



Photo by Lye-Ching Wong

Feagle Family Vaccination Day! Edward, Jorene, Rosa and Rylee took advantage of the opportunity to vaccinate the whole family when the Togo Jr. team visited Kongiganak on November 12. More on page 6.

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  
Board Chair Message..... 3
- COVID-19 UPDATE  
Year in Review ..... 4
- Vaccines for Kids ..... 6
- Yup'ik Ways of Wellbeing .....7
- HEALTHY LIVING: Focus on Fiber.. 8
- Holiday Closures ..... 9
- Tinitun ..... 9
- Safety Messages ..... 9
- CHAP News.....10
- Shining DHAT Star .....10
- Employee Bonus ..... 11
- Village Travel Schedule ..... 11
- Shuttle 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

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

This institution is an equal opportunity provider.

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

## YKHC BOARD OF DIRECTORS

### Unit 1



Mary Ayunerak  
Alakanuk



Michael Hunt, Sr.  
Kotlik

### Unit 2



Geraldine Beans  
St. Mary's



Gloria George  
Mtn. Village

### Unit 3



Bonnie Persson  
Upper Kalskag



Patricia Yaska  
Chuathbaluk

### Unit 4



Moses Owen  
Akiak



James Nicori  
Kwethluk

### Unit 5



Stanley Hoffman, Jr.  
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

Quyana to all of YKHC's 1,400 employees and all of our 30,000 customers. I hope each of you and your families have a joyous and safe holiday season! I would also like to introduce you to Walter Jim of Bethel. Mr. Jim is YKHC's Chair of the Board of Directors and he has a special message from YKHC's entire Board.



Dan Winkelman,  
President & CEO.

As the holidays approach, the snow covers the land and the ice forms on the river, it's a good time to slow down and give thanks.

On behalf of the YKHC Board of Directors, I want to thank every YKHC employee in the villages and in Bethel for their hard work this year. Each person in the organization plays an essential role in keeping our healthcare system strong. Through your tireless efforts, we are able to achieve our mission of working together to achieve excellent health. We appreciate your commitment.

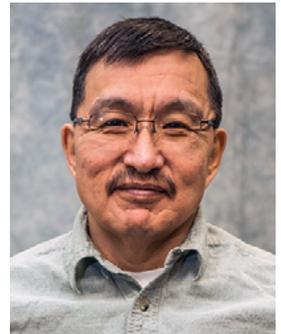
Quyana to our patients and their families who have visited a YKHC facility this year. There are many reasons why people come to us — having a baby, tending to an urgent healthcare need, receiving a vaccine, getting a routine screening, seeking treatment for addiction and more. We are grateful for the chance to serve you.

Though the pandemic prevents us from gathering physically in large groups, we have all worked together to help make the people of the YK Delta the healthiest people. Thank you!

I wish you and your loved one a very happy holiday season and healthy 2022.



Walter Jim, Board Chair



Walter Jim, Board Chair.

# COVID-19 UPDATE

## A LOOK BACK AT THE SECOND YEAR OF THE PANDEMIC

In 2021, the second year of the COVID-19 pandemic, people of the YK Delta came together to reduce the spread of the virus. Everybody played a part.

Individuals got vaccinated, encouraged their friends to get vaccinated, got tested, wore masks, practiced social distancing, reduced travel, avoided large gatherings and postponed events. Village and tribal leaders provided guidance, implemented lockdowns and worked tirelessly to protect their communities.

YKHC providers and health aides provided COVID-19 shots to children as young as five years old and boosters to eligible residents. They answered questions about the vaccine and cared for people who were ill with the virus. YKHC shared reliable, accurate information about COVID-19 and the vaccines through virtual townhalls, on our website and on social media.

While each person has a story to tell about their own experiences with COVID-19 this year, we all shared some significant milestones in the fight against the virus.

### January

COVID-19 vaccines are available to all YK Delta residents ages 16 and older.



Vaccines were administered on planes and runways.



Special precautions had to be taken to keep the vaccine very cold.

YKHC Project TOGO visits every village in the Delta to distribute COVID-19 vaccines.

### February

New cases of COVID-19 in the YK Delta decline more than 75% from January,

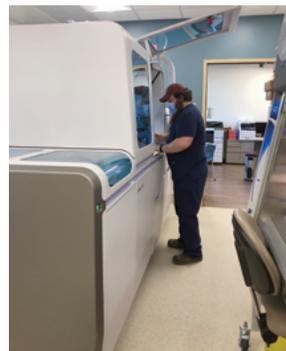


Project Togo began delivering COVID-19 vaccine to villages early in the year as soon as they became available.

starting a downward trend in new positive COVID cases that lasts until June

### March

YKHC begins offering the one-dose Janssen/Johnson & Johnson vaccine by request



Testing turnaround times improved when YKHC got it's own COBAS 6800 testing machine.

### June

The Delta variant arrives in the YK Delta and quickly becomes the dominant strain in the region. New positive cases start to climb.

### July

After reviewing data and in partnership with school districts, YKHC provides guidance supporting the return to full-time, in-person school for kids in fall, regardless of background case rates, as long as mitigation strategies are in place.

### April

The CDC reports that the risk of surface transmission of COVID-19 is low and confirms that the virus likely spreads through droplets in the air.

### May

COVID-19 vaccines are approved for children ages 12-15 years old.

New positive cases in the Delta drop to their lowest point in 2021.



Vaccines were approved for teens in time for summer.

### August

Students return to school safely with universal masking, social distancing, regular surveillance testing and other “layers” of protection. Vaccinations are strongly encouraged for all eligible students.

### September

Booster shots are approved for eligible individuals who received their second dose of Pfizer vaccine at least six months before.

As cases in the region, state and country rise, YKHC ac-

tivates COVID-19 clinical guidelines and asks residents to take extra care.

### October

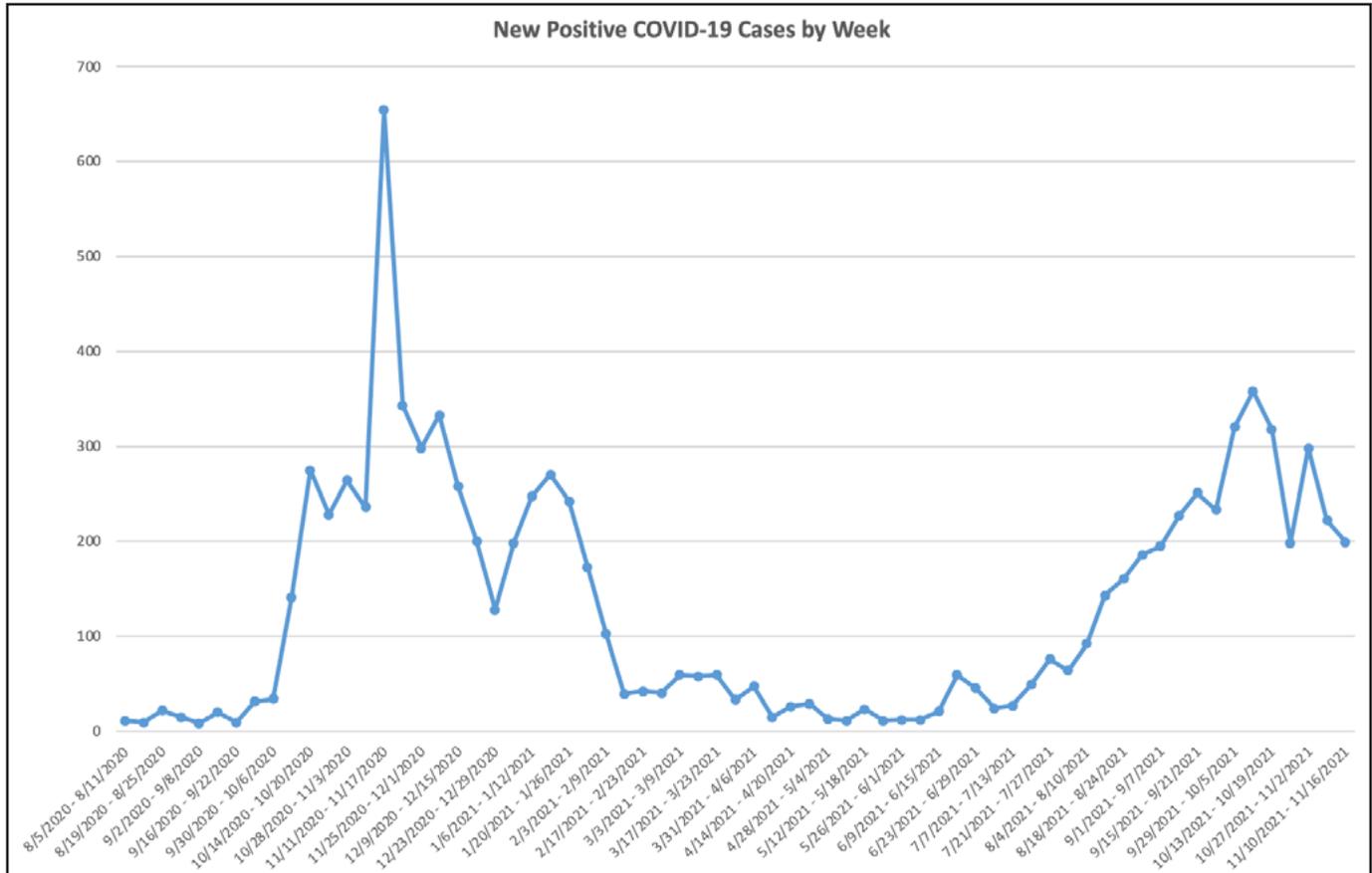
Booster shots become available for eligible people who received their second dose of Moderna six months or more earlier and for all people who received a Johnson & Johnson vaccine two months earlier.

### November

COVID-19 vaccinations are approved for children ages 5-11 years old. YKHC partners with schools and parents to distribute vaccines to children in this age group.

### December

With the holiday season underway, YKHC reminds people to celebrate safely. Holiday gathering guidance is available on our website at <https://www.ykhc.org/covid-19/resources/>



Since the start of the pandemic, the number of new COVID-19 cases has fluctuated weekly—and sometimes wildly! The chart above shows the number of new positive cases by week by testing date since August 2020.

New cases peaked at 654 the week of November 11-17, 2020, then averaged about 260 cases per week through the end of the year. In mid-February 2021, cases dropped below 100 cases per week and stayed at this level until August, when the highly contagious delta variant spread throughout the YK Delta. Since then,

new case counts have been in the triple digits each week, hitting a high for the year to date (through mid-November) of 358 cases in the second week of October.

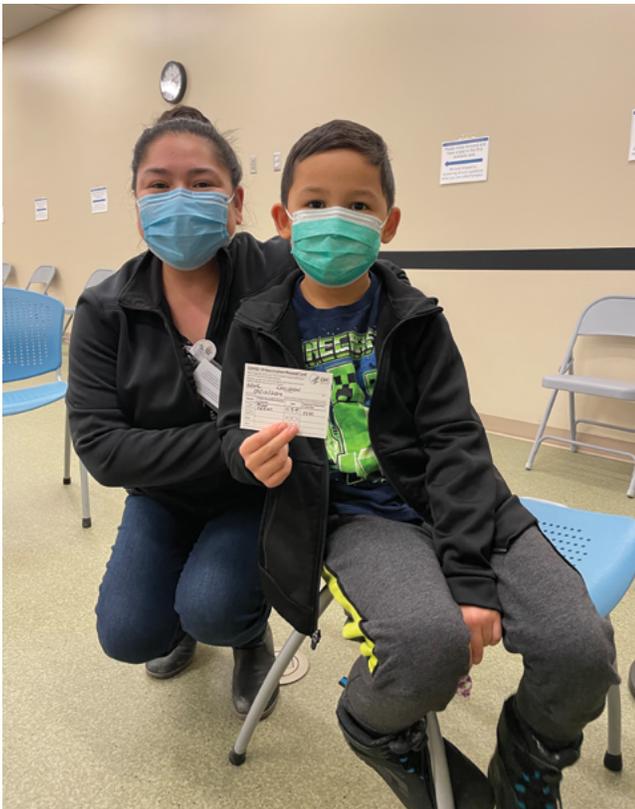
As we move through the holiday season and head towards 2022, we would all like to see new COVID-19 cases drop again. By taking steps such as getting vaccinated, wearing masks, staying home when sick and avoiding gatherings with multiple households, we can protect ourselves and enter the new year with COVID-19 case rates on the decline.

## VACCINES FOR KIDS

As soon as the Pfizer COVID-19 vaccine was approved for children ages 5–11, YKHC’s “Project Togo Jr.” took to the air to bring the shots to kids all over the YK Delta.



Children and parents gather in the Chevak school library to get the vaccine.



Melody Hoffman and son Christian Lowe.



Randall Flynn takes aim in Chevak.



No big deal for a youngster in Kalskag. Kaia Pearson gives the shot.



Lily West awaits her shot. With Dr. Elizabeth Bates and Melissa Tefft standing by.



George Cochran gets the job.



It's better not to look (Kalskag).

# YUP'IK WAYS OF WELLBEING DURING HARD TIMES

## NALLUNRITNARQELLRIIT NAULLUUTEM NALLIINI

In December 2020, Jim “Ay’aqulluk Caliaq,” Katrina Domnick, Abby Nelson and Ros Singleton met with Elders Jimmy Stevens, Nick Pavilla, Sarah Riley, Francis Charlie, and Mary Beaver virtually to learn from them about three topics relating to how they cope with pandemics like the current COVID-19 pandemic:

- How did you respond to pandemics/illness when you were younger? What did your parents and Elders tell you about how to protect yourself and others?
- What do you feel your role is during this pandemic?
- What messages do you have for the younger generations about how to deal with this pandemic?

During this conversation, we heard their stories about wellness and resilience during hard times, including how they helped to navigate their families and communities through the COVID-19 pandemic with help from the teachings of their own Elders and culture. Here are their stories.

### **How did you respond to pandemics/illness when you were younger? What did your parents and Elders tell you about how to protect yourself and others?**

*(Jimmy Stevens) We have experienced past TB outbreaks around 1949 and 1950s. There were quarantines placed on communities to keep TB from spreading. Communities were locked down. Community members followed safety measures as a way of showing love.*

*During quarantines, households stuck together to do traditional activities and subsistence activities. Keeping hands busy was therapy mentally, emotionally, spiritually, and physically.*

*You are not alone in hard times. What many of us are feeling is not the first time someone has experienced this and will not be the last. Our elders were able to get through hard times during pandemics, allow that to be a reminder that we can get through it too. We can use their wisdom to help one another get through this.*

### **Roles during a pandemic—what do you feel your role is during this pandemic?**

*In March 2020, one young household had a family member with COVID-19. The whole family stayed together during the quarantine period. The father led them outside on trips as a whole family to do subsistence activities. They stuck together in indoor and outdoor work. It was their therapy.*

### **What messages do you have for the younger generations about how to deal with this pandemic?**

*Caring for yourself and your community is very important. Even though we've made it this far, we're still experiencing the effects of the pandemic. Yup'ik culture offers holistic ways of wellness, including keeping your hands busy going out and getting wood. Other traditional activities can be utilized, subsistence season is here. We can show others in the community we care for them by acts of kindness, like shopping for an elder. Acts of kindness are not only uplifting to the individual but for ourselves, too. It brings the mind to a good place and is a form of medicine.*

*We need to prepare the minds of the little ones about what lies ahead in their path laying out exactly what the remainder of the pandemic might look like and feel like as well as consequences of their behavior. We should tell them exactly how they might feel and what a situation will look like so that hardship comes they are not unprepared or confused.*

*One elder (Nick) explained how his 6 year old grandchild caught on to COVID safety measures like not letting them visit when the aunt explained what to expect but not directly saying anything about COVID.*



## 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

## Diabetes Prevention & Control

### FOCUS ON FIBER

Let's talk about fiber! Fiber is a type of carbohydrate found in grains, fruits, vegetables, nuts, and seeds.

Fiber is not digested by the human body, and it is under-appreciated and under-consumed. Perhaps this is because folks do not realize what fiber can do for us!

Fiber promotes satiety, which means it helps make us feel full when we consume food. This is great for weight loss and management as it is easier to stop eating if we feel satisfied with what we have already eaten.

Fiber slows the release of sugar into our bloodstream, helping us avoid sugar highs and the corresponding "crashes."

Fiber helps keep us regular. No one is particularly keen on talking about this, but it is important to be able to easily rid our bodies of waste.

Fiber prevents the absorption of some dietary fats. When we eat foods that include fat and fiber, some of the fat we consume will not be absorbed by the body. If we do not absorb it, it cannot be used to promote heart disease or be stored as fat on our body.

Fiber intake has been associated with reduced risk for some health conditions such as heart disease and diabetes.

Most Americans do not get enough fiber so challenge yourself to reach your fiber goal. While the amount needed varies between individuals, the approximate daily targets by sex and age are:

#### Men

19–50 years 38 g  
51+ years 30 g

#### Women

19–50 years 25 g  
51+ years 21 g

#### High-Fiber Food Examples:

- ½ c cooked pinto beans – 7 g
- ½ c cooked oatmeal – 4 g
- 1 medium potato with skin – 4 g
- 1 medium apple – 4 g
- 2 T chunky peanut butter – 3 g
- 1 slice whole wheat bread – 2 g



#### Tips:

- Eat whole grains (ex: oatmeal, whole wheat bread, brown rice, popcorn). Skip refined grains (ex: white bread, most cereals, chips).
- Eat whole fruits and vegetables, including peels when appropriate. Skip juice.
- Include nuts and seeds in snacks and meals.
- If you want more information, links to many resources can be found at <https://medlineplus.gov/dietaryfiber.html>.

—Heather McMillion, MS, RD, LD

### Recipe of the Month: WHIPPED MILK TOPPING

Use this recipe to enhance fruit or to lighten heavier holiday desserts.

#### Ingredients:

- ½ c instant nonfat dry milk
- ½ c cold water
- ½ t vanilla extract
- 2 T sugar



#### Preparation:

1. Chill large mixing bowl and whisk/beaters in refrigerator or freezer for at least 30 minutes prior to mixing ingredients.
2. Mix dry milk with water.
3. Beat at high speed for about 5 minutes until soft peaks begin to form.
4. Add vanilla extract and beat on high for another 7 minutes.
5. Add sugar and beat on high for another minute.

Adapted from <https://www.gourmandize.com/recipe-62361-whipped-topping-using-dry-milk.htm>

## HOLIDAY CLOSURES

### Travel and Medicaid holiday schedule

This season's closures include:

- Travel Care Group
- Travel Management Center
- Update Booth
- Medicaid Enrollment
- Prior Authorization

#### Closed Dates:

- Traditional Chiefs Day: Thursday, December 23
- Christmas Holiday (Observed): Friday, December 24
- Christmas Day: Saturday, December 25
- New Years Eve: Friday, December 31 – Closing at 2 p.m.
- New Years Day: Saturday, January 1, 2022

*Please remember many of our airlines also close during these holidays and medevac may be the only option.*

## PHARMACY REFILL REMINDER

With Traditional Chief's Day being celebrated with Christmas on December 23 and 24, the Pharmacy will be closed for four days in a row.

Be sure to order medication refills before you run out to avoid running low that week. You might not be able to get refills between December 22 and 27.

## TINITUN: A Comprehensive Digital Wayfinding Platform

ANTHC and Southcentral Foundation have partnered to implement Tinitun, a digital wayfinding solution for patients and visitors navigating around the Alaska Native Health Campus.

Tinitun is an app that will help campus visitors locate providers or clinics, discover campus food options, view the shuttle bus positions, mark the location of their parked cars and more.

Tinitun is available for download on all Apple or Android smartphones, or may be accessed by desktop, mobile browser or used at on-site kiosks in select lobbies.

Tinitun, pronounced, "tin-ee-toon" is the Dena'ina word for "trail: major passageways of human movement." This name is used with permission from the Native Village of Eklutna on whose land the Alaska Native Health Campus is situated, to acknowledge the people and culture of the Dena'ina, while also describing the app's function: connecting those we serve with their health care using modern technology.

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Learn more by visiting  
<http://anmc.org/tinitun/>

## HOLIDAY SAFETY MESSAGES

### Don't give the gift of food poisoning

This week's safety message covers a few holiday food safety tips you can use this holiday season:

- Buying a turkey, keep in refrigerator until you're ready to cook it.
- Thawing a turkey, requires 24 hours for every four to five pounds.
- Do not rinse raw meat and poultry before cooking.
- Use a food thermometer to make sure meat is cooked to a safe temperature.
- Refrigerate food within two hours.
- Thanksgiving leftovers are safe for four days in the refrigerator, Tuesday is throw away day!
- Bring sauces, soups and gravies to a rolling boil when reheating.
- When storing turkey, cut the leftovers in small pieces so they will chill quickly.
- Wash your hands frequently when handling food.

*Source: American Red Cross*

### 'Tis the season to celebrate safely!

To help make sure your holidays don't go from merry to scary, remember these Holiday Safety Tips.

- Keep decorations at least three feet away from heat sources.
- Check all light cords to make sure they aren't frayed or broken.
- If buying an artificial tree, look for the fire-resistant label.
- When decorating, make sure not to run cords under rugs or furniture, out of windows, or across walkways and sidewalks.
- Always turn off your decorations when you leave your home.
- Be mindful of how you are using electrical outlets. Extension cords are a common cause of home fires.
- Only use electronics in dry areas.
- If you're using a space heater, switch it off before leaving the room.
- Inspect your decorations and discard any that are damaged or worn out.

# CHAP NEWS

Community Health  
Aide Program

## 2021 JULY HEALTH AIDE OF THE MONTH: Danielle Paul, CHA III—Float Health Aide

Danielle Paul, CHA III, is originally from the village of Kipnuk. She recently transferred to our float pool, traveling all over the YK Delta. Danielle is the daughter of Joe and Louise Paul from Kipnuk. Before becoming a healthcare provider, Danielle was a Tribal Police Officer for the village of Kipnuk.

Danielle works hard day in and out and it shows daily. She travels all over without hesitation, helping each of the communities she travels to. She brightens the room with her cheery smile and contagious laughter. She is a huge advocate for her patients.

It is a lot to travel to villages carrying bags for a week and she does it with a smile. Although we cannot disclose any information because of patient confidentiality, we appreciate Danielle and the efforts she puts in day in and out for all the patients of this region.

Quyana Danielle! Keep it up. She finds her support from every patient who's ever given her words of wisdom; they are the reason she works hard every day.



Danielle Paul, CHA III

## SCAMMON BAY DHAT EARNS SHINING STAR AWARD

*Date: November 6, 2021*

*To: Janette Ulak, DHAT*

*Re: 2021 Shining Star-  
Outstanding Accomplishments Award*

Dear Ms. Ulak,

It is my pleasure and honor to inform you that you have been selected as the 2021 recipient of the Shining Star- Outstanding Accomplishments Award by the Dental Academic Review Committee (DARC).

The Outstanding Accomplishment Award is awarded to a Dental Health Aide that has made a substantial impact in community and/or patient care.

You are being recognized for your outstanding accomplishment of bringing permanent dental services to your home community of Scammon Bay.

You established the first ever permanent full-time staffed dental clinic in your community. You had to figure out how to manage the space in the clinic, how to manage integrating with the staff

in the clinic, and how to manage the day-to-day operations of running a dental clinic in a new location.

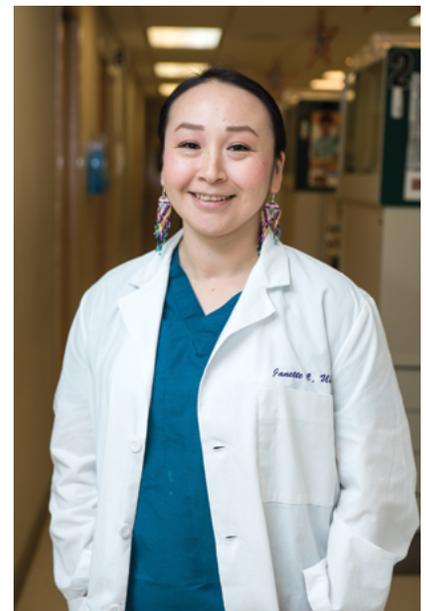
The path was not easy, and you were faced with many struggles. It was noted that there were times when you found yourself with patients on the schedule and no dental assistant to help.

When you were faced with obstacles like this, you would power through and overcome them. Because of your efforts and determination, Scammon Bay has a functioning dental clinic that is thriving.

Congratulations on a well-deserved award!

Respectfully,

Elizabeth Mallott, RDH, DARC, Chair



Janette Ulak, DHAT.

# ELIGIBLE EMPLOYEES TO RECEIVE HEROES BONUS THIS YEAR

On November 10, YKHC President and CEO Dan Winkelman recognized the hard work of YKHC employees and announced that qualifying employees will receive bonuses this year. See below for Winkelman's letter to staff.

Dear Team:

I am pleased to announce that, based on your fantastic performance in helping with our COVID-19 response and the company's 2021 performance, each qualifying employee will receive a lump-sum Heroes Bonus. You've earned it!

I hope you accept this as a reward for your extraordinary efforts in combating COVID-19 and remain motivated to continue the difficult work in front of us. Despite the added risks created by the pandemic and increased demand for health care workers nationwide, thank you for choosing YKHC as your employer of choice. On behalf of our 30,000 customers, quyana!

There are three levels of bonus compensation, depending on your length of continuous service at YKHC as of December 1, 2021:

- Employees who have worked more than one year and with less than three years of continuous service shall receive \$1,500.
- Employees with at least three years, but less than six years of continuous service shall receive \$3,500.
- Employees with at least six years of continuous service shall receive \$5,500.

In addition to the above categories, all employees who directly served our customers throughout 2021 will receive an additional \$2,000. YKHC recognizes that not all employees were able to telecommute and customer-facing employees endured additional health and safety risks due to potential

exposure to COVID-19.

As always, all amounts are subject to applicable taxes and withholdings. Eligible employees can expect payment on December 3, 2021.

In years past, when YKHC was able to have an annual employee raise, most were done as a percentage increase to base pay, ranging from 1-3%. This year, YKHC has decided upon a one-time, discretionary lump-sum bonus. This means instead of being paid out in smaller amounts throughout the next year, you will receive your entire bonus immediately.

In 2015, and after four years of no raises, we had a 2.5% merit increase. In 2016, we had a 2% merit increase. In 2017, we paid a lump-sum increase of \$1,500.00. In 2018, we had a 2% merit increase, which was paid out in early 2019. As a result of the COVID-19 pandemic negatively affecting patient census in early 2020, we were not able to pay a merit raise based on 2019's performance. However, in January 2021, YKHC paid a COVID-19 Heroes bonus that ranged from \$1,500 to \$5,500 depending upon length of continuous service.

This 2021 Heroes bonus is the first time in the company's history we have been able to increase employee compensation in six of the last seven years.

I hope each of you, our healthcare heroes, have a wonderful holiday season. Thank you for serving our region with kindness and compassion, making YKHC a great company! You are our most important resource.

## 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.

### December

#### Dental

<b>Hooper Bay:</b> Wilma Uisok, DHAT, and Bonnie Hunt, DHAT	11/29-12/3
<b>Anvik:</b> Kathrine Levi, DHAT + 1	11/29-12/3
<b>Marshall:</b> Bernadette Charles, DHAT	11/29-12/3
<b>Marshall:</b> Renee Cheemuk, DHAT	12/6-10
<b>Pilot Station:</b> Bernadette Charles, DHAT + 2	12/6-10
<b>Alakanuk:</b> Bonnie Hunt, DHAT	12/13-17
<b>Crooked Creek:</b> Tamija Woods, DHAT + 1	12/13-17
<b>Hooper Bay:</b> Dr Victoria Hardwick; Curtis Krumlauf, RDH; Dental Assistant (1-2)	12/13-17
<b>Napaskiak:</b> Cory Johnson DDS and Anna Slats, Dental Assistant	12/13-17

#### Family Medicine

**Kwethluk:** Luvae Southerland, PA-C, BTI 11/29-12/3

#### Physical Therapy

<b>St Mary's:</b> Eliza Caguioa, PT	11/29-12/1
<b>Mountain Village:</b> Eliza Caguioa, PT	12/2-12/3
<b>Emmonak:</b> Jesse Gefroh, PT	12/7-9
<b>Hooper Bay:</b> Amy Spatz, PT	12/14-16

### Optometry

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

### January

#### Dental

<b>Grayling:</b> Tamija Woods, DHAT + 1	1/10-14
<b>Upper Kalskag:</b> Kathrine Levi, DHAT + 1	1/17-21

#### Physical Therapy

<b>Quinhagak:</b> Eliza Caguioa, PT	1/3-5
<b>Mekoryuk:</b> Amy Spatz, PT	1/5-8
<b>Aniak:</b> Jesse Gefroh, PT	1/12-13
<b>Akiachak:</b> Jesse Gefroh, PT	1/18
<b>Toksook Bay:</b> Eliza Caguioa, PT	1/19-21
<b>Marshall:</b> Jesse Gefroh, PT	1/15-27

### February

#### Dental

**Shageluk:** Tamija Woods, DHAT + 1 2/7-11

#### Family Medicine

**Scammon Bay:** Erin Abston, PA-C, HSRC 2/7-10

#### Physical Therapy

<b>Kotlik:</b> Amy Spatz, PT	2/1-2
<b>Kasigluk/Atmautluak:</b> Eliza Caguioa, PT	2/7-9
<b>Mountain Village:</b> Eliza Caguioa, PT	2/10
<b>Emmonak:</b> Jesse Gefroh, PT	2/22-23

## 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.	9:15a.m.
*9:00 a.m.	9:45 a.m.	*9:30 a.m.	10:15a.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.**