



THE VACCINATORS! YKHC providers have been traveling to regional villages for months to administer the COVID-19 vaccines and boosters. Anne Komulainen, Norma Evan, Michael Slayman, Anna Ekamrak, Crystle Vancor, Georgianna Jimmy, and Nahida Khan recently took the challenge to Kipnuk.

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

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

This institution is an equal opportunity provider.

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

YKHC BOARD OF DIRECTORS

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Alakanuk



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Toksook Bay

Message from the President & CEO



Dan Winkelman,
President & CEO.

Spring is coming and hopefully the worst of the omicron wave will be leaving.

THE BAD NEWS

At the end of January 2022, the State of Alaska had the highest rate of new COVID-19 cases in the nation. As the Yukon-Kuskokwim region continues to see increasing cases, many parts of the Lower 48 have peaked in new cases. As of the last week in January, the YK region had over 800 active cases with known wide-spread transmission occurring in approximately 30 villages.

Almost 100% of Alaska's cases are now the omicron variant. While we endure this wave of omicron, according to the Centers for Disease Control & Prevention, implementing multi-layered mitigation strategies will help keep our businesses and schools open and decrease closures: vaccination, symptom-free workplace/school policies; testing, universal masking and distancing are key. Regionally, the largest age group affected by omicron closely mirrors previous waves with children 18 years of age and younger being 43% of the cases. Older age groups are more evenly represented.

THE GOOD NEWS

A snapshot of our region's vaccination rates are as follows:

- 66% of the eligible population is fully vaccinated;
- 61% of the total population is fully vaccinated; and
- 22% of the total population is boosted.

Although omicron appears to be less virulent than previous waves of COVID-19, it is more contagious than previous strains. Recent studies continue to indicate that those fully vaccinated and boosted are the most protected from hospitalization and death. If you want to be vaccinated and you live in a village, contact your local village clinic. Everyone else can call our COVID-19 HOTLINE at 907-543-6949 to be scheduled for an appointment.

On any given day, you can find all the information above at www.ykhc/covid-19.

Sincerely,

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

COVID-19 UPDATE

OMICRON VARIANT OF COVID-19 ARRIVED IN THE YK DELTA

On Friday, Jan. 7, YKHC received notification from the Alaska Section of Epidemiology that COVID-19 test sample taken within the YK Delta was positively confirmed for the omicron variant.

The omicron variant is believed to be more contagious than earlier strains of the virus and has led to exponential growth in the number of new positive COVID-19 cases in the YK Delta in January.

Fortunately, COVID-19 vaccines and boosters help protect people against the most serious effects of the virus, such as hospitalization and death. "I cannot emphasize enough the importance of getting vaccinated against COVID-19 and getting a vaccine booster as soon as eligible," said YKHC Chief of Staff Dr. Ellen Hodges. "Data shows COVID-19 vaccination and boosters remain highly effective at preventing serious illness, hospitalization, and death – even against the omicron variant."

Practicing other prevention measures help further reduce the spread of the virus. "In addition to vaccination and

boosters, practicing all proven prevention measures like masking in public, limiting gatherings with other households, and avoiding non-essential travel will continue to help to protect the health and safety of residents in our region," Dr. Hodges said.

COVID-19 vaccination is available to all people 5 years and older. COVID-19 boosters are now available to all people 12 years and older who received their second dose of Pfizer or Moderna at least five months ago or their Johnson & Johnson vaccine at least two months earlier.

Vaccinations and boosters are safe, free and highly effective at preventing hospitalization and death due to COVID-19. To schedule an appointment for a vaccination or booster in villages, please call your local clinic. In Bethel, call 543-6949 to schedule an appointment.

FREE AT-HOME COVID-19 TESTS AVAILABLE BY MAIL

Through a government program launched in January, households can order four at-home COVID-19 tests to be shipped to your house at no charge. Learn more about this program by visiting <https://www.covidtests.gov/> and request your free tests at <https://special.usps.com/testkits>.

If you do test positive on an at-home test, please call 543-6949 or your local village health clinic to report your positive result. Immediately isolate yourself from others and follow YKHC's guidance on isolation and quarantine, which can be found at <https://www.ykhc.org/covid-19/resources/>.

Additionally, YKHC offers free COVID-19 testing at YKHC facilities. To get tested in a village, call your clinic. In Bethel, close contacts and anyone with symptoms should get tested at the drive-through testing site outside the CHSB across the street from the hospital, which is open 11:30 a.m. to 1:30 p.m. Monday through Saturday. Testing is also available on the first floor of the hospital between 8 a.m. and 6 p.m., Monday through Friday. Patients should enter through the main hospital doors (not the emergency room entrance).

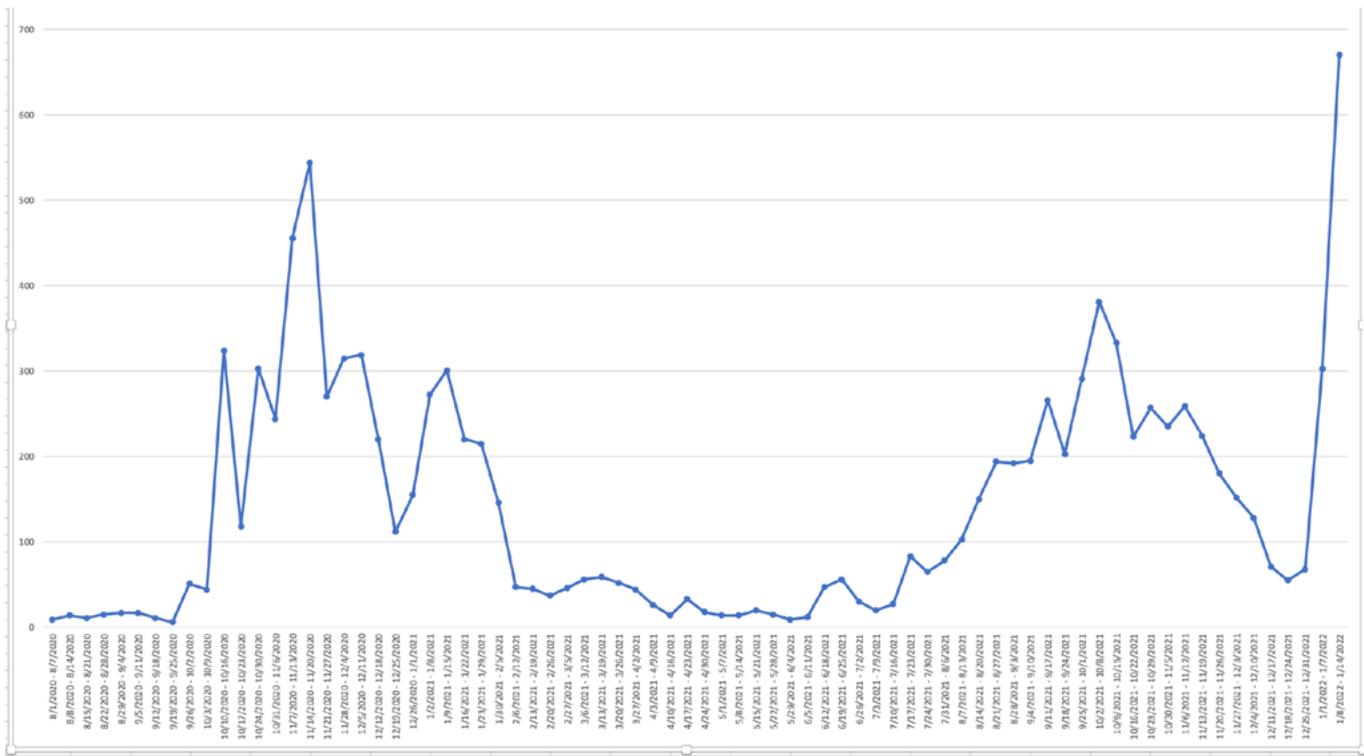


FLU SEASON HAS ARRIVED

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**

NEW POSITIVE COVID-19 CASES BY WEEK



The first case of the omicron variant of COVID-19 was confirmed in the YK Delta on January 7. Cases started climbing dramatically that week. Nearly 700 new cases were identified in our region the following week, which represents more new cases than any other

week to date in the pandemic. Based on trends seen in other part of the country, this upward climb in cases is expected to continue for several weeks or more, as the omicron variant pushes through our region.

PROTECT YOUR CHILDREN’S TEETH: Dental Sealants Prevent Cavities

Sealants are a thin protective coating that is painted on your child’s healthy tooth as a protective shield that helps block out germs and food that cause cavities.

Sealants are easy and they work: Sealants on permanent molars reduce the risk of cavities by 80 percent for two years

and continue to protect against 50 percent of cavities for up to four years. The tooth does not need to be numbed.

When is the best time to get your child’s teeth sealed?

Sealants can be beneficial to any tooth that has grooves or pits and is at risk for developing cavities. Sealants prevent the most cavities when applied as soon as possible after permanent molars come into the mouth. This happens usually around age 6 for the first set of molars and age 12 for the second set of molars.

How do you get sealants on your child’s teeth?

Schedule your child an appointment for a dental exam at least one time per year and ask your dental provider if sealants are a good idea for your child. Sealants can be placed by DHATs, Dentists and Dental Hygienists.

The photo used and some of this information was obtained from the CDC website. For more information on sealants, you can visit https://www.cdc.gov/oralhealth/dental_sealant_program/sealants.htm

DENTAL SEALANTS



HEALTHY LIVING National Heart Month

HEART HEALTH & DIABETES

Did you know that the leading cause of death for men and women in the US is heart disease and if you have diabetes you are two times as likely to have a stroke or heart disease than someone who does not have diabetes?¹

For people who have diabetes over time, having high blood sugars can damage your nerves and blood vessels which help control your heart.¹

Other factors that can increase your risk for heart disease include: smoking, drinking too much alcohol, not getting enough physical activity, being overweight, and eating a diet high in saturated fat, trans fat, cholesterol, and salt.¹

The good news is heart disease is preventable! Here are some tips and ideas to incorporate a heart healthy lifestyle.

Stop smoking and vaping/e-cigarettes²

- Smoking increases your risk for stroke and heart disease by 2-4x.
- If you are ready to quit, or know someone who is ready to quit, contact YKHCs Tobacco Cessation program or the Quit Line at 1-888-842-7848.

Stay active³

- The ADA recommendation for exercise is 150 minutes per week. Though this may seem difficult, here are a few tips to break the time.

1.<https://www.cdc.gov/diabetes/library/features/diabetes-and-heart.html>

2.Quit Vaping - Quit Smoking - Quit Tobacco | American Heart Association

3.Smoking and Heart Disease in Women | Go Red for Women

- A 10 minute exercise session three times a day has the same benefits as exercising 30 minutes all at one time. These 10 minute workouts can be as simple as a brisk walk at lunch time, jumping rope, or utilizing an exercise bike. *If you are interested in having exercise education, contact our exercise physiologist at 1-907-546-6133.*

Eating Healthy^{4,5}

- Plate method
- Though there is not one diet that is best for everyone, utilizing the plate method is an easy way to incorporate healthy meals into daily living.
- Limiting the amount of alcohol and sugar-sweetened beverages is also a great way to stay heart healthy. The AHA recommends limiting alcohol intake. For men, that means having one to two drinks per day and one drink per day for women.



If you're interested in learning more about healthy eating contact our registered dietitians at 1-907-546-6133.

4.Weekly Exercise Targets | ADA (diabetes.org)

5.Recipes & Nutrition | ADA (diabetes.org)

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.

ALASKA'S
TOBACCO
QUIT LINE
1-800-QUIT-NOW
IT'S FREE. IT'S CONFIDENTIAL. AND IT WORKS.

alaskaquitline.com

START STRONG, STAY UP TO DATE: Protect your little ones with childhood vaccines

Every parent wants to protect their baby. For decades, parents have vaccinated their children to keep them safe from childhood diseases and give them a strong start in life.



Young children should see their provider at ages 2, 4, 6, 9, 12, 15 and 18 months to get vaccines that can protect them from 14 serious diseases. Children are at increased risk for diseases and can spread them to others in play groups, child care centers, and classrooms. The recommended vaccine schedule is designed to protect infants and children by providing immunity early in life, before they are exposed to life-threatening diseases.

Since the start of the pandemic, childhood vaccination rates on the Yukon-Kuskokwim Delta have declined significantly. This means that fewer kids have received the vaccines they need to be protected against diseases such as tetanus, whooping cough, chicken pox, hepatitis A and B and others.

Keeping your little one on track with vaccines is important—and can be easy! Your YKHC healthcare provider can help. Parents and guardians, simply call your clinic for an appointment and your provider or health aide will identify

which vaccines are appropriate for your child on that visit. If your child is behind the suggested schedule, your provider can work with you to get them back on track.

The best time to make an appointment is now. YKHC has taken precautions across our health system to ensure the safety of each patient and caregiver when at a YKHC facility. Patients and providers are screened for COVID-19 and everyone must wear a well-fitting mask. Clinics and hospitals undergo enhanced cleaning and social distancing is practiced in public areas. The health of our customers, the communities we serve, and our staff come first.

At YKHC, we know keeping your children healthy is your priority. It's our priority too. Make an appointment at your local clinic or in Bethel and let a YKHC provider help make sure your little one is on track with their childhood vaccinations.

RECIPE OF THE MONTH: Black Bean Soup

Ingredients:

- Cooking spray
- 1 medium onion, diced
- 1 medium fresh jalapeño, seeds and ribs discarded, chopped
- 1 tablespoon minced garlic
- 2 teaspoons ground cumin
- 2 15.5-ounce cans no-salt-added black beans, undrained
- 1 14.5-ounce can no-salt-added diced tomatoes, undrained
- 1 cup fat-free, low-sodium chicken broth
- 1/4 cup chopped fresh cilantro (optional)

Preparation:

1. Lightly spray a large pot with cooking spray.
2. Cook the onion over medium-high heat for 5 minutes, or until very soft, stirring frequently.
3. Stir in the jalapeño, garlic, and cumin. Cook for 1 minute. Stir in the beans with liquid. Lightly mash them using a potato masher or fork. Stir in the tomatoes with liquid and broth. Reduce the heat to medium. Simmer, covered, for 15 minutes.
4. Serve the soup topped with cilantro.



Keep it Healthy: Be sure to shop for no-salt-added or reduced-sodium canned beans (for all types) since there's a big difference in the varieties. For example, a half-cup serving of regular canned beans contains between 350 and 565 milligrams of sodium. By comparison, the same quantity in the reduced-sodium version has about 220 milligrams, and the no-salt-added version has even less only 15 milligrams.

Adapted from <https://recipes.heart.org/en/collections/lifestyles/budget-friendly>

YKHC SCHOLARSHIP PROGRAM UPDATES

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.

The YKHC scholarship program has been instrumental in helping many in their career aspirations as echoed in the words of a YKHC 2021 scholarship recipient:

My name is Mikayla Kassaiuli and my Yup'ik name is Ayapan, but people call me, "MK," and I come from a small village known as Newtok, Alaska. I am currently a first-year Dental Health Aide Therapist Student. Prior to enrolling in the DHAT program, I was a Dental Assistant with YKHC for two years.

One of my strengths is translating between Yup'ik and English. Another strength I have is my willingness to learn. I need to work on being comfortable with meeting new people as I'm an introvert.

I love drawing and painting, and listening to music. I'm proud of being part of the DHAT program as I gained new skills and increased my career knowledge. I've always enjoyed working in the dental field and I'm thankful to be in the Alaska Dental Therapy Educational Program (ADTEP).

My advice for anyone who wants to further their education is keep going and strive for success. Doesn't matter where you come from, you can still do it! My mom once told me, "If it doesn't help you in the short run, then maybe it's time to do something for the long run."

Here are the updates/changes to the 2022-2023 scholarship cycle:

Two deadlines: **June 1, 2022** for Fall Semester; and **November 1, 2022** for Spring 2023 Semester.

Scholarships are now available for part-time students (minimum of 6 credits). Funding for part-time students will be half the amount awarded to full time students

YK-AHEC will provide one-on-one assistance or group workshops to applicants in need of help with completing scholarship documents.

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 (full or part-time) 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 will be paid directly to the college.

Visit our website for more details:
<https://www.ykhc.org/work/education/>

JOB SHADOWING OPPORTUNITIES FOR STUDENTS

As part of its efforts to facilitate career pathways for students interested in pursuing health professions, YKHC offers job shadowing opportunities for students 16 years and older.

This program is supported and facilitated by committed and dedicated sponsor managers and providers who willingly take on the task of providing students invaluable job shadowing experience.

Each job shadow experience offers students a glimpse of what their field of interest entails and a chance to observe YK Region's dedicated and committed healthcare workforce in action in the various departments.

Hours vary with considerations that will support quality patient care and be beneficial to all involved.

Interested students will need to talk to their career counselor and/or teacher to get them started on a job shadowing experience with YKHC!

For further information, contact:

YK Region AHEC Director: Naomi Digitaki

Email: naomi_digitaki@ykhc.org

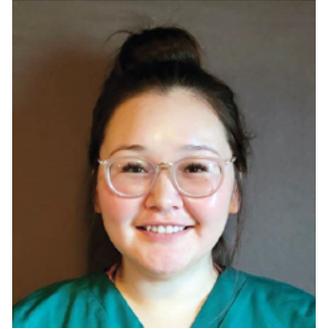
Alternate email: ahec@ykhc.org

Phone: 907 543-6943

**LOOK ON OUR WEBSITE FOR USEFUL AND IMPORTANT
RESOURCE DOCUMENTS TO PREVENT & COPE WITH COVID-19:
www.ykhc.org/covid-19/resources**

YK-AHEC SPOTLIGHT: Amber Bukowski

In the spirit of encouraging upcoming and aspiring health professionals, YK-AHEC will periodically feature healthcare students who are paving the way in support of our goal to “grow our own” healthcare workforce. Meet our YK-AHEC student of the month – Amber Bukowski.



My name is Amber Bukowski and my hometown is Chevak, Alaska. My parents are Shawn and Denise Jones. My sincere gratitude to everyone who has helped me in my journey – my parents for their unconditional love and support, my family, friends, teachers, and everyone I worked with, especially the CHAP staff and Rita Kalistook who was like a mom to me and has been a great influence in my life.

I started on my career path straight out of high school where I went to UAF and started working on nursing prerequisites. There were some difficulties that led me to return home where I then applied as a community health aide. I graduated as a Certified Health Practitioner. I previously worked as a supervisor instructor and a compliance officer for a few years. Now, I am a full-time student and a stay at home mother. I am currently enrolled in UAA KUC’s nursing program and am extremely grateful that we get to participate in clinicals right here at YKDRH.

What are your strengths? What would you like to work on?

Some of my strengths are: I am task oriented, I can prioritize, I enjoy learning and talking, I am rather curious, I am very friendly and enjoy building relationships, I love making and accomplishing my goals. I need to work on learning to be fluent and knowledgeable in my traditional language. In the future I want to take Yupik courses at KUC. I’m stubborn and sometimes talkative so I need to work on those areas as well.

What do you do for fun and recreation? What makes you happy and excited about life?

I really, really enjoy basketball, the outdoors, subsistence gathering, hunting and fishing, I love gatherings, watching yuraqs, and enjoy learning as I find myself quite bored if I am not learning. For fun, I like to watch TV shows, play PC games and enjoy spending time with my family. My family is of utmost importance to me. My life revolves around my family. Things that make me extremely happy are anything that has to do with my son or my spouse. They are both amazing humans. Ashton is a really smart three-year-old and I couldn’t be a prouder mother. I feel that I am doing what I am doing to be an inspiration to him and many others.

How have you been able to juggle being a student along with other demands on your time?

I prioritize my activities and complete my homework be-

fore anything else. For example, if I were to go and play basketball, I’d make sure all my homework is done. Or, if I want to participate in more activities, I make sure I have the time and that I am well-rested for class. A lot of my time and effort go towards school. You HAVE to show up and you HAVE to try and you HAVE to complete homework. Learning by doing and trying again and again until you succeed helps you become good at what you do!

What are you most proud of?

I am most proud of being a mother first and foremost, then a wife, then a daughter/sister, then a student (constantly learning) and then a health aide. I am proud that I was able to overcome the challenges I faced in life and stayed focused on my goals. Family means everything to me and it is my biggest treasure in life.

What motivated you to pursue a nursing career?

I am pursuing a nursing career because I want to inspire others to follow their dreams and career ambitions. If I can do it, so can you! Even though I appreciate everyone who has left the comfort of their homes and lives to work and serve in YK Region, I really want to see more homegrown, local people in positions of leadership. I really appreciate everyone from the bottom of my heart. However, I would like to see more people from our region grow into career paths and make a difference. I want to encourage and influence homegrown, local people to take the steps and begin and/or continue their journey into leadership positions and health professions careers. Working for our people and inspiring others to do the same is something that I am passionate about.

What do you hope/wish to contribute to your village/community as a result of your education and training?

I hope to contribute to my community and region by influencing many others to enter their career paths and work as professionals at the hospital or wherever else it may be. Education opens doors. I would love to see others start on their pathways as well. If you have not started and/or you’re thinking about it, begin today! Anything is possible! You can do it.

How would your instructors/friends/co-workers/classmates describe you?

see SPOTLIGHT, p. 11

CHAP NEWS

Community Health
Aide Program

CANDACE NELSON, CHP: September Health Aide of the Month

Candace is from the village of Napakiak and has been a Community Practitioner for her community for 13 years.

She's been the sole health aide for Napakiak for almost a year. Candace has a bright, bubbly personality and loves to laugh. She brightens many of the faces in the community when people come to see her at the clinic.

She is an excellent, reliable and dependable CHP. Candace was the sole health aide for her village when Napakiak was experiencing an outbreak in September. She seems to thrive when she is busy. She stayed calm and took care of patients to the best of her ability and got patients stabilized and medevaced.

Although we cannot disclose any details of the efforts Candace gave, we deeply appreciate her. We are thankful for her untiring work, Quyana "Naya," we appreciate you.



Candace Nelson's biggest supporters are her family: her husband Frank, 4 children- Tanya 14, Breana 13, Frank III 8 and Elliott 2.

Do you want to be a Dental Health Aide Therapist?

YKHC is offering sponsorships 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?

Sponsorship 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

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

FEBRUARY SAFETY MESSAGE: Watch Out for Fire-Starters

- Never leave burning candles unattended or sleep in a room with a lit candle
- Keep candles out of reach of children
- Make sure candles are on stable surfaces
- Don't burn candles near trees, curtains or any other flammable items
- Don't burn trees, wreaths or wrapping paper in the fireplace
- Check and clean the chimney and fireplace area at least once a year
- Install smoke alarms on every level of your home, inside bedrooms and outside sleeping areas
- Test smoke alarms every month
- Talk with all family members about a fire escape plan and practice the plan
- If a fire occurs in your home, GET OUT, STAY OUT and CALL FOR HELP

YKHC SHUTTLE DAILY SCHEDULE (Excluding Holidays)

AIRPORT SHUTTLES

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

SPOTLIGHT, from p. 9

I think they would describe me as feisty, goal driven, talkative and outspoken. I also believe they would think that I strive to learn and know as much about a situation so that I can share information with others so they too can be informed. The more we know and share, the more it benefits not only ourselves but others. I love to share knowledge and information.

What advice and/or what would you say to someone in the YK region who is thinking of going to school to further their education and expand their opportunities?

I say do it and do it wholeheartedly. You can do anything that you set your mind to and with the right motivation and actions to support your goals, you can accomplish anything.

You can try as many times as you need to in order to get to your goals. Someone once said, "You never fail until you stop trying!" Keep on trying!

Any other comments/thoughts you would like to share?

If you are interested in being a nurse, check out the nursing program on UAA's website or reach out to the Kuskokwim Campus. It's never too late to start. Just because you didn't complete something the first time doesn't mean you can't always go back and try again and again.

Ninety percent of achieving your goals (whatever they may be) is showing up and putting in the time and effort needed!

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.

February

Dental

Kotlik: Ruby Okitkun, DHAT	1/31-2/4
Sleetmute: Kathrine Levi, DHAT + 1	1/31-2/4
Shageluk: Tamija Woods, DHAT + 1	2/7-11
Marshall: Renee Cheemuk, DHAT	2/7-11
Chevak: Janette Ulak, DHAT + 1.....	2/7-11
Kalskag: Kathrine Levi, DHAT + 1	2/14-18
Pilot Station: Bernadette Charles, DHAT	2/14-18
Hooper Bay: Janette Ulak, DHAT	2/21-25
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, PT	2/7-9
Mountain Village: Eliza Caguioa, PT	2/10
Emmonak: Jesse Gefroh, PT	2/22-23

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Nunapitchuk: Veterinarian Team of 2	2/16-18
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March

Dental

Chuathbaluk: Tamija Woods, DHAT + 1	3/7-11
Chevak: Janette Ulak, DHAT + 1.....	3/7-11
Cheforak: 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
Hooper Bay: Janette Ulak, DHAT	3/28-4/1
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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Holy Cross: Veterinarian Team of 4.....	3/7-9
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April

Dental

Tununak: Allison Ayapan, DHAT	4/4-8
Chevak: Janette Ulak, DHAT + 1.....	4/11-15
Russian Mission: Tamija Woods, DHAT	4/11-15
Newtok: Allison Ayapan, DHAT	4/18-22
Sleetmute: Kathrine Levi, DHAT + 1	4/18-22
Hooper Bay: Janette Ulak, DHAT	4/25-29
Marshall: Bernadette Charles, DHAT	4/25-29
Pilot Station: Renee Cheemuk, DHAT.....	4/26-29

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Chevak: Veterinarian Team of 3.....	4/12-17
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