



Environmental Health Officer Michael Vicente and Chief of Staff Dr. Ellen Hodges administered COVID-19 vaccine boosters and flu shots at the mass vaccination drive-thru at the CHSB October 23.

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

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COVID-19 RESOURCES

COVID-19 Nurse Triage Line **543-6949**

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

Behavioral Health COVID-19 Emotional Support Phone line **543-6272**

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

Behavioral Health Emergency Services

543-6499

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

SAMHSA (Substance Abuse and Mental Health Services Administration) Disaster Distress Helpline **1-800-985-5990**

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

YKHC Website

www.ykhc.org/covid-19

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

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Alakanuk



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Kotlik

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Quinhagak

Unit 11



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Grayling

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Toksook Bay

Message from the President & CEO



Dan Winkelman,
President & CEO.

Unfortunately, the week of October 11, 2021 and the week prior saw the Yukon-Kuskokwim region with some of the highest COVID-19 case rates per 100,000 people in the United States.

During this time frame, we also saw the Southcentral region peak in new cases. It also appears the Yukon-Kuskokwim region may have peaked in new cases. It is unknown how long this plateau will last and you can expect days of increasing and decreasing new cases.

At the time of publication, on October 19, 2021, our 26 bed hospital was still operating at capacity with 26 patients, 6 of whom had COVID-19. We continue to see Anchorage and Fairbanks referral hospitals at capacity and on some days almost no intensive care beds being available for YKHC's medevacs. Unfortunately, hospitalizations and deaths lag behind case rates so on any given day we continue to expect large numbers of COVID-19 patients at YKHC and at the Anchorage referral hospitals.

Like other hospitals in the state and across the nation, we continue to experience shortages of COVID-19 testing supplies and various other supplies. We have yet to run out of any critical supplies, but certain items like rapid COVID-19 tests are becoming increasingly harder to procure. Both the state and federal governments have been severely rationing orders from all hospitals since the pandemic began and we expect that to continue. Additionally, national media has recently reported new supply chain disruptions at American ports. Therefore, we can expect these shortages to likely worsen before they improve.

I want to thank all YKHC employees and our federal and state partners who have assisted YKHC with additional staff, thereby providing many YKHC clinical staff with a much needed respite. I also sincerely thank all of our YKHC staff who have worked extra shifts. Quyanana for your tireless efforts. It is appreciated by all.

By the end of the first week of November, we expect the CDC and FDA to announce an emergency use authorization for the Pfizer vaccine for children ages 5 through 11. In anticipation of approval, YKHC has been working with our school districts to get informed consent forms signed. As we get closer to the federal announcement, you can also expect more information on how to sign up your child for a COVID-19 vaccination.

We also continue to offer Pfizer, Moderna and J&J boosters and vaccine for first-time vaccinations. If you are interested, you can schedule an appointment by visiting our website at www.ykhc.org/covid-19/vaccination or by calling 1-800-478-6599 for assistance with the on-line survey.

YKHC continues to strongly encourage vaccination, masking in indoor public places, and distancing. As the holidays approach, YKHC has issued COVID-19 holiday guidance, printed on page 5 and online at www.ykhc.org/covid-19/resources, so you and your family can enjoy a safe holiday season. Lastly, YKHC encourages employers and schools, regardless of size, to develop their own vaccination programs with a fully authorized and licensed vaccine for all eligible individuals.

Sincerely,

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

COVID-19 UPDATE

With new COVID-19 cases being announced every day, the pandemic is not over.

YKHC—working with the State of Alaska, communities, tribes and individuals—continues to use every tool to fight against the COVID-19 virus, including welcoming visiting medical professionals, organizing mass vaccination clinics and offering vaccines and boosters to groups as soon as they are authorized by the FDA and CDC.

YKHC welcomed nearly 40 additional medical professionals to the Yukon-Kuskokwim Delta Regional Hospital in October to support patients and our regular hardworking hospital staff.

The first team, consisting of 19 nurses, two certified nursing assistants (CNAs) and one respiratory therapist, was recruited by the state of Alaska Department of Health and Human Services (DHHS) and arrived in the YK Delta the week of October 4. During their three-month stay, they are assisting in the inpatient unit of the hospital and other locations in Bethel, as needed.

At the request of the state of Alaska, the U.S. Department of Health and Human Services (HHS) deployed a team of 16 medical professionals from its National Disaster Medical System (NDMS) to the hospital for 10 days. The team, which arrived in mid-October, included physicians, advanced healthcare practitioners, nurses, paramedics, a respiratory therapist, and safety, logistics, and administrative support specialists.

Vaccination Drive

Bethel residents may have seen members of visiting teams working alongside regular YKHC staff during the mass vaccination clinics in Bethel on Oct. 23. Nearly 200 people attended the drive-through clinic in the parking lot of the CHSB, across the street from the hospital.

Residents lined up to get their flu vaccines, COVID vaccines and/or COVID testing on this overcast day. Shots and testing were also offered in the parking lot of the Cultural Center during Saturday Market, 10 a.m. to 2 p.m.

Similar mass vaccination events are scheduled in SRCs and village clinics on November 9. Alternately, eligible patients may arrange to get their vaccines (including booster shots) at the time of their choice.



YKHC staff prepare to give covid vaccines at the drive-thru in the CHSB parking lot October 23.

In villages, call your local clinic or request a COVID vaccine online at www.ykhc.org/vaccine. In Bethel, visit the Wellness Center on the second floor of the hospital 8–10 a.m. or 3–6 p.m. Monday–Friday or call 1-800-478-6599.

YKHC expects the FDA and CDC to approve vaccines for children ages 5–11 and authorize COVID-19 boosters for people who received the Moderna or Johnson & Johnson vaccine by early November.

When approvals and recommendations are final, YKHC is prepared to quickly administer vaccines to eligible groups. Be sure to check our website (<https://www.ykhc.org/covid-19/covid-news/>) and Facebook page (<https://www.facebook.com/ykhealth>) to find the most updated information on vaccine and booster eligibility.

Working together, we can reduce the spread of COVID-19. All eligible residents can protect themselves from serious illness, hospitalization and death due to COVID-19 by getting vaccinated.

If you have questions about the vaccine or boosters, speak with your healthcare provider. Individuals are encouraged to wear a mask in public, get tested if you have symptoms and avoid crowded indoor gatherings. Thank you to everyone for your efforts to end the COVID-19 pandemic.

COVID-19 Prevention Measures as Holidays Approach



As winter arrives, so does the annual holiday season. Here are a few simple steps you can take to protect the health of yourself, your loved ones, and your community from COVID-19, while also safely celebrating the holidays.



1. Get vaccinated or boosted now so holiday gatherings can be the safest possible. *Indoor gatherings between unvaccinated and vaccinated households are high risk for all involved.*
2. If you feel sick, stay home and do not join holiday gatherings. If you do not feel well, get tested immediately and know your status.
3. Talk about expectations and behaviors with family members in advance so everyone knows the ground rules.
4. Avoid in-person gatherings with people outside your household when cases are high in the community. *Find sub-region transmission risk levels on our website at: <https://www.ykhc.org/covid-19/>*
5. If planning at home in-person gatherings between households, consider:
 - Asking family members about vaccination status, to understand potential health risks for everyone.
 - Limiting the number of people gathering at any one time.
 - Mask wearing if unvaccinated persons (such as children) are present.
 - Making sure ventilation in the home is good, open a window and position a fan to blow air out.
 - Planning a virtual gathering if able.
6. When possible, gather outdoors instead of indoors.
7. Those who are immune compromised should avoid indoor gatherings of multiple households.
8. Avoid indoor public gatherings when possible. If you are unable, wear a mask during indoor public gatherings.



If we work together to take these steps, it will help return a sense of normalcy sooner for everyone.



NOVEMBER IS NATIONAL DIABETES MONTH AND NOVEMBER 14 IS WORLD DIABETES DAY!

To kick off this month and raise awareness about diabetes, Diabetes Prevention and Control (DP&C) invites you to make a healthy recipe to share with your family and friends.

The recipe for this month is **Crustless Pumpkin Pie**, which is a healthier alternative to a traditional pumpkin pie. Create the recipe and send in a photo of your completed dessert to diabetes_program@ykhc.org to receive a prize in the mail!

This virtual event is the first in a new series of monthly events being hosted by the Diabetes department to promote health and overall well-being. Check out the Messenger article each month or 'like' YKHC on facebook to get alerts to the events each month.

All participants will receive a prize!

Type II diabetes is preventable

Increased awareness and education around diabetes can help lower the rates of individuals who develop diabetes.

You are at risk for developing Type II diabetes if you:

- Have prediabetes
- Are overweight
- Are 45 years or older
- Have a parent, brother, or sister with Type II diabetes
- Are physically active less than 3x per week
- Have ever been diagnosed with Gestational Diabetes
- Are African American, Hispanic/Latino, American Indian, Alaska Native, or Asian

If you are at risk, contact DP&C to complete a screening for diabetes today at 543-6133.

RECIPE OF THE MONTH: Crustless Pumpkin Pie

Ingredients:

- 15 ounces canned pumpkin (or homemade pumpkin puree)
- 1.5 tablespoons butter (softened and whipped)
- ¾ cup light brown sugar (unpacked)
- ½ cup fat free milk
- 1 large egg
- 2 large egg whites
- ½ teaspoon pumpkin pie spice
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1 teaspoon vanilla extract

Preparation:

1. Preheat oven to 350°F.
2. Spray a pie pan or 9-inch X 9-inch baking dish with cooking spray. (Alternatively, you can lightly grease the pan or dish with the oil/fat of your choice.)
3. In a small bowl, beat eggs until whites and yolk are combined.
4. In a large bowl, combine pumpkin puree and butter. Mix well.
5. Add eggs, brown sugar, milk, pumpkin pie spice, cinnamon, nutmeg, and vanilla. Mix until mixture is smooth.
6. Pour mixture into your prepared pie pan or baking dish.
7. Bake about 70-75 minutes or until knife inserted in center comes out clean.
8. Once cooled, cut into individual portions (8-10 slices in the pie pan; 12 squares in the baking dish).

Notes:

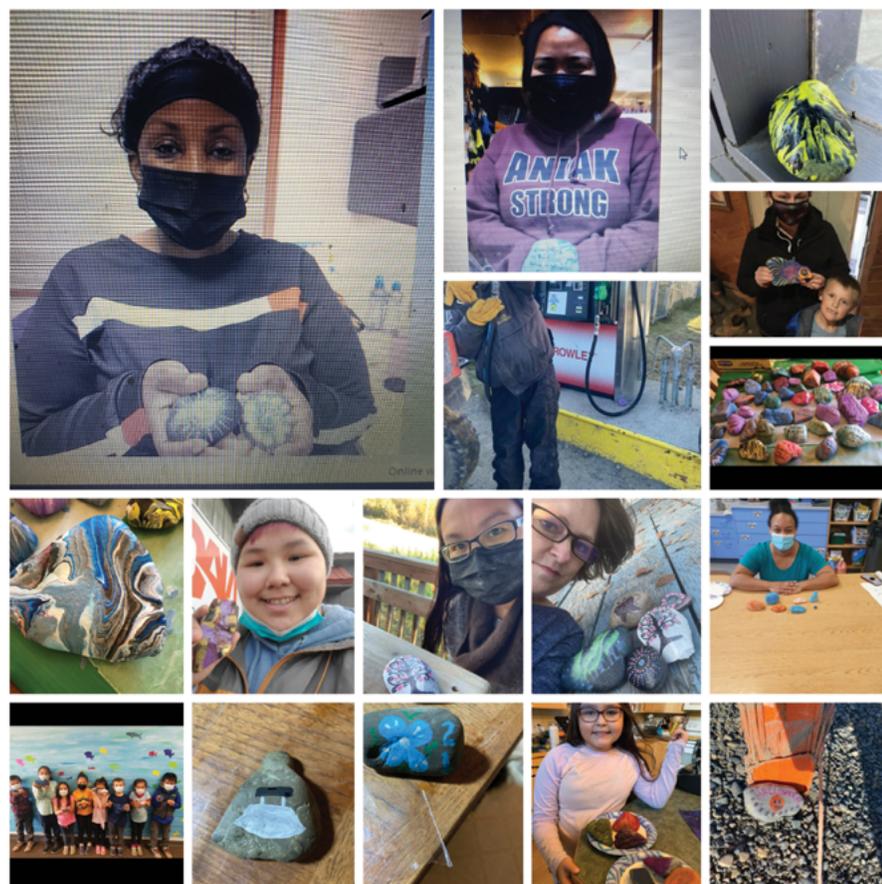
- This is a healthier alternative for traditional dessert.
- If you are missing any spices, leave it out or make a substitution. The flavor of the dish will vary based on the spices used.
- This recipe can be made with a mixer. It can also be made using a whisk or spoon.

Adapted from - <https://www.skinnytaste.com/skinny-pumpkin-pie/>

ANIAK ROCKS!

The community of Aniak participated in the Diabetes Department's healthy challenge campaign "Delta Rocks" during the month of September.

Many students, staff and community members painted rocks, placed rocks around the community and looked for rocks.



Even with masks on you can tell this event brought many smiles to community members.

Thank you YKHC Diabetes Prevention & Control for sponsoring another safe and fun event!

THE GREAT AMERICAN SMOKE-OUT IS NOVEMBER 18

Tobacco use is still the leading preventable cause of disease and death in Alaska. Each year, tobacco use alone is linked to an estimated 700 deaths and \$575 million in health care costs in Alaska.

Nicotine is one of the strongest addictions an individual can have and about two out of three tobacco users want to stop but struggle to break the addiction.

Originally, the American Cancer Society's signature event, "Great American Smoke-Out," encouraged tobacco users to quit cold turkey on a single day. However, we now know that quitting is a process. It starts with a plan, takes time and requires a lot of support.

Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a tobacco-free life. You'll be joining thousands of other tobacco users in taking an important step toward a healthier life and reducing your risk for cancer.

To have the best chance of stopping and remaining tobacco-free, you need to know what you're up against, what your options are, and where to go for help. As leaders in promoting health and wellness, YKHC encourages staff, community partners, villagers and patients to commit, or recommit to healthy, tobacco-free lives by participating in the Great American Smoke-Out on November 18.

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.

TOBACCO CESSATION RESOURCES:

YKHC Tobacco Cessation Program. A local team of certified tobacco treatment specialists are available to answer questions and assist with a personalized quit plan through counseling services as well as FDA-approved medications to treat nicotine dependence. Call 1-907-543-6312 for more information on how to enroll.

Alaska's Tobacco Quit Line is also available to Alaskans, regardless of income or insurance coverage. Call 1-800-QUIT-NOW (1-800-784-8669), or visit Alaskaquitline.com. It's free. It's confidential. And it works!

American Cancer Society is available 24 hours a day, 7 days a week to provide tobacco cessation support and resources. To find out more, visit cancer.org/smokeout or call 1-800-227-2345.

This is Quitting: Through our partnership with The Truth Initiative, anyone with a cell phone can take advantage of a regional text-to-quit program, "This is Quitting." The free tobacco cessation program helps tobacco users set a quit date and stay tobacco-free by sending customized text messages to support the quit process, and move past cravings.

- To get started, text **QUITNOW** to 907-891-7140.
- For extra support with cravings, text **COPE** to 907-891-7140.
- If you slip up, text **SLIP** to 907-891-7140 for help getting back on track.
- To stop receiving messages, text **STOP** to 907-891-7140.

Stopping tobacco use is not easy, but you can do it.

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, snow-machine and 4-wheel cautiously. Get vaccinated against COVID-19 and wear a mask in all indoor public settings. We are all in this together.

USING ANTIBIOTICS WISELY

Antibiotics are drugs used to treat bacterial infections. Using antibiotics the wrong way can lead to antibiotic-resistant infections.



Each year in the United States, at least two million people get serious infections with bacteria that are resistant to one or more of the antibiotics designed to treat those infections. According to the Centers for Disease Control, at least 23,000 people die each year as a direct result of these antibiotic-resistant infections. This is why healthcare providers are being more careful when prescribing antibiotics.

What is antibiotic resistance?

Antibiotic resistance happens when bacteria change in a way that reduces or eliminates the ability of antibiotics to kill the bacteria.

What can I do to prevent antimicrobial resistance?

The best way to help prevent antimicrobial resistance is:

- **Ask.** Ask your healthcare provider, “Are these antibiotics necessary?” “What can I do to feel better?”
- **Bacteria.** Antibiotics do not kill viruses. They only kill bacteria.
- **Complete the course.** Take all of your antibiotics exactly as prescribed (even if you are feeling better).

DON'T pressure your healthcare provider for antibiotics. You do not need antibiotics for:

- Colds or flu
- Most coughs or bronchitis
- Sore throats not caused by strep
- Runny noses
- Most ear aches

DO ask your healthcare provider about antibiotics:

- “Do I really need an antibiotic?”
- “Can I get better without this antibiotic?”

- “What side effects or drug interactions should I expect?”
- “What side effects should I report to you?”
- “How do you know what kind of infection I have? I understand that antibiotics won't work for viral infections.”

What is antimicrobial stewardship?

Antimicrobial stewardship is the conservation of antibiotics, so they continue to work effectively. This can be accomplished by using antibiotics properly. It is important to know that antibiotics only treat bacterial infections, not viral infections. YKHC has an antimicrobial stewardship program in place.

Summary

Antibiotics only fight infections caused by bacteria. Like all drugs, they can be harmful and should only be used when necessary. Taking antibiotics when you have a virus can do more harm than good; you will still feel sick and the antibiotic could give you a skin rash, diarrhea, a yeast infection, or worse.

Antibiotics also give bacteria a chance to become more resistant to them. This can make future infections harder to treat. It means that antibiotics might not work when you really do need them. Because of this, it is important that you only use an antibiotic when it is necessary to treat your illness.

How can you help?

When you have a cough, sore throat, or other illness, tell your doctor you only want an antibiotic if it is really necessary. If you are not prescribed an antibiotic, ask what you can do to feel better and get relief from your symptoms.

Your health is important to us. As your healthcare providers, we promise to provide the best possible treatment for your condition. If an antibiotic is not needed, we will explain this to you and will offer a treatment plan that will help. We are dedicated to prescribing antibiotics only when they are needed, and we will avoid giving you antibiotics when they might do more harm than good.

For more information, please call our Pharmacy at 907-543-6382

CHAP NEWS

Community Health
Aide Program

HEALTH AIDE OF THE MONTH FOR JUNE, 2021: Akiachak Health Aides

Evangeline Phillip, CHP
Tessie Charles, CHA III
Asisalyn Jackson, CHA III
Moses Frederick, CHP

The Akiachak Health Aides go above and beyond for their community when it comes to patient care. They have great teamwork when it comes to stabilizing urgent patients.

They also have great communication and know each other's roles in urgent situations. They are awe-inspiring in what they do as providers. They work tirelessly without any complaints.

We cannot disclose any patient information, but we are always thankful for your efforts in saving your patients' lives. Your work does not go unnoticed. Keep up the awesome work!



Akiachak Health Aides: Asisalyn Jackson, Moses Frederick, Evangeline Phillip. Tessie Charles is not pictured.

YKHC SHUTTLE DAILY SCHEDULE (Excluding Holidays)

AIRPORT SHUTTLES

SHUTTLE 1		SHUTTLE 2	
Departure	Return	Departure	Return
7:00 a.m.	7:45 a.m.	7:30 a.m.	8:15 a.m.
8:00 a.m.	8:45 a.m.	8:30 a.m.	9:15 a.m.
*9:00 a.m.	9:45 a.m.	*9:30 a.m.	10:15 a.m.
10:00 a.m.	10:45 a.m.	10:30 a.m.	11:15 a.m.
11:00 a.m.	11:45 a.m.	11:30 a.m.	12:15 p.m.
12:00 p.m.	12:45 p.m.	12:30 p.m.	1:15 p.m.
1:00 p.m.	1:45 p.m.	1:30 p.m.	2:15 p.m.
2:00 p.m.	2:45 p.m.	2:30 p.m.	3:15 p.m.
3:00 p.m.	3:45 p.m.	3:30 p.m.	4:15 p.m.
4:00 p.m.	4:45 p.m.	4:30 p.m.	5:15 p.m.
5:00 p.m.	5:45 p.m.	5:30 p.m.	6:15 p.m.
6:00 p.m.	6:45 p.m.	6:30 p.m.	7:15 p.m.
7:00 p.m.	7:45 p.m.	7:30 p.m.	8:15 p.m.
8:00 p.m.	8:45 p.m.	8:30 p.m.	9:15 p.m.

* weekend start time

* weekend start time

Shuttle 1 Leaves Hospital Top of every hour from 7 a.m. to 8 p.m. (9 a.m. start on weekends)
Returns to Hospital 45 minutes past the hour.

Shuttle 2 Leaves Hospital half-past the hour from 7:30 a.m. to 8:30 p.m. (9:30 a.m. start on weekends)
Returns to Hospital 15 minutes past the hour.

Regular Stops

- Hostel
- Yute Air
- Alaska Airlines
- Grant Aviation

By Request

Call 907-543-6603

- God's Country/Dehaans
- Renfro Air
- Fox Air
- Ryan Air

HOTEL SHUTTLE

All Stops by Request Only
Call 907-543-6603

- Prematernal Home
- Hawaii Inn
- Alaska Inn
- Long House
- Bentley's
- Hostel (Wheelchair & Elder)

AFTER HOURS & HOLIDAYS:
call YKHC Security
907-543-6603

The shuttle is only for YKHC patients and will NOT make any stops other than the hotels, airport and hospital.

PREPARING YOUR CAR FOR WINTER: A 9-STEP CHECKLIST

1. Check your coolant.

It makes sense to check your coolant level before winter sets in. If you're using traditional coolant, you'll need to make sure you have a true 50/50 mixture of water and antifreeze to prevent the fluid from freezing in your radiator.

2. Check your battery.

The chemical reactions required to generate power in a car battery slowdown in extremely cold temperatures, and your car requires more current from the battery to start the engine.

3. Fill your wiper fluid.

Winter driving is hard enough—reduced visibility makes it much worse. Having enough wiper fluid is crucial to keeping your windshield free of ice, snow, salt, and mud. Make sure you use freeze-resistant wiper fluid.

4. Replace your wiper blades.

Keeping your windshield free of winter precipitation is a tough job—make sure your wiper blades are up to the task.

5. Inspect (and maybe replace) your tires.

Tires with worn treads are a serious hazard in winter conditions. Consider getting snow tires, which are made of softer rubber that remains flexible in colder temperatures, and have treads specially designed to keep their grip in snow and ice.

6. Check your tire pressure.

No matter whether your tires are new or older, make sure they're properly inflated for winter conditions, and don't forget to check your spare!



7. Change your oil.

Your engine needs lubrication to run, but cold weather thickens oil and reduces its ability to circulate through the engine, so make sure you have fresh oil to keep things running smoothly.

8. Check your belts and hoses.

Cold temperatures can weaken the belts and hoses that keep your engine running. Prepare for winter by checking all belts and hoses for cracks or signs of wear and tear, and replace them if needed.

9. Put together an emergency kit to carry in your car.

Despite excellent planning, winter weather can still take you by surprise and put you in a dangerous situation. Be ready for the unexpected by equipping your car with emergency supplies including blankets, flares, a jack, a first-aid kit, flashlight, shovel, food, and kitty litter or sand for traction if you get stuck.

A little goes a long way.



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

Teaching kids about nutrition labels can help instill healthy habits. Next time you're at the store together, have them find labels and rank "added sugars" in their favorite soda, sports drink and bottled water. Can they find the beverage with the highest sugars? How about the lowest?

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.

November

Dental

Alakanuk: Wilma Uisok, DHAT	11/1-5
Kalskag: Kathrine Levi, DHAT	11/1-5
Marshall: Bernadette Charles, DHAT + 2.....	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
Mekoryuk: Allison Ayapan, DHAT	11/15-19
Hooper Bay: Wilma Uisok, DHAT & Bonnie Hunt, DHAT	11/29-12/3
Marshall: Bernadette Charles, DHAT	11/29-12/3

Family Medicine

Pilot Station: Denise Tran FNP.....	11/2-5
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Optical

Holy Cross: Pam Conrad	9/30-11/1
Grayling: Optometry Team	11/15-19

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: OP Opioid Program (BH).....	11/1-2
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OEHE

Holy Cross: Veterinarian and OEHE	11/19-22
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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

Optical

Tununak: Brian Blum and Optometry Team.....	12/13-17
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