



David Stanford processes COVID-19 tests at the COBAS 6800 machine. YKHC acquired the machine earlier this year to be able to turn tests around locally within 24 hours. See page 10.

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

INSIDE

Numbers to Call.....	2
Board of Directors.....	2
President & CEO Message.....	3
COVID-19 UPDATE	
Case Surge	4
Booster Approval.....	4
Healthy Lung Month	5
HEALTHY LIVING: Medications....	6
Breast Cancer Awareness.....	7
Recipe of the Month.....	7
Protection of the Vaccine	
Commentary by James Sipary	8
Fire Prevention	9
CHAP News.....	10
COVID-19 Testing.....	10
AVCP Resolution	11
Village Travel Schedule	12

COVID-19 RESOURCES

COVID-19 Nurse Triage Line

543-6949

– If you are feeling sick, or seeking medical advice.

Behavioral Health COVID-19 Emotional Support Phone line

543-6272

–Talk to a behavioral health team member and get some help to alleviate your worries.
9 a.m. to 5 p.m., Monday–Friday

Behavioral Health Emergency Services

543-6499

– For suicidal ideation, severe depression, decompensation, or serious issues call 24/7

SAMHSA (Substance Abuse and Mental Health Services Administration) Disaster Distress Helpline

1-800-985-5990

– or text TalkWithUs to 66746 to connect with a trained crisis counselor.

YKHC Website

www.ykhc.org/covid-19

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
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. 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



Gloria George
Mtn. Village

Unit 3



Bonnie Persson
Upper Kalskag



Patricia Yaska
Chuathbaluk

Unit 4



Moses Owen
Akiak



James Nicori
Kwethluk

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 7



Abraham David
Mekoryuk



James Sipary
Toksook Bay

Unit 9



Patrick Tall
Chevak



John Uttereyuk
Scammon Bay

Unit 10



Darren Cleveland
Quinhagak

Unit 11



Marvin Deacon
Grayling

Honorary Board Member



James Charlie, Sr.
Toksook Bay

Message from the President & CEO



Dan Winkelman,
President & CEO.

On September 29, 2021, YKHC activated its COVID-19 Clinical Guidelines, also known as Crisis Standards of Care.

Developed by YKHC at the beginning of the pandemic in April 2020, these guidelines provide clinicians revised care standards when working under conventional, contingency, or crisis capacity, including the activation of a committee of physicians to help make clinical decisions. Currently operating at-capacity, YKHC's capacity is highly fluid and can change day-to-day or hour-by-hour depending on the number of admitted patients, their acuity, or availability of resources at referring hospitals.

When operating at contingency or crisis capacity, local impacts may result in delayed transfer to a referring hospital, expanded nurse ratios, longer wait times for elective procedures (such as colonoscopy cancer screening, pediatric dental procedures, and certain postpartum or women's health care) and numerous other impacts. Decisions about continuing these types of elective procedures are assessed and made on a weekly or daily basis.

YKHC has done everything in our power to delay the activation of these guidelines. We urge every resident of the Yukon-Kuskokwim region to get vaccinated, wear a mask in indoor public areas and social distance. With our hospital and our referral hospitals at capacity, this is our last stand against this virus and a clear call to action:

- We need to practice stronger community mitigation measures—vaccination, masking and social distancing—in order to relieve stress on the Bethel hospital and our Anchorage referral hospitals to save lives and get everyone back to normal.
- I encourage all tribes and cities to seek legal and financial advice to enact financial incentives for eligible unvaccinated individuals to receive their first shot as President Joe Biden suggested.
- I also encourage all employers and schools, regardless of size, to demonstrate leadership to help end this pandemic and develop their own vaccination programs for eligible individuals with an FDA licensed and fully authorized COVID-19 vaccine.

We can, and clearly, must do more.

Sincerely,

A handwritten signature in black ink, appearing to read 'Dan', written in a cursive style.

COVID-19 UPDATE

COVID-19 cases continued to increase in September, with more than 200 new cases being identified in some weeks.

While this trend is discouraging, there are things we can do to help reverse it. Each of us plays a role in keeping our families, community and region protected from COVID-19. Here are steps you can take to help do your part.

Getting vaccinated is the most significant way to protect yourself and others from getting seriously ill or needing hospitalization due to COVID-19. The overwhelming majority of people who have been hospitalized or died from COVID-19 were unvaccinated.

If you haven't already gotten your COVID-19 vaccine, please do that today. Getting a vaccine is easy. It can be done at your local health clinic, at the hospital in Bethel or even at your home. Sign up for your vaccine on the YKHC home page at www.ykhc.org or by calling 800-478-6599.

Layer up on protective steps. Wear a mask in any public indoor setting. Stay more than six feet away from people not in your family. Wash your hands regularly with soap and water or use disinfectant.

Get tested for COVID-19 if you have any symptoms. If you feel sick, get tested and isolate. Each of these steps brings an extra layer of protection—and you should use all the layers available to you!

Take extra care with your health. Healthcare systems statewide are overwhelmed with critical care patients and ICU beds are limited. Take your medications. Drive, boat and 4-wheel cautiously. Wear a seatbelt. By being cautious, you will reduce the likelihood that you will need an ICU bed and leave that resource for a critically ill patient.

Be a vaccine ambassador. Consider telling others why you decided to get vaccinated against COVID-19. Share your experience getting the shot. Hearing your story may help others feel more comfortable getting the vaccine. Answer any questions you can and let them know they can speak with any YKHC healthcare provider for more information.

Your actions matter. Working together, we can help reduce the spread of COVID-19 in our region.

FDA APPROVES BOOSTER OF PFIZER VACCINE FOR AT-RISK INDIVIDUALS—YKHC TAKES ACTION

The FDA authorized booster doses September 22 of the Pfizer-BioNTech COVID-19 vaccine to people age 65 and older and others at high risk from the virus—including people who live or work in a congregate settings, health care workers, people with underlying conditions that put them at high risk for infection, and workers whose jobs are apt to expose them to the virus. (This includes, but is not limited to individuals listed below).

At this time, booster shots are available only for those who are at least six months past their second dose of the Pfizer-BioNTech vaccine. Approval for Moderna and J&J vaccines is expected soon.

YKHC has sufficient quantities of the Pfizer-BioNTech vaccine on hand to meet the anticipated need for people in the region who qualify for the booster shots, with more to be ordered as needed. Our COVID-19 response teams began planning early for distribution of booster shots to village clinics throughout the YKHC service area.

To sign up for the booster shot, please visit our website at www.ykhc.org/covid-19/vaccine, or call your village health clinic. In Bethel, call 543-6949.

Eligible For the Vaccine:

- Individuals age 65 and older
- Any Alaska Native 18 years of age or older.
- Health care workers
- First responders
- Cashiers
- Teachers and educational staff
- Public Safety
- Public transportation (bus drivers, taxi drivers, etc.)
- Law enforcement
- Correctional staff
- Public works
- Daycare providers
- Clergy
- Bank tellers/employees
- Court employees
- Pilots and airport staff
- Individuals in congregate settings
- Election workers.

To find out more about new COVID-19 cases and vaccination rates in your area, review the latest Situational Report, posted each Friday at www.ykhc.org/covid-19/situation-reports/.

OCTOBER IS HEALTHY LUNG MONTH – Breathe easier!

Lung diseases such as chronic bronchitis, emphysema, asthma, and cancer affect a large number of Alaskans. Healthy lung month is an opportunity to create awareness around lifestyle choices that will strengthen lung health and decrease risk for most respiratory diseases.

How to Observe Healthy Lung Month

Be a non-smoker

Smoking negatively impacts every organ in your body. The single most important thing a person can do to improve their health, and the health of others around them, is to stop using tobacco. Quitting is difficult, but once you do, your efforts will pay off with improved health and quality of life.

Get fully vaccinated from COVID-19 and wear a mask

COVID-19 can cause lung complications such as pneumonia and, in the most severe cases, acute respiratory distress syndrome.

Sepsis, another possible complication of COVID-19, can also cause lasting harm to the lungs and other organs.

Additionally, the CDC released a study in August that showed unvaccinated people are 29 times more likely to be hospitalized and nearly five times more likely to be infected with COVID-19 than vaccinated people.

Clean your house

Household allergens such as dust mites, animal dander and mold can trigger asthma symptoms such as shortness of breath, wheezing, sneezing and coughing. Reduce your exposure to allergens by regularly vacuuming, dusting your house, washing your blankets and rugs, and brushing your pets to remove excess hair.

Additionally, water stains, leaky appliances and musty odors can be an indicator of a mold problem. Regular cleaning

with mold-eliminating solutions or chemical-free dry steam is ideal for minimizing mold.

Get a check-up

The best way to know if your lungs are functioning properly is to check in with your doctor. Discuss any shortness of breath and be honest about any symptoms.

During the appointment you will also be asked about any tobacco use, and if appropriate, offered tobacco cessation services. With a good bill of health and an action plan for better lung maintenance, you'll breathe easier in October and beyond.

For more information on how to become a non-tobacco user contact YKHC Tobacco Cessation program at 543-6312, or the Alaska Tobacco Quit line at 1-800-quit now.

REASONS TO QUIT

Quitting tobacco is one of the single best decisions you can make to improve your health and quality of life.

- You are more likely to live longer.
- You will improve the health of your family and friends.
- You will get sick less often and you will feel healthier.
- You can set a good example for your family and friends
- You will save money. The average tobacco user in the Delta spends about \$4,000 a year on tobacco products.



FLU SEASON HAS ARRIVED

Vaccine to prevent against flu is now available and is being distributed to all village clinics. It is safe to get the flu shot and the COVID-19 vaccine at the same time. The COVID-19 vaccine does not protect you from the common flu virus. Call your local health clinic to find out how you can get your 2021-2022 season flu vaccine.

**YOUR SHOT PROTECTS ME
MY SHOT PROTECTS YOU**

HEALTHY LIVING

American
Pharmacists
Month

KNOW YOUR MEDICINES

YKHC has many pharmacists that work to ensure you receive medications that are safe and effective for your health.

YKHC's pharmacists contribute to your care in many ways. Some pharmacists work in the Inpatient pharmacy and provide care for hospitalized patients and emergency room patients.

Some pharmacists work in the outpatient pharmacy and review prescriptions prior to you receiving them or sending medications to the village clinics to be given to you by a health aide.

Some pharmacists work in the Outpatient clinics to assist with medication renewals and assist providers in making decisions on what is the best medication to be prescribed for your health.

YKHC has many pharmacy technicians that play a crucial role in facilitating the operational side of pharmacy and help ensure efficient and accurate preparation and delivery of your medications.

Pharmacy technicians are responsible for maintaining drug inventory in the inpatient and outpatient pharmacy as well as the village clinics. Pharmacy technicians help prepare and label your medications before they are given a final check by the pharmacist. Pharmacy technicians answer the phones and process your medication refills.

Knowing what medications you take and why you take them is a very important aspect of managing your health, as this can help prevent harmful drug side effects and interactions. Always bring your medications with you to appointments with your provider or health aide. Talk with your pharmacist or provider about your medications.

If you are unsure of why a specific medication is being pre-



scribed, ask questions. It is important to know how often you should take your medications and what to do if you miss a dose of your medication, so when you are receiving a new medication, it is a good idea to ask questions and speak with a pharmacist.

It is especially important to remember what medications you take, as this information could be critical in the case of an emergency, if you switch to a new provider, or even if you need to call in for refills on your medications.

Having a hard time remembering? Ask your pharmacist for a wallet card medication list to fill out with all of the medications you are taking.

If you have a chance to stop by the pharmacy this month, say hello and thank a technician or pharmacist for their work. Pharmacy services are one of the many ways that YKHC is here for you and your family.

TAKE EXTRA CARE TO STAY SAFE AND HEALTHY THIS FALL

Our healthcare system in the YK Delta is closely connected with the healthcare system in the rest of Alaska. When ICU beds around the state are full, like they are now, it's harder for doctors at YKHC to transfer a patient for critical care needs, such as heart attacks, accidents and serious COVID-19 illness.

To help preserve critical healthcare resources, take extra care with your health! Take your medications. Drive, boat and 4-wheel cautiously. Get vaccinated against COVID-19 and wear a mask in all indoor public settings. We are all in this together.

OCTOBER IS BREAST CANCER AWARENESS MONTH

Breast Cancer Awareness Month is an annual campaign to raise awareness of risks, the value of screening and early detection, and available treatment options.

More than 249,000 people in the United States are diagnosed with invasive breast cancer every year, and nearly 41,000 die from the disease.

Over the years, a loop of pink ribbon has come to symbolize breast cancer awareness and today the image of a pink ribbon can be found emblazoned on thousands of products, from apparel to dishware to office supplies. But there's more to awareness than just wearing pink.

At YKHC's Women's Health Grant (WHG), we believe that early detection, education, and support services are the best prevention. This is how YK Delta women are kept strong. Our mammography department accepts walk-in appointments at the Bethel hospital. If you live outside of Bethel you may qualify for travel assistance from the Women's Health Grant so that you can make it to your appointment.

If you are between the ages of 45 and 70, you may need a mammogram. Call the Women's Health Grant at 907-543-6990 to schedule an appointment today.

Early Detection is Key to Treatment Success

Self exam: Once the breasts appear fully developed, check monthly

Look & feel for lumps, change in shape, abnormal nipple discharge, inverted nipples. (Breast pain that comes and goes is NOT a sign of cancer; it usually occurs because of changes in hormonal levels or the amount of caffeine consumed.)

Pain (not tenderness) that is continual, with no apparent cause, should be checked by a professional.

Have mammograms every year or every two years, based on family history.

Mammograms: Although some providers may say you can stop having mammograms at a certain age, if you want to remain safe with early detection, continue having mammograms. Women are more likely to get breast cancer as they get older.

Breast Cancer in Children

This is very rare, but there is an 8-year-old girl in Utah with breast cancer. If it only happens once to someone you love, it is a tragedy. So, if you see a lump on a child's chest (this can be little boys as well as little girls), look closely to see if it is a bug bite, a spider bite, or something that looks like a puncture wound. If you can't determine that is what it is, then take the child to a health care provider and request a breast ultrasound, just to make sure it is not one of those rare cases.

Young Women (teens, 20s and 30s) with abnormal breast symptoms, like younger children, should first go for a breast ultrasound, not mammogram. Ultrasound is safer during the child-bearing years.



see **BREAST CANCER**, p. 9

RECIPE OF THE MONTH: Moose Marinade

Ingredients

- 1/3 cup soy sauce
- 1/2 cup olive oil
- 1/3 cup lemon juice
- 1/4 cup Worcestershire sauce
- 1 1/2 Tbsp. garlic powder
- 3 Tbsp. dried basil
- 1 1/2 Tbsp. dried parsley flakes
- 1 tsp. ground pepper
- 1/8 tsp. cayenne pepper
- 1 tsp. fresh garlic, crushed

Instructions

1. Mix all ingredients in a medium-sized mixing bowl.
2. Place moose in a dish with sides.
3. Pour marinade over moose and refrigerate up to 8 hours, flipping the meat every 30 minutes to 1 hour.
4. Cook meat as desired.

Adapted from: <https://www.withablast.net/best-marinate-in-existence/>



COVID 19 VACCINE AND THE PROTECTION OF THE PEOPLE, OUR LOVED ONES, COMMUNITIES

by James Atsaq Sipary, Sr., YKHC Board Member, Toksook Bay

In 2020, the world and United States—we all experienced many people that did not survive COVID-19. The World Health Organization (WHO), Centers for Disease Control (CDC) and Pfizer, Moderna, Johnson & Johnson, all searched for the answer for the prevention of COVID-19.

They discovered the answer and it was a VACCINE for our body to fight COVID-19, to save lives and prevent the disease from spreading. The vaccine is a new medication for our body and to save the lives of our loved ones. The people that accept the vaccine are well-protected, but the people that reject the vaccine are the ones that risk getting COVID-19.

Think about it as a form of working together and caring for others. We are showing our willingness to help others, and our deep love for others, for we all have those who we deeply love.

This vaccine is to help us to return to normal life and to enjoy life with our families and dearly loved ones, as we did before.

When we are not normal with our health, health care can help us to get well again by providing medication for our body or reducing the risk to our body. Our health aides, our PAs, health care providers, RNs, and all who work in health care—their dream is “I can make you well.” Therefore, all medications in our health care pharmacy are to help the health of our people. That includes the vaccine for COVID-19.

Our YK Delta Regional Hospital’s mission is “Our people will be the healthiest people.” Let us all support our health care employees, leaders, managers of health care, all of our stakeholders in the services of our health care, and the future success of our health care.

WE CAN WIN THE FIGHT BUT NOT UNTIL WE COME TOGETHER TO STOP THE SPREAD OF COVID-19 BY GETTING VACCINATED.

We are all natives. Have we forgotten who we are and where we all come from? Have we forgotten teachings and directions from our elders’ educations, and teachings that come from time immemorial, for us to hold and pass on to generations to come, which said people who are united will never

stumble, but will have success in their journey to the future?

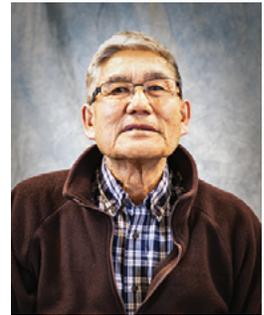
We must not spread myths and talk about things that are not true or that we have created in our mind. This new vaccine is a medication that will help with prevention and elimination of the virus and will help our people return to normal life again.

I am asking all my fellow people, please get your vaccine—for your safety, the safety of others and especially for all our loved ones, before we lose any more to COVID-19. We have shed enough tears. Let’s look at what can be prevented from happening. Let’s all be responsible. Make prevention a top priority.

This second wave of virus is already sky high. A high percentage of those affected are reported to be unvaccinated people. Those who are hospitalized include infants and little children. So, people who refuse the offer of a COVID-19 vaccine— think about it and DON’T REFUSE THE OFFER OF VACCINE. IT IS MEDICATION TO HELP OUR BODY FIGHT THE VIRUS. It will help us to stop the spread of the virus and continue on our journey for our normal life. We can stop the spread but it will have to take all of us to fight and we are not ever to surrender. We will keep fighting to win. Why? For our people and the children.

I, myself, want this nightmare to go away from all of our people, who we dearly love. Every life is precious. Have love in our hearts for those who refuse. Think about it—do not surrender to it. Put on armor to fight for the safety and well-being of our people. Be a part of making our people the healthiest people and support the mission, goal, values of our healthcare system. We need to offer support, for without our support they cannot do it, but with our support they can be powerful. Do not surrender but move forward with all your strength.

I am James Atsaq Sipary, Sr. I urge all who want to join, put on your armor and fight to win. We can do it, but it will take everyone’s support and strength.



BETHEL FIRE DEPARTMENT: Fire Prevention Week October 3-9

As Fire Prevention Week™ approaches, the Bethel Fire Department reminds residents to “Learn the Sounds of Fire Safety™”

October 1, 2021 – The Bethel Fire Department is teaming up with the National Fire Protection Association® (NFPA®)—the official sponsor of Fire Prevention Week for more than 90 years—to promote this year’s Fire Prevention Week™ campaign, “Learn the Sounds of Fire Safety™.”

This year’s campaign works to educate everyone about simple but important actions they can take to keep themselves and those around them safe.

“What do the sounds mean? Is there a beep or a chirp coming out of your smoke or carbon monoxide alarm? Knowing the difference can save you, your home, and your family,” said Lorraine Carli, vice-president of outreach and advocacy at NFPA.

The Bethel Fire Department encourages all residents to embrace the 2021 Fire Prevention Week theme. “It’s important to learn the different sounds of smoke and carbon monoxide alarms. When an alarm makes noise—a beeping sound or a chirping sound—you must take action!” said Daron Solesbee, Bethel Fire Chief.

“Make sure everyone in the home understands the sounds of the alarms and knows how to respond. To learn the sounds of your specific smoke and carbon monoxide alarms, check the manufacturer’s instructions that came in the box, or search the brand and model online.”

The Bethel Fire Department wants to share safety tips to help you “learn the sounds of fire safety.”

- A continuous set of three loud beeps—beep, beep, beep—means smoke or fire. Get out, call 911, and stay out.
- A single chirp every 30 or 60 seconds means the battery is low and must be changed.
- All smoke alarms must be replaced after 10 years.
- Chirping that continues after the battery has been replaced means the alarm is at the end of its life and the unit must be replaced.



- Make sure your smoke and CO alarms meet the needs of all your family members, including those with sensory or physical disabilities.

The Bethel Fire Department is hosting a series of events in support of this year’s Fire Prevention Week campaign, including smoke and carbon monoxide alarm sales at local stores each Saturday during the month of October from 9 a.m. to 2 p.m.

To find out more about Fire Prevention Week programs and activities in Bethel, please contact the Bethel Fire Department at 907-543-2131 or stop by the station located at 320 Chief Eddie Hoffman Highway. For more general information about Fire Prevention Week and fire prevention in general, visit www.fpw.org.

BREAST CANCER from p. 7

Breast Cancer in Men

This is uncommon, but it does occur. Any abnormal changes in the breasts should be checked. Some medications, heavy alcohol use, weight gain, or marijuana use can cause non-cancer-related enlargement of the breast—but that normally occurs in both breasts. If the detected change is only in one breast, don’t wait. Have it checked out by a health care professional.

Education and spreading the word among family and friends helps get everyone informed. You may just the life of someone you care about by sharing this information.

For additional information with pictures, stop by the YKHC Imaging Department and request a free copy of: Weaving Breast Health into Our Lives.

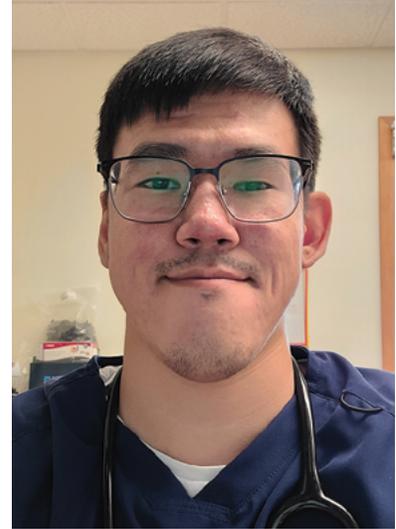
HEALTH AIDE OF THE MONTH FOR MAY, 2021: Jon Phillip, CHA II, Float Health Aide

Jon Phillip, CHA II has been working as a health aide for YKHC for 2 years. He is from Akiachak and floats throughout our region to provide care for different villages. He travels all over the region providing excellent care with every patient he encounters. He goes above and beyond with everything he does as a float.

His inspiration to become a health aide came from his Mother, Evangeline Phillip, CHP from Akiachak. He was also inspired by his classmate, Asisalyn Jackson, CHA III who is also a health aide from Akiachak.

Health Aides often communicate with Providers from Bethel through our EHR, they send RMT's after seeing patients, if it is urgent they communicate through tiger text or through phones to plan the care for their patients. Jon cares for the communities he serves, he demonstrates and exemplifies YKHC's Mission Statement "Working Together to Achieve Excellent Health."

—Tamara Ayapan and Adeline Wiseman



Jon Phillip, CHA II, Float Health Aide.

NEW EQUIPMENT ENHANCES YKHC'S COVID-19 TESTING CAPABILITY

by Dr. Ellen Hodges, YKHC Chief of Staff

YKHC ordered a high capacity PCR machine in August of 2020 in order to meet demand for PCR testing in our region.

The machine is manufactured by Roche in Switzerland and is called a COBAS 6800. The machine arrived in May of 2021 and the installation, calibration and quality assurance testing was started. We started using the machine for patient testing at the end of June 2021.

We are able to run 94 specimens at a time and can complete up to two runs per day. Results take about 24 hours from the time of collection to when the results are available to providers and patients.

Using this machine improves our turnaround time for PCR testing in our region because specimens do not have to be processed and shipped to external laboratories for completion. Some specimens are still sent out of region for specialized testing such as when viral sequencing needs to be completed on the specimen to determine if a different variant of COVID is present in our region.

PCR testing for COVID-19 is a type of test that looks for the actual genetic material of the virus. It is collected with a swab inside the nose and placed into a vial of liquid medium

and sent to the lab. Specimens can be collected in villages and sent to Bethel. Specimens are also collected in Bethel at our testing area across the street from the hospital.

YKHC also collects and performs PCR testing on a testing system called Cepheid. This test is used primarily for our hospitalized patients and our emergency room patients. This testing platform is also the same way we look for other viral infections such as influenza or RSV (Respiratory Syncytial Virus). Those tests are collected on the same swab and run on the same specimen as the test for COVID-19.

YKHC also offers antigen testing. An antigen test, like BINAX NOW, is a type of test that looks for a molecule called an antigen that lives on the surface of the virus. It is collected with a swab from inside the nose and then the sample is run on a small card right away. Results are available in 15 minutes or less. This test has very few false positives but may have false negatives. Because of the risk of false negatives, if this test is negative, it should be repeated in 2-3 days. This test can be done in any village clinic, SRC and Bethel.

On September 22, 2021, AVCP held its 57th annual convention and recognized YKHC's COVID-19 response to the Yukon-Kuskokwim region. YKHC thanks the AVCP Board of Directors and its CEO, Vivian Korthuis, and her team for their continued partnership. YKHC also thanks AVCP for their recognition of the work performed every day, by every YKHC employee. Quyana.

—Dan Winkelman, President & CEO

AVCP

Association of Village Council Presidents
P.O. Box 219 • Bethel, Alaska 99559 • Phone (907) 543.7300
57TH ANNUAL CONVENTION
HYBRID SEPTEMBER 22, 2021

RESOLUTION 21-09-04

TITLE: In Recognition of the Yukon-Kuskokwim Health Corporation's COVID-19 Response

WHEREAS The Association of Village Council Presidents (AVCP) is the recognized tribal organization and non-profit Alaska Native regional corporation for its fifty-six member indigenous Native villages within Western Alaska and supports the endeavors of its member villages; and

WHEREAS AVCP fully supports its member villages in all aspects of their self-determination, health, and well-being; and

WHEREAS On March 11, 2020, the World Health Organization (“WHO”) declared the 2019 novel coronavirus (“COVID-19”) a pandemic; and

WHEREAS The Yukon-Kuskokwim Health Corporation (YKHC) is the health authority responsible for COVID-19 preparedness, prevention, and response in the Yukon-Kuskokwim Delta (YK-Delta); and

WHEREAS Since the beginning of the pandemic and continuing today, YKHC has communicated regularly and frequently with member tribes and the general public to provide COVID-19 information and resources on preventing or reducing the spread of the coronavirus in YK-Delta communities; and

WHEREAS From early in the pandemic and continuing today, YKHC has made COVID-19 testing free and widely available; and

WHEREAS YKHC has planned and executed a seamless vaccination strategy, resulting in over 15,000 fully vaccinated YK-Delta residents, a number which continues to grow; and

WHEREAS YKHC staff have answered questions and provided feedback on COVID-19 mitigation policies and reopening plans to tribes, organizations, schools, and businesses, including AVCP.

NOW THEREFORE BE IT RESOLVED that the Full Board of Directors of the Association of Village Council Presidents recognizes the Yukon-Kuskokwim Health Corporation for its continued service to the tribes and communities of the AVCP Region during the COVID-19 pandemic.

ADOPTED by the Members of the Association of Village Council Presidents during the Association's fifty-seventh annual convention held this 22nd day of September with a duly constituted quorum of delegates present.



Thaddeus Tikiun, Jr., Chairman



Vivian Korthuis, Chief Executive Officer

Submitted by: The Association of Village Council Presidents Executive Board

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.

October

Family Medicine

Napaskiak: Blake Shahaie, PA-C	9/28-10/5
Mtn. Village: Matthew Horgan, FNP	9/28-10/6
Anvik: Michael Compton, CHA III	9/29-10/6
Nunapitchuk: Jeffrey Thompson, PA	10/4-8
Pilot Station: Denise Tran, FNP	10/12-15
Scammon Bay: Erin Abston, PA; Linda Hewett, PA; Ray Smith, DA; Cheryl Nukusuk, DA; Kayleen Agathluk, NA	10/18-19
Pilot Station: Denise Tran, FNP	10/19-22
Chevak: Erin Abston, PA; Linda Hewett, PA; Ray Smith, DA; Cheryl Nukusuk, DA; Kayleen Agathluk, NA	10/20-22
Mtn. Village: Steve Bertrand, PA	10/26-28

Dental

Nunam Iqua: Bonnie Hunt, DHAT	10/4-8
Marshall: Bernadette Charles, DHAT	10/4-8
Napakiaik: Jerilyn Glenn, Natalia Shantz, Trisha Patton, Sarah Shoffstall-Cone and Bryan Nick	10/4-8
Toksook Bay: Cory Johnson, DDS; Lucy Patrick and Winifred Julius + 2 DHAT preceptors	10/4-11
Marshall: Renee Cheemuk, DHAT	10/11-15
Nunam Iqua: Wilma Uisok, DHAT and Bonnie Hunt, DHAT	10/11-15
Holy Cross: Kathrine Levi, DHAT + DA	10/11-14
Hooper Bay: Judith Burks, Jerilyn Glenn, Natalia Shantz and Aana Slats	10/18-22
Chevak: Janette Ulak, DHAT; Nemo Rivers, DA	10/20-22
Kotlik: Bonnie Hunt, DHAT	10/18-29

Physical Therapy

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

Optometry

Emmonak: Dr. Conrad +3	10/4-8
-------------------------------------	--------

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 and Bonnie Hunt, DHAT	11/29-12/3
Marshall: Bernadette Charles, 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

Behavioral Health

Kasigluk: Opioid Program	11/1-2
---------------------------------------	--------

December

Dental

Marshall: Renee Cheemuk, DHAT	12/6-10
Alakanuk: Bonnie Hunt, DHAT	12/13-17

Physical Therapy

Mountain Village: Eliza Caguioa	12/2-12/3
Emmonak: Jesse Gefroh, PT	12/7-9
Hooper Bay: Amy Spatz, PT	12/14-16