



NUNAPITCHUK FAMILIES GET VACCINATED

Oscar B. Benn, Jr, third from left, along with Janeen Benn and Theodora Nicholai, far right, got their COVID-19 vaccination shots recently with their eligible children over age 12, who are proudly holding their cards: (from left) Julian Benn, Jason Nicholai, Kaylen Nicholai, Addison Benn, Alyssa Benn.

This is Our Shot!



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VISIT OUR WEBSITE TO REGISTER FOR YOUR VACCINATION:
www.ykhc.org or call 1-800-478-6599

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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The Messenger is also available for download on our website at www.ykhc.org/messenger. Please ask permission to reprint articles or pictures.

This institution is an equal opportunity provider.

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

YKHC BOARD OF DIRECTORS

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Alakanuk



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Kotlik

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Seat Vacant

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Toksook Bay

Message from the President & CEO



Dan Winkelman,
President & CEO.

The Delta variant is causing a surge in COVID-19 cases that require hospitalizations and critical care support across Alaska. Between these cases, summer activity-related injuries, and other serious medical issues, Alaska's referral hospital capacity is at a crisis point.

On August 23, 2021, I joined an emergency call with CEOs from all of Alaska's largest hospitals, informing Governor Mike Dunleavy that the majority of referring hospital capacity for critical care support in Alaska is close to full, with the exception of Fairbanks.

Numerous requests for assistance were made to Governor Dunleavy by all CEOs. I recommended the Governor immediately implement basic public health strategies to decrease COVID-19 cases, including asking Alaskans to mask in indoor public places, and now that the Food & Drug Administration has fully licensed the Pfizer vaccine, to ask all Alaskans to become vaccinated. He and his team began working on the requests and the Governor stated he would hold a press conference to inform Alaskans.

On August 25, 2021, it was reported by ADN (Anchorage Daily News) that, in a podcast, Governor Dunleavy said, "We are not mandating masks and we are certainly not going to mandate vaccines." The Governor does not have to mandate masks or vaccines. Instead, he could simply ask Alaskans to temporarily mask in indoor public places until hospitals are no longer full and ask eligible Alaskans to become vaccinated. Asking is not mandating or dictating.

It is clear that ending the COVID-19 pandemic is being left up to each of us. All employers can be leaders and play a unique and necessary role to end this pandemic. A workplace policy requiring vaccination of a fully authorized Food & Drug Administration (FDA) vaccine, like Pfizer, and implementation of basic CDC public health guidance will protect workers, customers and the community. It will also help to keep businesses and schools open. YKHC requires all staff to be vaccinated with their first vaccination by September 10, 2021.

If cases continue to climb at current rates, statewide referral hospital capacity could unfortunately fill up. If that were to happen, negative outcomes will increase for both those with severe COVID-19 illness needing hospitalization in critical care units and those who suffer heart attacks, strokes, traumas and other serious yet normally treatable conditions. YKHC is not a referral hospital and our bed availability is currently very good.

As the Yukon-Kuskokwim region sees exponential transmission of COVID-19 cases and most of the state of Alaska is now a high transmission area as defined by the CDC, YKHC urges all residents to:

- Choose safe vaccination against COVID-19 that can prevent serious illness;
- Wear a mask when in indoor public places;
- Avoid crowds; and
- Wash your hands often.

Now, more than ever, is the time to wear a mask in indoor public places and encourage others to become fully vaccinated. I ask you to become a vaccine ambassador and reach out to your friends and family who are unvaccinated to share your story of vaccination: how easy it was, why you chose to become vaccinated, whether you had any minor side effects, and anything else you feel is important to share.

Positive encouragement with science-based information from trusted sources can make a difference!

Sincerely,

A handwritten signature in black ink, appearing to read "Dan". The signature is stylized with a large, looped initial 'D'.

COVID-19 UPDATE

PFIZER COVID-19 VACCINE GETS FULL FDA APPROVAL

Following a standard review of quality, safety, and effectiveness, on Monday, August 23, the Food and Drug Administration (FDA) granted full approval of the COVID-19 vaccine distributed by Pfizer-BioNTech for individuals 16 years of age and older.



The vaccine continues to be available under emergency use authorization (EUA) to individuals ages 12-15 and for the administration of a third dose in immunocompromised individuals.

The full approval is the last step in an intensely rigorous approval process. More than 204 million shots of the vaccine have been administered since the vaccine was approved for emergency use in December 2020. The vaccine is safe and highly effective in protecting people from hospitalizations and deaths from COVID-19. In the YK Delta, no vaccinated people have been hospitalized or died from COVID-19.

“While millions of people have already safely received COVID-19 vaccines, we recognize that for some, the FDA approval of a vaccine may now instill additional confidence to get vaccinated,” said Acting FDA Commissioner Janet Woodcock, M.D. “(This) milestone puts us one step closer to altering the course of this pandemic in the U.S.”

If you still have questions about the COVID-19 vaccine, please speak with your YKHC healthcare provider. If you would like to get vaccinated, complete the survey online at <https://tinyurl.com/8kb9vth> or by calling 1-800-478-6599.

COMMUNITY GUIDANCE RECOMMENDS MASKS FOR EVERYONE IN INDOOR, PUBLIC SETTINGS

YKHC published revised recommendations to help communities and individuals continue to take the necessary steps to reduce the spread of COVID-19 in the Yukon-Kuskokwim (YK) Delta. The updated guidance is based on new data from the CDC and includes considerations for the unique conditions in our region.



In addition to after-travel and safe social activities recommendations, the revised guidance urges all individuals, regardless of vaccination status, to wear a mask in any indoor, public setting in an area of substantial or high transmission of COVID-19. YKHC first announced this masking recommendation on July 30.

“In our region and across the country, many individuals have been opting for safe and effective vaccination against COVID-19,” said YKHC Chief of Staff Dr. Ellen Hodges. “And while the vaccines are incredibly valuable in protecting people from hospitalization or death, based on wide spread of the highly-transmissible Delta variant and new data about its ability to cause symptoms in fully vaccinated individuals, YKHC is updating our recommendations to help us continue to protect one another, our elders, and our children.”

The updated community guidance can be found on YKHC’s website at <https://www.ykhc.org/covid-19/resources/>.

“The most important message of our new COVID-19 mitigation recommendations are that people should choose safe and effective vaccination against COVID-19, wear a mask indoors when around others you do not live with, and test if you have any COVID-19 symptoms,” said Infection Control Director Dr. Elizabeth Bates. “These are the important things we can do to protect ourselves, our loved ones, and our communities.”

COVID-19 VACCINE PROTECTS PREGNANT AND BREASTFEEDING MOMS AND THEIR BABIES

The CDC joins the American College of Obstetricians and Gynecologists and the Society for Maternal Fetal Medicine in recommending pregnant and recently pregnant women get vaccinated against COVID-19.

Recently published data indicates unvaccinated pregnant women who catch COVID-19 are three times more likely to be admitted to an intensive care unit with severe illness and need a ventilator. Medical review of COVID-19 vaccination in pregnant moms has proven vaccination is safe and effective for mom



and baby, resulting in less likelihood that a critically ill mother will miscarry.

The data also shows a mother will transfer COVID-19 antibodies to baby, offering protection for up to 6 months. There is also no medical evidence that COVID-19 vaccination affects fertility in women.

Are you an expectant mom or woman of child-bearing age considering COVID-19 vaccination and you have questions? Call to schedule an appointment with a YKHC provider today!

SAFETY MESSAGE: School Safety

Whether your children walk, ride their bicycle or take the bus to school, it is vitally important that they, and the motorists around them, take proper safety precautions. Here are some tips they can use to ensure they are safely traveling to school:

Walkers:

- Walk on the boardwalk; if there is no boardwalk and you must walk in the street, walk facing traffic.
- Before crossing the street, stop and look left, right and left again to see if cars are coming.
- Never dart out in front of a parked car.
- Parents: Practice walking to school with your child, crossing streets at crosswalks when available.
- Never walk while texting or talking on the phone.
- Do not walk while using headphones.

Bus Riders:

- Teach children the proper way to get on and off the bus.
- Line up 6 feet away from the curb as the bus approaches.
- If seat belts are available, buckle up.
- Wait for the bus to stop completely before standing.
- Do not cross in front of the bus if possible, or walk at least 10 feet ahead until you can see the other drivers.

Bike Riders:

- Always wear a helmet that is fitted and secured properly.
- Children need to know the rules of the road: Ride single file on the right side of the road, come to a complete stop before crossing the street and walk the bike across.
- Watch for opening car doors and other hazards.
- Use hand signals when turning.
- Wear bright-colored clothing.



HEALTHY LIVING

GET YOUR ROCKS ON!

Diabetes Prevention and Control will be hosting a Rock Hunt again throughout the month of September.

Participation is easy — you can paint and hide a rock, try to find an already painted one, or both! The rock hunt encourages you to stay active while also being an excellent stress relief.

Email photos of rocks you have painted or found to Diabetes_Program@ykhc.org along with your mailing address, name, and what size sweatshirt you wear and you will receive some fun prizes in the mail!

We know that life can be stressful, especially as we are experiencing another uptick in COVID-19. We hope you take the time to relax by painting a fun design or walking around town searching for your next cool rock! Invite someone in your household to participate with you for added fun!



RECIPE OF THE MONTH: Whole Wheat Blueberry Pancakes

Ingredients:

- 1 1/3 cups whole wheat flour
- 2 teaspoons baking powder
- 1 tablespoon sugar
- 1/2 teaspoon cinnamon
- 1 1/3 cup fat free milk
- 1 egg, lightly beaten
- 1 tablespoon canola oil
- 1 cup whole blueberries, fresh or frozen
- Cooking spray

Preparation:

1. In a large mixing bowl, mix flour, baking powder, sugar, and cinnamon.
2. In another mixing bowl, beat milk, egg, and oil.
3. Add the wet ingredients to the dry ingredients. Stir until combined.
4. Add blueberries and stir gently.
5. Coat a skillet with cooking spray.



6. Heat skillet over medium-high heat.
7. Pour 1/4 cup batter onto the hot skillet and cook until browned.
8. Flip and brown on the other side.

Notes:

Whole wheat flour is recommended. Other types of flour will work in this recipe.

Fat free milk is recommended. Milk that contains fat, as well as alternative milks, will work in this recipe.

Adapted from - <https://www.mayoclinic.org/healthy-lifestyle/recipes/whole-wheat-blueberry-pancakes/rcp-20122256>

National Preparedness Month

PREPARE TO PROTECT

Make a Plan

Your family may not be together if a disaster strikes, so it is important to know which types of disasters could affect your area.

Know how you'll contact one another and reconnect if separated. Establish a family meeting place that's familiar and easy to find. And, don't forget to think about specific needs in your family. Your family's needs change over time, so update your plan regularly.

Who Will We Contact?

Pick the same person for each family member to contact. Pick someone out of town—they may be easier to reach in a disaster.

Text, don't talk. In an emergency, phone lines may be tied up. It may be easier to text and this leaves phone lines open for emergency workers.

Where Will We Meet?

Decide on safe, familiar, accessible places where your family can go for protection or to reunite.

If you have pets or service animals, think about animal-friendly locations.

Practice, Practice, Practice!

Write down your contacts and plans. Make sure everyone in the family has copies and keeps them in a safe space. Hold regular household meetings to review and practice your plan.

Build a Kit

Being prepared for an emergency isn't just about staying safe during a storm or a disaster. It's also about how to stay comfortable, clean, fed, and healthy afterwards—when a storm or disaster may have knocked out electricity.

If you lost power, how would you eat? The refrigerator wouldn't keep your food cold. The microwave couldn't warm things up. You might not get clean water out of your faucets. How would you find out if it was safe to play outside? Not from your TV or computer!

If power is out, you also might not be able to go to the store or the bank. Being prepared means having your own food, water, cash, and other supplies to last for at least three days, and possibly longer if you are in a remote or hard-to-reach area.



Make an emergency preparedness list and review it regularly.

What should go in your kit?

Remember that your kit will depend on your own needs. Once you take a look at the basic items, consider what unique needs your family might have, such as supplies for pets or seniors. Use the list below to get started:

- Water (a gallon per person per day)
- Non-perishable food (such as dried fruit, peanut butter, or energy bars)
- Can opener
- Battery powered or hand crank radio
- Matches in a waterproof container
- A whistle to signal for help
- Local map
- First Aid Kit
- Cash (ATMs might not be working)
- Prescription medicine
- Extra batteries or alternative power source
- Toothbrush, toothpaste and soap
- Sleeping bag or warm blanket for each person
- Pet and service animal supplies
- Baby supplies
- Extra pair of glasses

A Closer Look

COLORECTAL CANCER SCREENING

Early screening and lifestyle changes can prevent colorectal cancer.

Colorectal cancer is cancer of the rectum or colon. Colon cancer is preventable, if the right precautions and screenings are taken at an early stage. There are several things you could do to help prevent colon cancer.

- **Get familiar with the facts**
- **Get familiar with a healthy lifestyle and habits**
- **Get screened**

Staying active by exercising at least five days a week, maintaining a healthy weight, and eating healthy by cutting out processed foods and adding more fruits, vegetables, and whole grains to your diet is a great habit to pick up. If you drink alcohol, try to keep it to one drink a day. Do not smoke and if you do, quit.

Reasons to get checked for Colorectal Cancer:

You are Alaska Native.

- Alaska Native people are twice as likely to get colorectal cancer compared to non-natives.

You are 40 years or older.

- Over 90 percent of men and women who get colorectal cancer are over the age of 50. Alaska Native people should start screening at age 40. A screening is a test where they look for cancer.

A family member has had colorectal cancer.

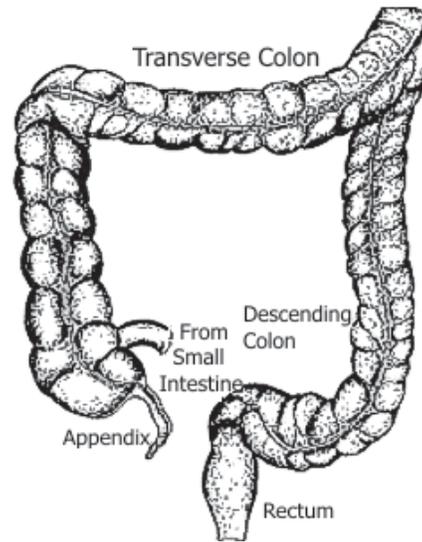
- You are more likely to get colorectal cancer if a family member has had it. Ask your family about their health history. Talk to your provider about when you should start colorectal cancer screening.

Colorectal screenings prevent cancer and save lives.

- Screenings can help find small growths, called polyps, that can be removed before they turn into cancer.

Colorectal cancer often has no symptoms.

- Cancer can be in your body even if you feel good.



How to Choose the Right Test: Colonoscopy or Fecal Immunochemical Test (FIT)

Colonoscopy

- Finds and removes pre-cancerous growths (polyps) before they turn into cancer.
- Looks at the entire rectum and colon.
- Requires a bowel preparation the day before the colonoscopy.
- Done every 10 years if no polyps are present.
- Recommended if you have a family or personal history of colorectal cancer or polyps and you are 40–75 years old,

Fecal Immunochemical Test (FIT)

- Stool (fecal) test done at home.
- Detects blood in the stool, which may be a sign of cancer.
- If blood is found in the stool, needs to be followed up with a colonoscopy.
- Done annually.

Although a colonoscopy is the preferred screening test for Alaska Native people, other screening options can be used if colonoscopy testing is not available or based on patient preference.

SEPTEMBER IS SEPSIS AWARENESS MONTH

Every September, healthcare providers, the public, and organizations big and small come together to raise awareness of sepsis, the leading cause of death in U.S. hospitals.

Sepsis is a public health crisis, taking a life every two minutes. That is 270,000 lives lost to sepsis every year in the U.S., more than lives lost to opioid overdoses, breast cancer, and prostate cancer combined.

The key to saving lives is T.I.M.E. For every hour treatment is delayed, the risk of death increases by as much as 8%. T.I.M.E. is a memory aid, developed by the Sepsis Alliance, to help individuals remember the signs/symptoms of sepsis and the urgent need for medical treatment when they are present. T.I.M.E. stands for:

T – **TEMPERATURE** that's abnormal

I – Signs of an **INFECTION**

M – **MENTAL DECLINE**

E – Feeling **EXTREMELY ILL**

RISK FACTORS

What are the risk factors for sepsis? The obvious risk factor is an infection. Any infection, from the tiniest source (a bug bite, a hangnail, etc.) to the more severe (pneumonia, meningitis, and more), can trigger sepsis, which can lead to severe sepsis and septic shock. The infection can be bacterial, viral, fungal, or parasitic. Some people do have a higher risk of developing infections and sepsis than others.

Those at the highest risk of developing sepsis include the very young (infants) and the very old (seniors), as well as people with chronic or serious illnesses, such as diabetes,

Each year in the United States, sepsis takes more lives than opioids, breast cancer, and prostate cancer combined.

cancer, and those who have an impaired immune system.

To learn more about the different conditions that can be associated with sepsis risk factors, visit www.sepsis.org. There you will find more than 60 topics related to sepsis, including:

- Sepsis and Cancer
- Sepsis and Diabetes
- Sepsis and Kidney Stones
- Sepsis and Aging

Sepsis cannot always be prevented, but by knowing the sepsis risk factors, you help reduce your chances of developing sepsis. You can also say the words “I’m concerned about sepsis because I have...” to healthcare professionals. Saying these words can make the difference between quick identification and waiting.

Did you know that sepsis takes more lives than opioid overdoses, breast cancer, and prostate cancer combined? September is Sepsis Awareness Month. You can help save lives by raising sepsis awareness.

This September, take the T.I.M.E. to join YKHC in raising sepsis awareness and saving lives. To learn how, visit www.sepsis.org. and www.cdc.gov/sepsis/what-is-sepsis.html

WE WANT TO HEAR FROM YOU

There are several ways to provide feedback:

- After your visit, take the survey for Qless, if you registered on your smart phone.
- E-mail us at customer_feedback@ykhc.org
- Download a feedback form at www.ykhc.org/comment
- Mail a comment form to
P.O. Box 287
Bethel, AK 99559
- Or fax a feedback form to 907-543-6366

RESOURCES ARE HERE FOR OPIOID OVERDOSE AND OTHER SUBSTANCE USE

YKHC and the Opioid Recovery Team would like to acknowledge International Overdose Awareness Day, which was observed on August 31 as an opportunity to remember loved ones lost to overdose. Our message is simple—the tragedy of overdose death is preventable and more must be done to save lives.

We have many resources in the YK Delta to help reduce deaths from drug overdose.

For help with opioid use disorder, including treatment with buprenorphine (Suboxone) medications and naltrexone injections, call the opioid recovery team at 543-6722.

For other substance use disorders, such as alcohol and other drugs, call 543-6100.

For harm reduction kits (clean injection supplies), contact YKHC's opioid recovery pharmacist at 543-6969. These items

are also available in the emergency room or during a visit to the outpatient clinic.

For naloxone (Narcan), a nasal spray which can be used to rescue a patient who has had an opioid or heroin overdose, contact YKHC's opioid recovery pharmacist at 543-6969. Kits can also be picked up at YKHC's pharmacy or obtained through State of Alaska Public Health at 907-543-2110.

Narcan kits are available to any member of the public. If you are a friend or family member of a person using opioids, please reach out for your own Narcan kit from YKHC or Public Health.

Please encourage your friends and family with alcohol or substance use problems to reach out to the resources in the community for help.

STAFF MOVES

David Friday's 25 year anniversary with YKHC

Let's all congratulate David Friday, YKHC's Native Hire Recruiter, in the Human Resources Department, on his work anniversary that was on August 19, 2021!

August 19 marked 25 continuous years of service to YKHC with David's 14 years in HR since November of 2002.

Thank you David for your tireless and dedicated service to YKHC!

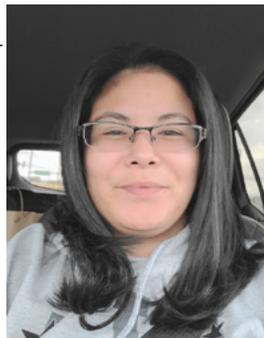


Congratulations to Sarah Pace

Congratulations to Sarah Pace for her promotion to CRC Service Coordinator.

Sarah has a passion for learning what the foundation to success is. However, it takes a special person like Sarah to carry that passion through their career.

Sarah has shown leadership skills, extreme competence, responsibility, integrity and ethos. Sarah, the respect you have for others shows who you really are and is, no doubt, why you were chosen. Congratulations on this promotion!



New Emergency Management Coordinator

Please welcome our new employee with Safety & Security department Michelle Hicks, the new Emergency Management Coordinator!

Michelle "Chelly" Hicks is joining us from Greensboro, NC, where she served the community in Emergency Services for 20 years. The foundation of her services were in Emergency Medical Services where she served as an EMT-Paramedic for 18 years.

Throughout her career as a paramedic, she worked on the local hospital's critical care transport team, which eventually led her into Emergency Management.

She has more than six years in Emergency Management as a Certified Hospital Emergency Coordinator for a large hospital system, consisting of six hospitals and 176 physician practices. She has served on the NC State incident Management Team as a Logistics Section Chief and most recently in NC's State Infection Prevention during the Covid 19 response.



PUBLIC NOTICE

**Do not vandalize
runway lights!**

**Keep our medevac
crews safe!**

**Damaged and inoperative
runway lights could prevent
a medevac flight to your
village for you or a loved one.**

The power is in your hands!
Start healthy beverage
habits early.



Parents can model healthy behavior by keeping sugary beverages out of the house and choosing options like water, tea and flavored seltzer instead. Research shows that healthy habits in childhood have lifelong impacts that help prevent health issues such as obesity, diabetes, heart disease and more.

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

Please note: The shuttle is only for YKHC patient and will NOT make any stops other than the hotels and hospital.

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.

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
Holy Cross: Kathrine Levi, DHAT + 1 DA	9/13-16
Alakanuk: Bonnie Hunt, DHAT	9/20-23
Kalskag: Kathrine Levi, DHAT + 1 DA	9/20-24
Pilot Station: Bernadette Charles, DHAT	9/20-24
Kotlik: Bonnie Hunt, DHAT	9/27-10/1
Kalskag: Kathrine Levi, DHAT + 1 DA	9/27-10/1

Family Medicine

Marshall: Steve Bertrand, PA	9/13-17
Napakiak: Jeffrey Thompson, PA-C	9/13-17
Nunapitchuk: Jeffrey Thompson, PA-C	9/20-24
Scammon Bay: Erin Abston, PA-C	9/6-9
Mtn. Village: Steve Bertrand, PA	9/21-23

Physical Therapy

Toksook Bay: Eliza Caguioa	9/1-3
Marshall: Jesse Gefroh	9/7-9
Hooper Bay: Amy Spatz	9/14-16
Emmonak: Jesse Gefroh	9/21-23
St. Mary's: Eliza Caguioa	9/27-29
Mountain Village: Eliza Caguioa	9/30-10/1

Optometry

Mountain Village: Blum	9/13-17
St. Mary's: Lucatero +3	9/20-24
Emmonak: Kalistook +3	9/27-10/1

October

Dental

Nunam Iqua: Bonnie Hunt, DHAT	10/4-8
Marshall: Bernadette Charles, DHAT	10/4-8
Marshall: Renee Cheemuk, DHAT	10/11-15
Nunam Iqua: Wilma Uisok, DHAT & Bonnie Hunt, DHAT	10/11-15
Kotlik: Bonnie Hunt, DHAT	10/18-22

Family Medicine

Pilot Station: Denise Tran, FNP	10/12-15
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Optometry

Emmonak: Conrad +3	10/4-8
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Physical Therapy

Quinhagak: Eliza Caguioa	10/11-13
Mekoryuk: Amy Spatz	10/13-14
Kipnuk: Eliza Caguioa	10/26-28

November

Dental

Alakanuk: Wilma Uisok, DHAT	11/1-5
Pilot Station: Renee Cheemuk, DHAT	11/1-5
Nunam Iqua: Bonnie Hunt, DHAT	11/15-19
Pilot Station: Bernadette Charles, DHAT	11/15-19
Hooper Bay: Wilma Uisok, DHAT & Bonnie Hunt, DHAT	11/29-12/3

Physical Therapy

Aniak: Jesse Gefroh	11/2-4
Upper Kalskag: Jesse Gefroh	11/5
Kotlik: Amy Spatz	11/8-9
Marshall: Jesse Gefroh	11/15-17
Toksook Bay: Eliza Caguioa	11/16-18
St Mary's: Eliza Caguioa	11/29-12/1