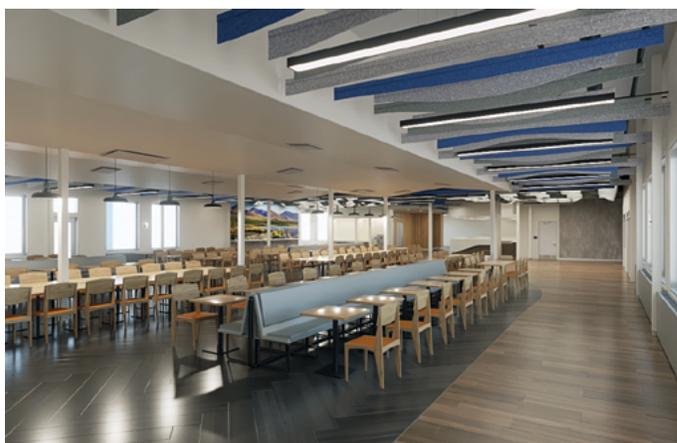
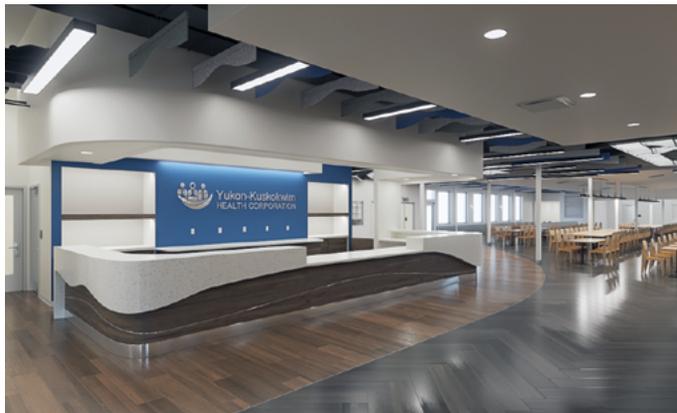




In response to customer requests for a place to stay while visiting the Bethel hospital, YKHC will be building a new 109 room customer lodging facility. The facility will be large enough to accommodate all of our current and future customer needs. It is also being built with future expansion in mind. See page 3.



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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

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

RESOURCES

YKHC main switchboard 543-6000
Toll Free 1-800-478-3321

APPOINTMENTS

Outpatient Clinics 543-6442
Dental 543-6229
Optometry 543-6336
Audiology..... 543-6466

SUBREGIONAL CLINICS

Aniak..... 675-4556
Emmonak..... 949-3500
St. Mary's 438-3500
Toksook Bay..... 427-3500
Hooper Bay..... 758-3500

SERVICES

Inpatient (North Wing) 543-6330
Pharmacy Refill Line 543-6988
Toll Free 877-543-6988
Physical Therapy 543-6342
Women's Health 543-6296
Irrivik Birthing Center 543-6346
Behavioral Health Services 543-6100
BH CRISIS RESPONSE LINE 543-6499
Substance Abuse Treatment 543-6730
Sobering Center 543-6830
Developmental Disabilities 543-2762
Emergency Room 543-6395
Office of Environmental Health & Engineering,
Injury Contro & EMS..... 543-6420

ADMINISTRATION & SUPPORT

Administration..... 543-6020
Human Resources..... 543-6060
Public Relations 543-6013
Travel Management..... 543-6360

The Messenger is a monthly publication produced by the Yukon-Kuskokwim Health Corporation's Public Relations Department as a report to Tribal Members.

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

This institution is an equal opportunity provider.

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

YKHC BOARD OF DIRECTORS

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



Dan Winkelman,
President & CEO.

As the Yukon-Kuskokwim region and Alaska comes out of its latest COVID-19 wave of the Delta variant, we perhaps face another large wave of a new variant, called Omicron.

According to experts at the Centers for Disease Control & Prevention (CDC), Omicron is coming. I strongly encourage you to get vaccinated and boosted when eligible. Unfortunately, experts from the CDC are predicting the largest COVID-19 wave yet. Those that are vaccinated and boosted are the best protected from severe illness and death. Please take your health seriously and contact your provider for more information on our safe and effective COVID-19 vaccines.

On a different note, we have some exciting news that we have been working on for the last two years.

On behalf of the YKHC Board of Directors, I am happy to announce that we will be building a new customer lodging facility. We recently signed a letter of intent to select a general contractor to build a new 109 room lodging facility. The customer lodging facility will be large enough to accommodate all of our current and future customer needs. It is also being built with future expansion in mind.

After the Board of Directors asked me to take this role, I traveled to all 50 YKHC villages and met with tribal councils, YKHC employees and customers. Many asked that YKHC build a new customer lodging facility because our current 24 room facility, built in 1999, was too small and could not accommodate the daily need, especially when the weather turned poor and village flights were cancelled. The common complaint was, "I want to use the Bethel hospital for my health care but I have no place to stay because the current hostel is always full." We listened.

We are all very excited to bring this vital project to you, and especially those our 50 member villages who need a place to stay that is safe, high quality and on our Bethel campus. Congratulations to our Board of Directors and all 30,000 of our customers!

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



COVID-19 UPDATE

BE PREPARED FOR COVID-19 IN THE NEW YEAR

As the new year begins, we don't know exactly what lies ahead. However, we do know that COVID-19 will still be a threat to our region.

The omicron variant of COVID-19 went from being unknown to being the dominant strain in the United States in just a few weeks. Fortunately, evidence so far indicates the prevention strategies YKHC recommends against COVID-19 are effective against the omicron variant. This means there are things you can do now to help keep yourself and your community safer in the new year.

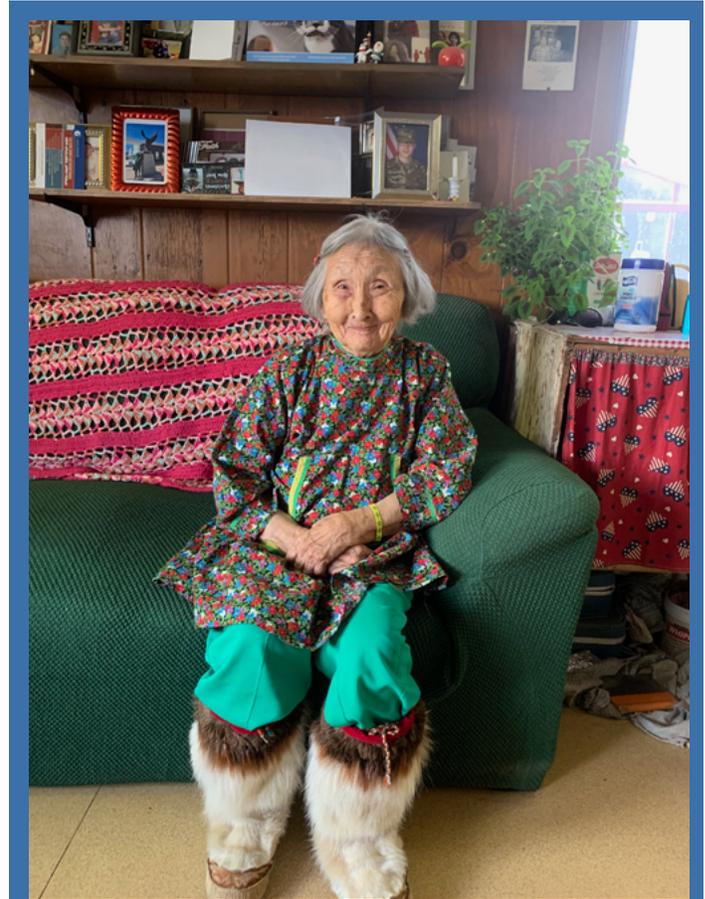
Get your COVID-19 shot. Vaccinated people are significantly less likely to become seriously ill or die due to COVID-19. The majority of people who are hospitalized or die from the virus are unvaccinated. The vaccines are proven and extremely safe for everyone ages 5 and older. If you still have questions about the vaccine, speak with your healthcare provider today. To sign up children 5-11, call your local clinic or, in Bethel, call 543-6949.

Get boosted if you are eligible. Getting a COVID-19 booster shot greatly decreases the chance you will get infected with COVID-19 or that you will spread the virus to other people. Most people over age 16 are eligible. Don't wait! Make an appointment to get your booster shot today by calling your clinic or filling out the survey at <https://tinyurl.com/8kb9vth>.

Know where you can get tested. If you have any symptoms of COVID-19, including fever, fatigue, sore throat, body aches and more, get tested for COVID-19. It's easy. In villages, call your clinic. In Bethel, mobile testing is available in the parking lot across from the hospital from 11:30 a.m. to 1:30 p.m. Monday-Saturday. Testing is also available on the first floor of the hospital (enter through the main doors). Walk-ins are available or call 543-6949 to schedule an appointment.

Have masks and wear them in any public indoor setting. Masks help reduce the spread of COVID-19 when everyone wears them properly, covering their mouth and nose. Make sure you have masks for everyone in your family over age 2. To learn more about effective masks, visit <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/mask-fit-and-filtration.html>.

Be prepared for quarantine. If you or someone in your fam-



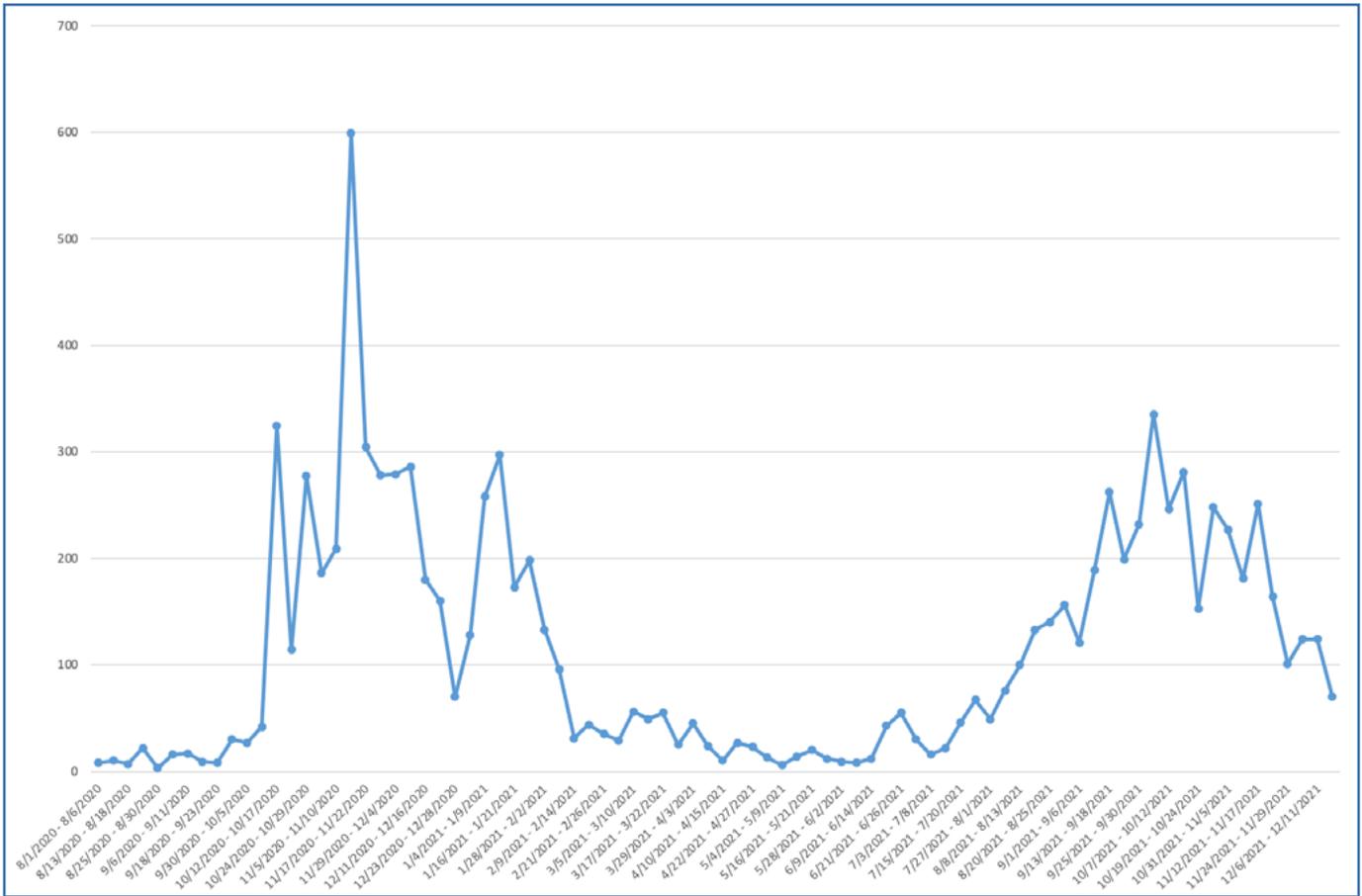
Dr. Elizabeth Roll visited 102-year-old Albertina Dull in Nightmute and administered the COVID-19 vaccine. Albertina is a local advocate for getting vaccinated and has even gone on VHF radio, speaking in Yup'ik, to encourage people to get the shot. For our non-Yup'ik speakers, here's her message:

"Ok, anyone out there ...who continues to remain unvaccinated, even though they are encouraged to be vaccinated, they are being stubborn. ...They are afraid of a little [needle] and are probably afraid for their lives. However, for myself, I'm afraid of not being vaccinated. This vaccine is not to be feared. And to parents—it is nothing to be afraid of."

ily catches COVID-19, the household will be asked to stay at home for at least 10 days to avoid spreading the virus in the community. The sick person should stay in a separate room, if possible. Have a plan for having food, cleaning supplies, medications and other essentials on hand so you are prepared for quarantine.

Prepare now for whatever COVID-19 brings us in 2022. If we all do our part, we can reduce the impact of omicron and keep our region safer.

NEW POSITIVE COVID-19 CASES BY WEEK



The chart above shows the number of new positive cases of COVID-19 identified in the YK Delta for each seven day period since fall 2020.

While the number of new COVID-19 cases identified each week started to trend down in December, our region remained in high transmission. Weekly rates of new positive cases were more than double the rates over the summer.

The omicron variant was identified in Alaska in late November. In other regions of the country, the variant has caused a steep increase in weekly case counts. YKHC is expecting case rates to increase in January. All community members are encouraged to get vaccinated, get a booster and maintain other precautions, such as masking and testing when sick. These prevention measures give us our strongest chance to reduce the impact of the variant in our region.



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 flu vaccine.

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

TIPS FOR A HEALTHY AND SAFE 2022

Happy New Year! After another difficult year due to the pandemic, we're all looking forward to 2022. Here are a few tips to make this a happy, healthy, and safe year.

Reduce the spread of COVID-19, Flu, and RSV

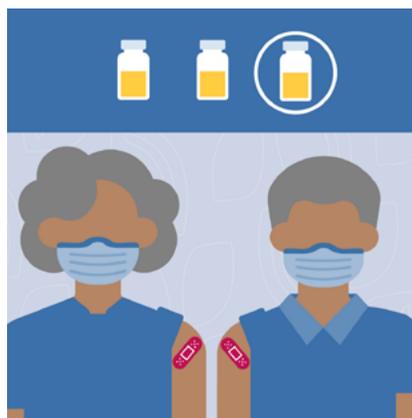
Get Your COVID-19 and Flu Shots

COVID-19 and influenza vaccines can help protect you against infection, and most importantly, severe disease. Get vaccinated for flu and COVID-19, and if eligible, get your booster shot as soon as you can.

Wear a mask

Wearing a *well-fitting* mask covering your mouth and nose to reduce COVID-19 transmission. Over half of COVID-19 infections come from individuals spreading the virus before they develop symptoms. If we wait until we're sick to put on a mask, we've already infected others.

Wearing a mask masks prevent us from



unknowingly passing on the virus. The SARS-CoV-2 travels pretty easily for about 6 feet. Triple-layered cloth or surgical masks block 50-70% of fine droplets, and limits the forward spread of the fine particles that get through. Most of the time, this is enough to prevent infection. N-95 or KN95 respirators will provide even better filtration and protection. Show you care, and wear a well fitted mask over your mouth and nose the next time you're out in public.

Stay home if you're sick

When you're sick, stay home, and avoid contact with others! This can help prevent COVID-19 as well as many other infectious diseases.

Get tested

If any of your symptoms are consistent with COVID-19, get tested. Even if you don't have symptoms and have not

RECIPE OF THE MONTH: SALMON CHOWDER

Adapted from Foods We Alaskans Enjoy by Alaska Native Tribal Health Consortium

Ingredients:

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



Instructions

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

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

been exposed to an individual with COVID-19, using a self-test before gathering indoors with others can give you information about the risk of spreading the virus that causes COVID-19. This is especially important before gathering with unvaccinated children, older individuals, those who are immunocompromised, or individuals at risk of severe disease.

A positive test result indicates that you likely have a current infection, and you should isolate and inform close contacts. A negative test result indicates that you may not be infected and may be at low risk of spreading disease to others, though it does not rule out an infection.

Wash Your Hands

Use soap and water to wash your hands for 20 seconds at key times throughout the day, such as after using the bathroom or before eating or holding a baby. Washing your hands can prevent many different types of illness, and is critical to helping prevent RSV in children.



Strategies to help prevent chronic disease

Living a healthy lifestyle can also help protect us from long term COVID-19 complications as well help prevent chronic disease. Consider making these healthy habits a part of your 2022 routine:

Make time to unwind and connect with others. Do activities you enjoy; talk with people you trust about how you're feeling. Express gratitude to those around you.

Get some sleep! Adults need at least seven hours of sleep per night. For healthier sleep, be consistent. Go to bed at the same time each night, and get up at the same time each morning, including on the weekends.

Eat healthy. choose health options like traditional foods, fruits, and vegetables instead of salty or sugary snacks. The YKHC Diabetes Prevention (543-6133) and WIC (543-6447) programs can help you learn more about healthy eating, and provide nutritious food to mothers and children.



Move More, Sit Less. Get at least 60 minutes of physical activity a day, plus muscle-strengthening activities at least two days a week.

Rethink your drink. Life's already sweet enough! Substitute water for sugary or alcoholic drinks to reduce calories.



Don't use tobacco. You can quit today! The YKHC Tobacco Prevention program has resources to help people with tobacco addiction to move away from tobacco, call 543-6312 for information and assistance.

Brush your teeth. Brush twice a day with fluoride toothpaste to have healthy teeth and gums.

Make an annual wellness visit. Everyone should consider a yearly appointment with your primary care provider to create and update your personalized prevention plan. This plan may help prevent illness based on your current health risk factors. Call your local clinic or YKHC scheduling at 543-6442 to make an appointment.

YKHC is your partner in health. We are here to support you, your family, and our community in your journey to a safe, healthy, and happy 2022. Visit www.ykhc.org for more about our services, information about scheduling appointments, access to your medical information, and to provide customer feedback.

AT-HOME TESTING AVAILABLE FOR SEXUALLY TRANSMITTED INFECTIONS

The YK Delta has some of the highest rates of sexually transmitted infections (STIs) in the country. While the subject of STIs can be uncomfortable to discuss, getting tested is easy – and important!

Screening for STIs is a regular part of the healthcare services YKHC offers. In villages and in Bethel health aides and other providers can offer testing for STIs during any visit, as well as provide phone triage if needed. Alaska law allows any child under 18 to request testing (and treatment) for an STI, including HIV, without requiring parental consent.

Patients who would prefer to self-test in the privacy of their homes can request a test kit from Alaska's [iknowmine.org](http://www.iknowmine.org) program. The Alaska Tribal Health Consortium (ANTHC) HIV/STD Prevention Program established [iknowmine.org](http://www.iknowmine.org) to provide Alaska Native and rural Alaska youth holistic health education and additional resources to promote healthy lifestyle choices. To learn more, visit their website at <https://www.iknowmine.org/>.



Sharon Slim and baby Zariah Slim.

WELCOME TO THE WORLD!

The YK Delta's first baby of 2022, a girl, is Zariah Slim, born at 2:54 a.m. January 1 to Sharon Slim and Allen Alirkar.

Congratulations to the parents and their extended families! To them and all the new parents to come this year: a Happy New Year and best wishes for the future for all!



The New Year's OB team: Carrie Simmons, RN, and Dr Wurr on the left and Beth Chavez, RN, and Denise Moses, CNA, on the right.

THE DANGERS OF IQMIK USE

Many people think iqmik is safer than smoking cigarettes. All tobacco is harmful whether you smoke it or chew it. Cigarettes, snuff, iqmik or blackbull all contain nicotine and many cancer-causing chemicals. All of them are very dangerous to your health.

Chemicals from iqmik go into the blood stream through the lining of your mouth. One of these chemicals is a drug called nicotine. You may have heard that heroin and cocaine are very addictive, but nicotine can be more addictive than those drugs.

Nicotine causes the blood vessels to become hard and narrow. This makes your heart beat faster and harder, putting you at risk for heart attack, stroke and heart disease.

When people mix iqmik in their mouth, their heart starts to pound hard and fast, and they may feel dizzy and sick to their stomach. These are symptoms of nicotine poisoning, which may happen when you get too much nicotine from



mixing ash with tobacco.

Some people think that there's a drug in punk and alder ash, but that's not true. Adding punk ash or alder ash to tobacco just makes the nicotine reach your brain faster, and it also makes more nicotine enter the bloodstream.

YKHC SCHOLARSHIP PROGRAM

The Yukon Kuskokwim Health Corporation scholarship program is designed to support members of the 58 tribes it serves and its employees in good standing to pursue education and/or acquire skills upgrade as health professionals.

YK-AHEC is gearing up to accept scholarship applications for the 2022-2023 scholarship cycle. As you enjoy the holiday season and think of your new year's resolutions, returning to school may be a goal to consider!

The priority for funding will be in line with P.L. 93-638, the Indian Education and Self-Determination Act.

Scholarship applicants must be enrolled in an accredited program leading to licensure or certification as a health professional. Any funds awarded under this program may be used for tuition, books, and fees only.

Candidates who are being considered for scholarship funding will be required to pass a criminal background check and funds are paid directly to the college.

Acceptance into the YKHC scholarship program is a single, one-time process. For candidates to receive additional funding they must resubmit a complete application by the appropriate deadline to be considered.

Further details on the scholarship program will be available by January 31, 2022.

For additional scholarship information:

YKHC Scholarship Program
Attn: YK AHEC Director
Workforce Development
P.O. Box 528
Bethel, Alaska 99559
Email: ahec@ykhc.org
Phone: 907-543-6943

Congratulations to our 2020-2021 YKHC scholarship recipients! We wish them well as they continue their educational pursuits.

The scholarship recipients are:

Amber Bukowski
Bradley Westlock
Brenda Woods
Freedom Kelley
Marian Wamsley

Mikayla Kassaiuli
Shelaya Hoffman
Sherrie Heakin
Tamija Woods

I'd like to thank YKHC and the AHEC program for offering their kind assistance towards my education. I appreciate it from the bottom of my heart.

—Amber Bukowski



I am very grateful for the AHEC scholarship provided this Fall in pursuit of my MBA at the University of Alaska Fairbanks (UAF). This semester is almost wrapping up; and I will be left with just two courses to graduate! Thanks again to AHEC for assisting me to pursue my goal for higher education.

—Ernest Frank

The AHEC scholarship helped me invest in new dental loupes for my future career, which is a Dental Health Aide Therapist. Thank you so much! Qu yana !

—Mikayla Kassaiuli



WE WANT TO HEAR FROM YOU

There are several ways to provide feedback:

- After your visit, take the survey for Qless, if you registered on your smart phone.
- E-mail us at customer_feedback@ykhc.org

- Download a feedback form at www.ykhc.org/comment
- Mail a comment form to P.O. Box 287 • Bethel, AK 99559
- Or fax a feedback form to 907-543-6366

CHAP NEWS

Community Health
Aide Program

2021 AUGUST HEALTH AIDE OF THE MONTH: Nadine Kiunya, CHA I, Float Health Aide

Nadine Kiunya, CHA I, is a float Health Aide for YKHC CHAP. She is originally from the village of Kipnuk. She is the daughter of Loretta Coffee and Emil Kiunya.

Nadine transferred into the float pool about a year ago and travels to different villages of the region. She completes all tasks that are given to her and goes above and beyond with every patient she encounters. Nadine works tirelessly, traveling to different villages for weeks at a time. Without complaint, she works hard and effectively. She is calm, cool and collected during huge storms. Although we cannot disclose what Nadine did, we are truly thankful you travel to villages where help is always needed.

Quyana, Nadine! Your daily and weekly efforts do not go unnoticed. You are a huge asset to the CHAP department. Keep up the amazing work!



Nadine Kiunya, CHA I, Picture taken in Kalskag, one of her many stops while floating. Her biggest supporters are her float health aide colleagues and her parents Loretta Coffee and Emil Kiunya.

Do you want to be a Dental Health Aide Therapist?

YKHC is offering scholarships for the two-year DHAT training program

Would you like a key role in building a better future for our children?

Are you skilled with your hands?

Do you like working closely with people?

Are you seeking a great, full-time professional job?

Scholarship includes

- School Tuition
- Housing Allowance
- Money for Living Expenses

Four-year payback obligation applies.

Successful completion of DHAT training can result in an associate's degree.



Ruby Okitkun, DHAT, Emmonak.

Application and more information available at

www.ykhc.org/dhat Or call (907) 543-6018

Apply by March 25, 2022

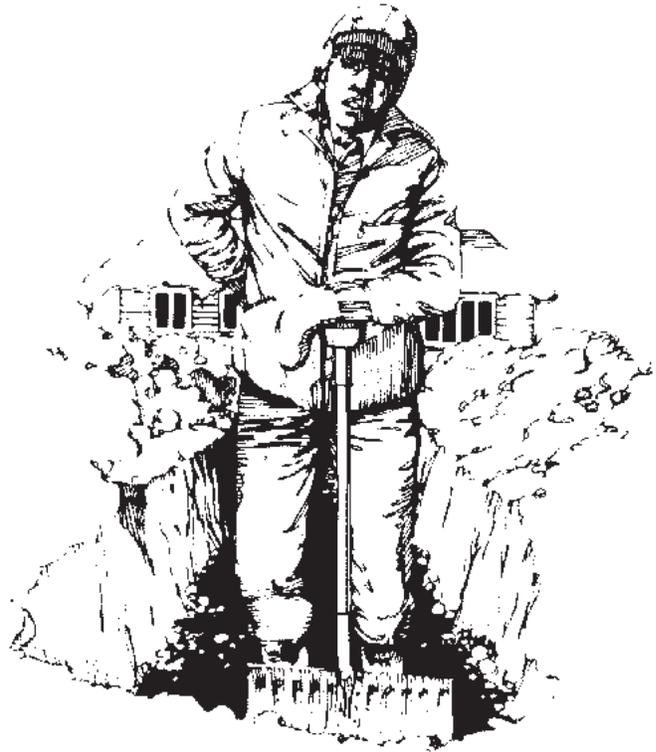


YKHC

JANUARY SAFETY MESSAGE: Avoid strain while shoveling

- Do not shovel after eating or while smoking
- Warm up, take it slow and stretch out before you begin
- Push the snow rather than lifting it
- If you do lift it, use a small shovel or only partially fill the shovel
- Lift with your legs, not your back
- Do not work to the point of exhaustion
- Dress warmly, wearing layers of clothing to keep warm
- Drink water, hydrate by drinking water before, during and after shoveling
- Take break every 10 to 15 minutes, use this time to drink water
- Shovel multiple times during a big snowfall to avoid shoveling deep snow
- Spread sand, rock salt or kitty litter on sidewalk or driveway to increase traction
- Keep the back straight, lead with hips, not the lower back
- Dump snow by pivoting the entire body

—Source: SPINE-health



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.
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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.

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.

January

Dental

Crooked Creek: Tamija Woods, DHAT + 1	1/10-14
Pilot Station: Renee Cheemuk, DHAT	1/10-14
Upper Kalskag: Kathrine Levi, DHAT + 1	1/17-21
Marshall: Bernadette Charles, DHAT	1/18-21
Sleetmute: Kathrine Levi, DHAT + 1	1/31-2/4

Physical Therapy

Quinhagak: Eliza Caguioa	1/3-5
Mekoryuk: Amy Spatz	1/5-8
Aniak: Jesse Gefroh	1/12-13
Akiachak: Jesse Gefroh	1/18
Toksook Bay: Eliza Caguioa	1/19-21
Marshall: Jesse Gefroh	1/25-27

Optometry

Holy Cross: Penaflor and 2 staff	1/3-6
Aniak: Conrad and 2 staff	1/10-14

February

Dental

Shageluk: Tamija Woods, DHAT + 1	2/7-11
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Marshall: Renee Cheemuk, DHAT	2/7-11
Kalskag: Kathrine Levi, DHAT + 1	2/14-18
Pilot Station: Bernadette Charles, DHAT	2/14-18
Nightmute: Allison Ayapan +1, DHAT	2/28-3/4

Family Medicine

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

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

March

Dental

Chuathbaluk: Tamija Woods, DHAT + 1	3/7-11
Chefornak: Allison Ayapan+ 1, DHAT	3/14-18
Holy Cross: Kathrine Levi, DHAT + 1	3/14-18
Marshall: Bernadette Charles, DHAT	3/14-18
Pilot Station: Renee Cheemuk, DHAT	3/21-25
Kalskag: Kathrine Levi, DHAT + 1	3/28-4/1
Pilot Station: Bernadette Charles, DHAT	3/28-4/1

Family Medicine

Scammon Bay: Erin Abston, PA-C, HSRC	3/21-24
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Physical Therapy

Hooper Bay: Amy Spatz	3/1-3
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