchorage to arrange housing before arriving in the city.

Several factors, including increased tourism and COVID-related hotel closures, combined to dramatically reduce the number of hotels that accept Medicaid vouchers. This has made it harder for patients to secure lodging. This summer, only two Anchorage hotels are booking Medicaid patients.

If no hotels that will accept Medicaid vouchers are available, patients will need to pay out of pocket for lodging. All patients should travel with money for incidental charges.

ANMC Patient Housing is available only to patients at ANMC or direct referrals from ANMC. Eligible patients must secure reservations in advance, as ANMC housing is typically full and patients without a reservation will be turned away.

YKHC makes every effort to support patients in arranging lodging in Anchorage for medical travel. Local clinics and the Travel Booth in Bethel can provide an up-to-date list of the Medicaid hotels. However, per Medicaid, it is the patient's responsibility to set up lodging prior to traveling.

Make your trip to Anchorage easier by getting your overnight lodging set up before you arrive!

## CONGRATULATIONS TO GRADUATING DHATS!

Natalia Shantz, originally from Hooper Bay, and Jerilyn Glenn, originally from Emmonak, graduated from the Alaska Dental Therapy Education Program June 24.

They applied and were chosen by YKHC for sponsorship back in 2019. YKHC agrees to support a certain number of students through school in exchange for successful completion of the program and a commitment to come back and work for YKHC upon graduation.

It is an intense, two-year, seven-semester, full-time training program, and we are very excited that Natalia and Jerilyn have persevered and will be joining our team of dental providers this July!



Dr. Judith Burks, YKHC Dental Dept.; DHAT grads Jerilyn Glenn and Natalia Shantz; Hospital VP Jim Sweeney; Patient Care Services Administrator Patty Smith.

# HEALTHY LIVING

## OPTOMETRY CLINIC

**Hours:** 8 a.m. – 5 p.m., Monday – Friday

**After hours:** Go to the Emergency Department, OD on call will be paged

### Services

- Comprehensive eye exams
- Contact lens fitting and evaluation
- Purchase frames, lenses, sunglasses, contact lenses, and solution
- Diagnosing, treating, and managing ocular conditions

We recommend that EVERYONE should get an eye exam every 1 – 2 years, even if you don't wear glasses or contacts.

During an eye exam, we not only evaluate your need for glasses or contacts, but we also make sure your eyes are healthy. Permanent vision loss can occur from many systemic diseases, such as uncontrolled diabetes and hypertension.

### Common conditions we see and treat:

**Nearsightedness**, also known as myopia, means you can see objects up close but objects in the distance are blurry. Farsightedness is the opposite of nearsightedness. This means you can see objects far away but objects up close are blurry. Glasses will be prescribed to correct both of these conditions and help you see better.

**Glaucoma** is when the nerve connecting the eye to the brain is damaged and causes vision loss. This usually occurs from high eye pressure. Most people will not notice any vision loss until it is very significant. Vision loss and tissue damage from glaucoma is irreversible, but it can be slowed by taking glaucoma drops.

**Conjunctivitis**, or pink eye, is an irritation or inflammation of the conjunctiva, which covers the white part of the eye-ball. This can be from a virus, bacteria, or allergies. Common symptoms include redness, pain, watery eyes, discharge, and itch. If it is viral, conjunctivitis will resolve on its own in 1-2 weeks. If it is bacterial or allergic, drops can be prescribed to speed up the healing process.

**Iritis** is inflammation inside of the eye, usually in the iris. This can be from trauma or inflammatory diseases such as arthritis. Common symptoms include redness, pain, light sensitivity, and blur. Steroid drops will be prescribed to help quiet the inflammation.

**Cataracts** occur when the lens of the eye becomes cloudy. Common symptoms include blur, decreased vision, and halo around lights. Cataract surgery removes the cloudy natural



Dr. Thomas Kalistook conducts an eye exam. (file photo)

lens and replaces it with a clear synthetic lens.

**Strabismus**, or an eye turn, is when one or both eyes are not aligned straight. Common symptoms include double vision or blur. Glasses can be prescribed to help align the eyes. In extreme cases, surgery is needed to help with realignment.

**Amblyopia** is uncorrectable vision loss, usually due to an eye turn or uncorrected nearsightedness or farsightedness. Common symptoms include blur and vision loss. Glasses can be prescribed to help correct the vision loss. However, if it is not caught in time vision loss can be permanent and uncorrectable, no matter what glasses are prescribed.

**Retinal Detachment** happens when the layers in the back of the eye detach from the rest of the eye. Common symptoms include flashes of light, floaters, a black curtain coming down in your vision, and vision loss. This needs to be treated right away with surgery.

### Contact Lens Wear

Since contact lenses are considered a medical device, we make sure your eyes are healthy enough to wear them. The abuse of contact lenses can lead to eye infections, irreversible and uncorrectable vision loss, and even enucleation (removal of the actual eye).

### Rules for contact lens wearers:

- Only wear contacts that have been prescribed to YOU.
- DO NOT sleep in them.
- DO NOT share them.
- DO NOT use water to store them.
- Replace your contact lenses and contact case regularly.
- Always wash your hands before handling contacts.
- If your eye is red or painful, discontinue use and see us.

### HEALTH AIDE OF THE MONTH FOR MARCH, 2021: Lincoln Friday, Chevak

Chevak is one of YKHC's largest and busiest villages. Although understaffed, Lincoln Friday and his coworkers stepped up. He has been the only health aide that was on-call for the majority of March. Spending almost every evening in the clinic, he still showed up to work the next day. Thank you for making a difference in your community. Employees like you are the foundation of success for our corporation. So, thank you and know that you are very much appreciated.

—Lianna Kasayuli, SI



Lincoln Friday.

### EMERGENCY FUND HELPS RECORD NUMBER OF HEALTH AIDES IN 2020

In the pandemic year of 2020, the Emergency Fund for Community Health Aides made 47 awards to former and current Health Aides. To be eligible for an award, the Health Aide must have a current family or personal emergency. A review panel of Health Aides reviews all applications and approves awards. The average award in 2020 was \$518.

#### Of those receiving awards:

- 32 percent were having a financial hardship.
- 19 percent had out-of-town medical needs.
- 16 percent had a COVID-related emergency.
- 14 percent had medical concerns.
- 13 percent had a death in the family.

Some of the following Health Aides were willing to share their story of how the Emergency Fund helped them:

Verna Henry had worked as a CHP in Eek for 23 years. She needed assistance when her son had severe frostbite of the foot. "He was confused and had went out for just 10 minutes in -20 degree weather." Henry's son eventually had to have the foot amputated.

Henry states, "We had to stay in Anchorage for several months. The Emergency Fund helped us pay for bills past due, like my phone and rent, and heat for our house. Thanks to the Fund for all you do for Health Aides"

The Emergency Fund is part of the Bethel Community Service Foundation (BCSF), which has provided invaluable administrative and logistical support. A dedicated panel of Health Aides also provides critical support by approving applications and giving input into the program. The group includes Joseph Okitkun, Katherine Evon, Marsha Smith, Carla Suskuk, and recently-retired Martha Attie. They have been volunteering their services since 2019.



Recent Award recipient Richard Lincoln and family members.

Chester Mark, fund founder and former Health Aide Trainer, says, "One hundred percent of all donations goes back to help Health Aides in the YK Delta. They have been the backbone of health care in the region for decades and have given selflessly to others. This fund helps health aides in their time of need."

Donations have come from YKHC providers, community members and their family. Several donations came in memory of Beth Chief, CHP, who passed away recently. Bettisworth North, architect of the new YKHC hospital, also generously donated \$3000.

To donate to the Emergency Fund for CHA's, contact Michelle Dewitt at BCSF, or mail a check to CHA Emergency Fund, PO Box 2189, Bethel, AK, 99559, or go to the [bcsf-foundation.org](http://bcsf-foundation.org) website, click Donate, and select "Community Health Aide Emergency Fund." The Fund is also seeking monthly donors.

—Chester Mark, Fund Founder

## COVID-19 STUDY UPDATE FOR PARTICIPANTS/VOLUNTEERS

### Why was this study conducted?

YKHC participated in a national study of COVID-19 vaccine effectiveness among healthcare workers sponsored by the Centers for Disease Control and Prevention (CDC). In December 2020, two COVID-19 vaccines were authorized by the Food and Drug Administration (FDA) for use in the United States. In large clinical studies, both vaccines had 95 percent efficacy in preventing COVID-19 disease. Healthcare workers around the country were one of the first groups to be offered the vaccines as they are at high risk for exposure to SARS-CoV-2. This study evaluates the effectiveness of the vaccines to prevent COVID-19 among healthcare workers in the 'real-world' after authorization.

### What was done?

The study involved an interview and record review of COVID-19 tests, symptoms and vaccination in healthcare workers who were tested for COVID-19. In partnerships with ANTHC and SCF, under the direction of Dr. Rosalyn Singleton, the YKHC research team enrolled eligible healthcare workers. Over 350 healthcare workers volunteered to participate. For every healthcare worker with a positive test that joined the study, three participants with negative tests were randomly selected to join.

During January 1 and May 14, 2021, YKHC enrolled 84 participants. Twenty-seven percent were from remote YK-Delta villages, 78 percent were female, 61 percent identified as Alaska Native, and 19 percent were physicians/nurses.

During this time, the percentage of fully vaccinated healthcare workers increased from 0 percent to 70 percent while percentage of healthcare workers with positive COVID-19 tests decreased from 3.6 percent to 0 percent.

### What was found?

COVID-19 vaccines were found to be highly effective in preventing COVID-19 among healthcare workers. Effectiveness of a full two-dose regimen was estimated at 94 percent.

### What do the results mean?

COVID-19 vaccines help protect people from getting sick. Healthcare workers as well as others are highly encouraged to receive COVID-19 vaccines.

In closing, a wholehearted THANK YOU to healthcare workers who participated in the study and all who volunteered to join the study. Your participation helped researchers better understand COVID-19 and enabled YK Delta to be represented in a national study. We also thank the YKHC Human Studies Committee, YKHC Board of Directors, and the YKHC COVID-19 response team for supporting the study. We thank our colleagues and partners at the Alaska Native Tribal Health Consortium and Dr. Tim Thomas, our research staff, and the study sponsor, CDC, including Dr. Marc Fischer.

The YKHC research team can be contacted at 907-543-6095.

## NEW HOSPITAL/AIRPORT SHUTTLE SCHEDULE

Depart Hospital	Renfro Air	God's Country/Dehaans	Ryan Air	Yute	Alaska Airlines	Fox Air	Grant	Return to Hospital
7:00 AM	7:05 AM	7:10 AM	7:15 AM	7:20 AM	7:25 AM	7:30 AM	7:35 AM	7:40 AM
8:00 AM	8:05 AM	8:10 AM	8:15 AM	8:20 AM	8:25 AM	8:30 AM	8:35 AM	8:40 AM
9:00 AM	9:05 AM	9:10 AM	9:15 AM	9:20 AM	9:25 AM	9:30 AM	9:35 AM	9:40 AM
10:00 AM	10:05 AM	10:10 AM	10:15 AM	10:20 AM	10:25 AM	10:30 AM	10:35 AM	10:40 AM
11:00 AM	11:05 AM	11:10 AM	11:15 AM	11:20 AM	11:25 AM	11:30 AM	11:35 AM	11:40 AM
12:00 PM	12:05 PM	12:10 PM	12:15 PM	12:20 PM	12:25 PM	12:30 PM	12:35 PM	12:40 PM
1:00 PM	1:05 PM	1:10 PM	1:15 PM	1:20 PM	1:25 PM	1:30 PM	1:35 PM	1:40 PM
2:00 PM	2:05 PM	2:10 PM	2:15 PM	2:20 PM	2:25 PM	2:30 PM	2:35 PM	2:40 PM
3:00 PM	3:05 PM	3:10 PM	3:15 PM	3:20 PM	3:25 PM	3:30 PM	3:35 PM	3:40 PM
4:00 PM	4:05 PM	4:10 PM	4:15 PM	4:20 PM	4:25 PM	4:30 PM	4:35 PM	4:40 PM
5:00 PM	5:05 PM	5:10 PM	5:15 PM	5:20 PM	5:25 PM	5:30 PM	5:35 PM	5:40 PM
6:00 PM	6:05 PM	6:10 PM	6:15 PM	6:20 PM	6:25 PM	6:30 PM	6:35 PM	6:40 PM
7:00 PM	7:05 PM	7:10 PM	7:15 PM	7:20 PM	7:25 PM	7:30 PM	7:35 PM	7:40 PM
8:00 PM	8:05 PM	8:10 PM	8:15 PM	8:20 PM	8:25 PM	8:30 PM	8:35 PM	8:40 PM
Shuttle request afterhours or holidays, call YKHC Security at (907) 543-6603								
<b>Please note: The shuttle is only for YKHC patient and will NOT make any stops other than the hotels and hospital.</b>								

## 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.

### July

#### Optometry

**Anvik:** Dr. Thomas Kalistook +3 ..... 7/6-9

**Newtok:** Dr. Pam Conrad ..... 7/12-16

**Qunhagak:** Dr. Thomas Kalistook +3 ..... 7/26-30

#### Dental

**Hooper Bay:** Janette Ulak, DHAT ..... 7/12-16

**Crooked Creek:** Kathrine Levi, DHAT + 1 DA ..... 7/19-22

**Alakanuk:** Bonnie Hunt, DHAT ..... 7/26-30

**Marshall:** Bernadette Charles, DHAT ..... 7/26-30

#### Family Medicine

**Scammon Bay:** Erin Abston, PA-C ..... 7/12-16

#### Physical Therapy

**St. Mary's:** Eliza Cagjioa ..... 7/12-14

**Mtn. Village:** Eliza Caguioa ..... 7/15-16

### August

#### Dental

**Hooper Bay:** Janette Ulak, DHAT ..... 8/2-6

**Russian Mission:** Kathrine Levi, DHAT + 1 DA ..... 8/2-6

**Kotlik:** Bonnie Hunt, DHAT ..... 8/9-18

**Hooper Bay:** Janette Ulak, DHAT ..... 8/16-20

**Holy Cross:** Kathrine Levi, DHAT + 1 DA ..... 8/16-19

#### Family Medicine

**Alakanuk:** David Gonzales, FNP ..... 8/16-20

### September

#### Dental

**Hooper Bay:** Janette Ulak, DHAT ..... 9/6-10

**Anvik:** Kathrine Levi, DHAT + 1 DA ..... 9/6-9

**Alakanuk:** Bonnie Hunt, DHAT ..... 9/13-17

**Pilot Station:** Renee Cheemuk, DHAT ..... 9/13-17

**Kalskag:** Kathrine Levi + 1 DA ..... 9/20-24

**Pilot Station:** Bernadette Charles, DHAT ..... 9/20-24

**Kotlik:** Bonnie Hunt, DHAT ..... 9/27-10/1

#### Family Medicine

**Scammon Bay:** Erin Abston, PA-C ..... 9/6-9