



Throughout the omicron wave, YKHC nurses offered testing at the outdoor testing site to Bethel patients who had symptoms of COVID, were close contacts of a known case or wanted to test out of quarantine early. In villages, patients were able to arrange testing through their local clinic.

INSIDE

Numbers to Call.....	2
Board of Directors.....	2
President & CEO Message: Capital Improvements.....	3
COVID-19 UPDATE Meeting the Staffing Challenges	4
COVID-19 Cases by Week.....	5
Meet New Facilities Director	5
Stay Up To Date on Childhood Vaccines	6
HEALTHY LIVING; Protein Tips.....	7
AHEC Spotlight: Tamija Woods.....	8
Behavioral Health: Coping Tips & Suicide Prevention .	9
CHAP News.....	10
Leadership Changes.....	11
Recruitment & Retention.....	11
Village Travel Schedule	12

COVID-19 RESOURCES

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

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

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

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

Behavioral Health Emergency Services

543-6499

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

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

– or text TalkWithUs to 66746

RESOURCES

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

APPOINTMENTS

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

SUBREGIONAL CLINICS

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

SERVICES

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

ADMINISTRATION & SUPPORT

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

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

For questions, comments, submission of articles, or subscription information, write to Messenger Editor, Yukon-Kuskokwim Health Corporation, P.O. Box 528, Bethel, Alaska 99559; or call 907-543-6039. E-mail: publicrelations@ykhc.org

Deadline is the 15th of the month, or the preceding Friday if the 15th is on a weekend, for publication on the first of the following month.

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

This institution is an equal opportunity provider.

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

YKHC BOARD OF DIRECTORS

Unit 1



Mary Ayunerak
Alakanuk



Michael Hunt, Sr.
Kotlik

Unit 2



Geraldine Beans
St. Mary's



Gloria George
Mtn. Village

Unit 3



Bonnie Persson
Upper Kalskag



Unit 3a
Seat B

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 8



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

Every year we publish a list of capital improvements and purchases we will be making for the coming year. This year is no different, but I would like to focus your attention on all the various capital purchases and projects we have accomplished related to the COVID-19 pandemic. Deanna Latham, VP of Support Services, and Lisa Wimmer, VP of Finance/CFO, will review those important projects with you.



Dan Winkelman,
President & CEO.



During the past two years YKHC has invested over \$15 million in capital back into the organization for the benefit of our patients and employees. Some of the highlights are listed below:

- PowerChart Maternity, a new component of our Electronic Health Record, RAVEN, that allows us to track a patient from the beginning of their pregnancy through delivery seamlessly.
- All village clinics received new anti-microbial office furniture.
- Qavartarvik Hostel received all new furniture for the rooms including new sleeping chairs and TVs.
- Roche Cobas 360 testing machine that allows YKHC to process COVID-19 and other tests in-house so we no longer are reliant on outside processing for these tests.
- Water and sewer hook-ups for the Kongiginak and Tuluksak Clinics.
- All village clinics and SRCs received new telmed computers to facilitate a better experience with virtual patient visits.
- All village clinics and SRCs have new vaccine refrigerators with freezers that allow them to store vaccine and tests safely in more locations.
- Rooms in our SRCs were renovated to operate on negative pressure. This allows patients with contagious respiratory illnesses to be managed safely at these locations.
- All of the Bethel residential facilities as well as the hospital now have UV air purifying systems.
- Patients are now able to securely text with their providers over TigerTouch.
- Village clinics will be receiving ATV emergency vehicles for transportation.
- Four new buses were purchased for patient transportation from the Bethel airport to YKDRH.
- A new air handling system for the Elder's Home that allows air conditioning in the summer.

These are just few of the significant improvements that YKHC has done in order to respond to this pandemic while taking care of our communities.



Lisa M. Wimmer, Vice
President of Finance and
Chief Financial Officer



Deanna Latham, Vice
President of Support
Services

COVID-19 UPDATE

PERSONNEL SHIFTS HELP KEEP HOSPITAL STAFFED

The omicron variant swept through the YK Delta in January and early February. As new COVID-19 cases reached an all-time high, YKHC took steps to ensure we could continue to care for patients and provide healthcare in our region.

In early January, YKHC employees who could work remotely were instructed to do so. Having employees work from home reduced the transmission of COVID-19 in the workplace and ensured staff was available to support critical hospital functions, even as the workforce at YKHC and across the Delta was affected by the omicron wave.

In response to the increased transmissibility of omicron, YKHC also updated our masking policy, requiring all non-direct patient care employees to wear surgical masks at work, rather than cloth masks or gators, and reinforcing that employees who had direct interaction with patients must wear N95 masks. YKHC also continued to require all patients and guests to wear masks in YKHC facilities and supported mask wearing for all individuals in public settings.

With these policies and additional initiatives, YKHC was able to keep the hospital staffed throughout the omicron wave and administer healthcare to those who needed it.

In an email to staff on Feb. 17, YKHC's President and CEO Dan Winkelman recognized YKHC employees for the service they have provided to customers during the pandemic so far, as well as expressed gratitude to employees who volunteered to work additional shifts during the omicron wave. From the letter:

"I want to thank each and every volunteer for your service. Your selflessness and service allowed YKHC to continue normal hospital operations and allowed other Bethel facilities to remain open during the height of the omicron wave for the benefit of our region. You forever have my gratitude. Qu yana!

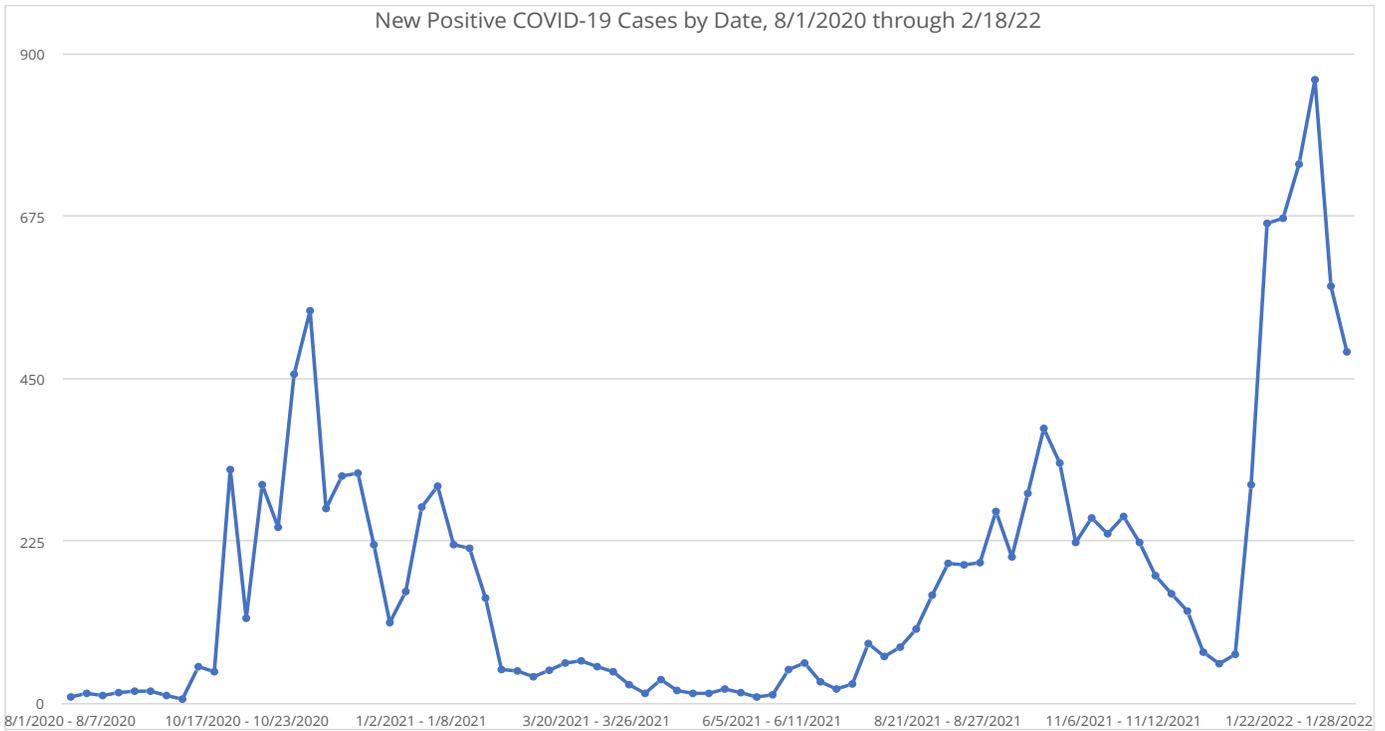
"I also want to thank the rest of our entire staff, here in Bethel and all 50 villages, for your tireless efforts during this latest omicron wave and during all prior waves. Many of you worked extra shifts while your department experienced numerous vacancies. Each of you have made a significant difference and positive impact to our 30,000 customers, their families and communities. Qu yana!"

Let us not forget

"Together, in one of the remotest regions of the United States, we have helped almost 20,000 customers get vaccinated with a safe and effective, life-saving vaccine; educated the region's 30,000 customers on how to prevent infection; educated how to mitigate the chances of infection; educated how to reduce transmission when either infected or when a village experienced widespread community transmission; administered more than 180,000 COVID-19 tests; educated school leaders and communities on how to keep schools, sports and other vital extracurricular activities safe and open; helped to keep businesses safe and open; provided healthcare guidance to approximately 14,000 individuals and families with COVID-19; provided healthcare to 144 patients who were hospitalized due to COVID-19; provided over 130 individuals with in region medevacs; provided 39 individuals with out of region medevacs; provided healthcare to 49 individuals who died from COVID-19 and consoled their families; helped to end COVID-19 waves sooner rather than later, and thereby, helped to keep our health system from becoming overwhelmed in an effort to reduce unnecessary hospitalizations and deaths. Qu yana!

"The pandemic, however, is not yet over. While Bethel's rates for new cases are decreasing, unfortunately we still have many villages with known widespread community transmission and we will have new outbreaks in many more villages before this omicron wave subsides across the region. Indeed, Bethel and our region is still classified as high transmission by the Centers for Disease Control & Prevention, and therefore we will continue with universal masking and other COVID-19 protocols at all YKHC facilities."

YKHC recognizes and thanks local communities, tribes and other partner organizations for helping our area throughout this surge. While we do not know how the pandemic will evolve from here, we know that working together, we will get through it.



After peaking at the start of February, new COVID-19 cases started to decline. However, as February 18, cases remained

above the peak of the delta variant wave and the community transmission level was high (red) throughout the Delta.

NEW FACILITIES DIRECTOR PAUL MITCHELL

Please welcome Paul Mitchell, our new Clinical and Patient Facilities Director, to YKHC!

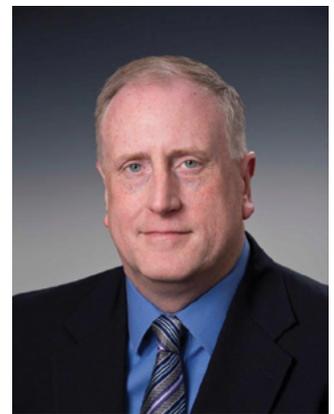
Paul has extensive experience in Healthcare Facilities Management and worked previously with Providence Alaska as well as Alaska Regional Hospital among other health facilities in the Lower 48.

Paul says, “I have been married to my wife Andrea for 36 years. We have two daughters and two grand-daughters that live on the Kenai peninsula. I served four years in the US Army. I have been in healthcare facilities management for over 30 years. I am certified as a Healthcare Facility Manager (CHFM) and Healthcare Safety Professional (CHSP). I am the Past President of the Alaska Society of Healthcare Managers and Engineers from 2010 –2014. I enjoy snow machining, fly-fishing and being a grandpa!”

Welcome to YKHC Paul!

We are also extending our heartfelt gratitude to our Corporate Executive Chef, Robert Hodges, who graciously served as the Interim Clinical Facilities Director for more than half a year. He worked tirelessly not only managing the expanded Dietary Services duties, and traditional foods program but also took on overseeing the Facilities, EVS, and Biomed departments during our move-in and transition into our expanded hospital as well as dealing with the COVID-19 pandemic. Thank you so much Robert for your dedication and hard work.

—Deanna Latham, VP Support Services



Paul Mitchell.



Robert Hodges.

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

Childhood vaccines protect the health of your little ones, helping prevent childhood diseases, such as whooping cough, chicken pox, tetanus and many others.



Childhood vaccinations start early. Most of your child's vaccinations are scheduled between birth and 23 months. Additional vaccinations are recommended between 4–6 years and 11–18 years. Many vaccines are given in a series and in combinations to make the vaccination process as efficient as possible.

Medical experts have carefully designed the childhood vaccine schedule with young immune systems in mind. Following the recommended schedule—or catching up if you get behind—is important. When it comes to childhood vaccinations, remember: Start strong, and stay up to date!

YKHC and your healthcare provider help make vaccinations as easy as possible.

- Your child's immunization records at YKHC are tracked in our system to ensure your child gets appropriate immunizations at each visit.

- Common side effects of immunizations are minor, and may include swelling or soreness at the site of the injection, and fever. Your health care provider will discuss these symptoms with you during your appointment.
- After the vaccinations, your YKHC healthcare provider will let you know when you should schedule your next vaccination appointment and will offer a magnet you can put on your refrigerator to keep track of the vaccination schedule.

Vaccines are among the safest and most effective medicines we have, and they have made many dangerous childhood diseases rare today. Call your local clinic today to schedule an appointment for vaccinations or a Well Child visit, or in Bethel, call 907-543-6442.

Birth	6-8 Weeks	4 Months	6 Months	12-15 Months	15-18 Months	19-23 Months
<ul style="list-style-type: none"> Hep B 	<ul style="list-style-type: none"> Pediarix* Rotavirus Pneumococcal HiB 	<ul style="list-style-type: none"> Pediarix* Rotavirus Pneumococcal HiB 	<ul style="list-style-type: none"> Pediarix* Rotavirus Pneumococcal 	<ul style="list-style-type: none"> Pneumococcal HiB MMR Varicella Hep A 	<ul style="list-style-type: none"> DTaP 	<ul style="list-style-type: none"> Hep A
<ul style="list-style-type: none"> Influenza vaccine, annually beginning at 6 months 						
<ul style="list-style-type: none"> Kinrix** MMR Varicella 		<ul style="list-style-type: none"> 11-18 Years 		<ul style="list-style-type: none"> Tdap HPV (2-3 dose series) Meningococcal (2 dose series) 		

* Combo-vaccine: DTaP, Polio, Hep B **Combo-vaccine: DTaP, Polio

LONG TIME HEALTH AIDE ENCOURAGES CHILDHOOD VACCINATION

Waqaa. My name is Linda Davis, YKHC Community Health Aide in Mekoryuk. I've been a Health Aide for 13 years. I have done a lot of Well child visits and I know the importance of immunizations.

All parents should keep up with their child's immunizations. Vaccines can prevent complications from diseases and help protect your child from serious illnesses. I made sure my girls got all their vaccines because I was told vaccines are important by my parents.

I want all the parents to know how important vaccines are so they can vaccinate their children. I thank you for your time

and hope you and your children get vaccinated. Getting vaccinated is passing on a tradition and honoring our parents and grandparent's teachings and knowledge.



Linda Davis at the Mekoryuk clinic.

Start strong, stay up to date! Protect your little ones with childhood vaccines.

HEALTHY LIVING Nutrition

MAINTIAN A CARB AND PROTEIN BALANCE



Akerta – Yugtun word for sun.

The days are getting lighter with sun and we are spending more time outside and on the go. It can be difficult to eat a balanced meal with busy, long days coming up. Carbs and fats are typically more available in quick on-the-go foods. Below are examples of ways you can add a protein to your quick snacks to achieve balance.

Benefits of adding a protein to quick foods

- Slows the release of sugar (from carbs) into blood
- Stabilizes blood sugar levels
- Results in a fuller feeling, reduces feeling hungry
- Energy can be used from carbs and fats, while protein can be used for building muscles and immune system

—Edna Standifer, Dietetic Intern, Diabetes Prevention & Control.

CARBS:	Crackers	Noodles	Hot Cereals or Fruit
PROTEIN & FATS:	Add cheese or tuna salad to your crackers	Add a couple boiled eggs or salmon strips to your noodles	Pair peanut butter, yogurt, or nuts with hot cereals or fruit

Contact YKHC Diabetes for more information about nutrition: diabetes_program@ykhc.org - 907-543-6133

RECIPE OF THE MONTH: Cheesy Carrot Fries

Ingredients:

- 2 large carrots
- 1 large egg
- 2 tablespoons water
- 6 tablespoons Parmesan cheese
- ¼ teaspoon pepper (optional)

Preparation:

1. Preheat oven to 400°F.
2. Line a baking tray with parchment paper or silicone mat. (Alternatively, you can spray a baking tray with cooking spray.)
3. Slice the carrots into long, thin pieces.
4. Mix the egg and water and place in a shallow dish.
5. Place the Parmesan cheese into a separate shallow dish.
6. Dip the carrot sticks in the egg wash, and allow excess egg wash to drip off.
7. Roll sticks in the Parmesan and place on the baking tray. (Space sticks about ½ inch apart on the baking tray.)
8. Sprinkle sticks with pepper.
9. Bake for 10 minutes.
10. Flip each of the sticks.
11. Bake for another 5 minutes.

Adapted from - www.centraltexasfoodbank.org/recipe/cheesy-carrot-fries-spicy-yogurt-dip

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.

SCHOLARSHIP RECIPIENTS MAKING A DIFFERENCE!

YK-AHEC features another one of our scholarship recipients who is blazing the trail for other health professions students. This month we present Tamija Woods – one of our very own Dental Health Aide Therapists (DHAT) who is helping to bring healthier, happier, and brighter smiles to residents in the YK region.

I am from Anchorage, Alaska and have been raised with great teachings by both of my parents, grandparents, family, and teachers. My husband and I have a nine-month old daughter who fills the air with non-stop stretches of happy screams. When I am not home with my family, I travel to different communities in the YK Delta to provide dental services. As a DHAT, it brings me joy to give people confidence in their healthy smiles.

What are your strengths and weaknesses?

I always strive to do everything to the best of my ability, correctly and timely. I set personal goals for myself and continuously pursue them until I succeed.

What things make you happy and excited about life?

When I am not studying or practicing dentistry, I enjoy getting outside. I like to bike, hike, and ice skate. I enjoy spending time with my family and cooking. One thing that has really made me happy is being able to watch my daughter grow and see her personality blossom.

What accomplishments are you most proud of?

The most rewarding and honoring moment that I was blessed with and most thankful for is completing my Masters of One Health Degree from the University of Alaska Fairbanks in December 2021

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

As a DHAT provider, I share as much knowledge as I can with my patients to do their part in their oral health and hygiene. It is my hope and desire to see our people be healthy and do their part in taking that step. As a successful young Native female, I would like to inspire and encourage others in my generation and the following generations to dream big and make your dreams come true. Nothing is impossible. There are many positive role models that can help guide and share helpful tips. It is my desire to always be a strong advocate in helping others learn and set goals for themselves.

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

“Don’t be afraid to fail. Be afraid not to try.” – Michael Jordan.

Although things get hard, it is important to always get back up and try again. Never give up! Keep trying until you reach your success and dreams!



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

NALLUNRITNARQELLRIIT NAULLUUTEM NALLIINI Yup'ik Practices and Teachings to Know During the Coronavirus

1 Keep your hands busy. When doing things like sewing or chopping wood, the mind is focused on the task at hand rather than what might be causing stress. Put your whole mind into it and focus. When you complete a task, it creates good feelings and positive thoughts.



2 There are old traditional teachings about not bringing your kids out into the public. This was a very strict teaching because it risked exposing children to illness.

3 Start your day on a positive note with gratitude. For example, a Yup'ik ritual that was used was rinsing the face with water every morning to wash away the previous day's negative energy, reminding yourself to be grateful for another day, living with all the beautiful things our creator meant for us to be.

4 Smudge with a salve, ayuq (tundra tea), or sage. We use smudging to cleanse, purify, and remove negative energies, centering ourselves and promoting healing.

5 Talk to someone. Share what you're feeling and thinking. Doing so doesn't necessarily change the situation, but it could change how you may think and feel about the situation. It opens up our minds to think more clearly about what's going on around us. It helps to feel lighter.

We often find ourselves in a place where what is happening around us is beyond our control, but how we respond to it is totally within our control.

We must mind how we respond and cope.

There are many ways to cope in a healthy way. It doesn't change the situation but it really makes a big change inside.

Everything can look more hopeful when we use healthy coping strategies

Created in collaboration between YKHC Research and Behavioral Health Preventative Services

WHEN THERE IS A CONCERN FOR SUICIDE... 907-543-6499

WHAT TO DO

Get involved and become available—show interest and support—make a connection

Ask directly if they are thinking about killing themselves

Talk openly and freely about suicide

Actively listen, without judgment

Allow for honest expression of feelings

Offer hope—alternatives are available

It's okay to normalize brief thoughts of suicide, especially following the suicide of others (it's normal for a second or two)

Call our Crisis Response Line toll free 844-543-6499—

They are staffed by trained people who want to help you, as well as the person in crisis

WHAT NOT TO DO

Don't normalize plans for suicide, or dwelling on suicidal thoughts—these are not normal

Don't say that everybody is killing themselves—it's just not true

Don't get into debates about suicide, such as the rightness or wrongness

Don't lecture on the value of life

Don't dare them to do it

Don't ask "Why?"—it encourages defensiveness

Don't act shocked

Don't swear to secrecy

Common Occurrences Surrounding Suicide

Being drunk—even without any depression or other indicators of suicide

Previous suicide attempts increase a person's risk

A recent significant loss (such as a relationship ending), or sometimes the threat of a loss

A recent death of a loved one or close friend—sometimes even if it was expected from old age

Sense of hopelessness about the future

Drastic changes in behavior or personality

Unexpected preparations for death, such as making out a will or giving away prized possessions

Uncharacteristic impulsiveness, recklessness, or risk-taking

Increased use of marijuana or other drugs

For any and all Behavioral Health crises, from suicidal ideations to concerns about how a person is acting, call 543-6499 (toll free: 844-543-6499)

CHAP NEWS

Community Health Aide Program

OCTOBER 2021 HEALTH AIDE OF THE MONTH: Jeremy Woods, Float

Jeremy was born in Bethel and raised in Anchorage. Jeremy's Yup'ik name is Morayaq. Jeremy is the oldest of three siblings. His mother is Mary Woods. His late grandparent is Joseph Woods, Sr. and his Yup'ik name is Capenaq.

Jeremy is one of the first float health aides who always wants to be in a village before Monday at 8 a.m. and one of the last health aides who is willing to come back to Bethel either the last flight on Friday or the first flight on Saturday. He's always so helpful, kind, considerate, and very respectful. He puts a smile on your face and lets you know that he truly is compassionate about patients and puts patient care at the top of his list. He's always willing to lend a helping hand in any way and never says no.

Jeremy is one charismatic man who cares for the YK Delta. When you see or recognize him, thank him for all that he does, because you never know if he will be your next health aide taking care of you and making sure that you get the best care.

Jeremy would like to thank his wife, Carmen Pitka, in supporting him in his career. Good job Jeremy and keep up the wonderful work you are doing!



Jeremy Woods

HEALTH AIDE EMERGENCY FUND UPDATE

by Chester Mark

The Emergency Fund helped 27 current and former health aides in the year 2021, awarding more than \$14,000 in grants. The fund is strong and will continue to assist health aides with their emergency needs for many years to come.

A special thanks goes to Dan Winkelman and YKHC for their contribution of \$5,000 to the Fund earlier this year. Friends of Community Health Aides has played a major role in supporting the Emergency Fund since the fund's inception in 2019.

Health Aides can apply for emergency funds online by going to the Bethel Community Services Foundation website at BCSFoundation.org (go to the "Grant Applications" tab and then select "Community Health Aide Emergency Fund Grant").

Donations can also be sent to the BCS Foundation, but be sure to earmark the donation toward the "CHA Emergency Fund."

Job Opening

Become a
Community
Health Aide



Positions are now open at village health clinics in the YK Delta region

The Community Health Aide provides primary care and emergency care to those seeking health services at the village clinic.

As a Community Health Aide you will:

- Support your community's health
- Help people in need
- Share knowledge with others
- Be a part of the Community Health Aide tradition in Alaska

\$5,000 sign-on bonus offered with a 2-year contract.
Training provided at no cost to you.
Great benefits!

Work Responsibilities

- Work 30–40 hours per week in clinic seeing patients
- Be on-call after Session II field follow-up
- Clinic administrative duties
- Training in Bethel for 4–5 weeks at a time

Qualifications

- At least 18 years old
- High school diploma or equivalent
- Positive work history
- Demonstrate required math and language skills

More information and additional qualifications—
apply online at
www.ykhc.org/work

LEADERSHIP CHANGES COMING TO YKHC

Rahnia Boyer, Vice President of Village Health & Workforce, has been at YKHC for over 10 years and announced her resignation a couple of months ago. Rahnia's last day will be this Friday, March 4, 2022. Rahnia was born in Bethel and has family roots in Kipnuk and has worked for YKHC since August, 2010, first as the Nicotine Control & Prevention Program Manager, then as the CHAP Director, and more recently as the Vice President of Village Health & Workforce. Rahnia is moving to join her family in Lanai City, Hawaii where she will be onboarded to become the Executive Director of the Lanai Community Health Center.



Rahnia Boyer

Patricia (Patty) Smith, was YKHC's Patient Care Services Administrator for over 10 years and is now YKHC's Vice President of Outpatient Care & Village Health! Patty is an Alaskan Native Orutsarmiut Native Council tribal member who has worked for YKHC for the past 25 years. She began her career at YKHC in the operating room in 1996 then moved into the medical staff office in 1999. Patty worked to establish and develop the medical staff credentialing, privileging and performance improvement processes. She then worked in clinical operations as the Clinical Services Operations Manager and worked directly with the outpatient clinic and helped to implement Advanced Access.



Patty Smith

Patty has served as the Patient Care Services Administrator since 2007 and has led teams and successful initiatives to reduce emergency room wait times, improve reliability in

medication delivery for customers and reduce turn-around times for customers and providers across various service lines. Patty has been married for 22 years to Daryl Smith of Kalskag and Bethel. Daryl is an aircraft captain with Lynden Air Cargo and together they have two sons, Seth (23) and Joseph (17).

Christopher Beltzer was YKHC's Vice President of Legal Affairs and General Counsel for over three years and is now YKHC's Vice President of Legal & Workforce! During his college years, he worked on the beach gang crew at a salmon cannery in Naknek. He then worked for a barge company delivering cargo to western Alaska, including Bethel and the Pribilof Islands.



Chris Beltzer

After graduating in 2004 with a JD/MCRP degree, Chris moved permanently to Alaska with his wife and 3 children. Over the last 14 years, Chris has had a variety of experiences working as an assistant borough attorney, an assistant attorney general and in private practice.

Chris is excited about YKHC's mission and vision and looks forward to his new role to support YKHC's workforce. He enjoys hiking, biking, and volleyball, although as he learned recently, he cannot jump as high as he used to.

Join me in thanking Rahnia for her leadership these past 11 years at YKHC and let's congratulate Rahnia on her new position in Hawaii. Let's also welcome Patty and Chris in their new roles to help YKHC achieve our mission and vision. Quyana to all three for their service and congratulations to each on their new positions!

—Dan Winkelman, President & CEO

MARKET DATA INFORMS SALARIES FOR RECRUITMENT AND RETENTION

Over the years YKHC has utilized various sources of national, regional, and state market data as part of our effort to increase recruitment and retention.

In addition to utilizing Alaska specific healthcare salary data, we have partnered with KornFerry/The Hay Group to provide recommendations on salaries for YKHC positions and to conduct an organizational wage/salary analysis.

With clinical positions, such as nursing, physician, or dentist positions, being our more difficult positions to fill, we must regularly assess and adjust these salaries to at least the 50th percentile of market with some being as high as 70th, 80th, and 90th percentile.

In 2021, the Board of Directors approved a structure that

also brought all corporate positions at YKHC to at least the 50th percentile of the national market for the first time.

Historically, many of these positions have been under the 50th percentile, with some as low as the 20th percentile in the nation.

This was an exciting milestone for YKHC, especially as recruitment and retention challenges have evolved over the last several years.

—Rahnia Boyer, Vice President Village Health & Workforce Development

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.

March

Dental

Kongiganak: Shawn Martin, DHAT + 1.....	2/28-3/4
Nightmute: Allison Ayapan, DHAT + 1.....	2/28-3/4
Chuathbaluk: Tamija Woods, DHAT + 1.....	3/7-11
Chevak: Janette Ulak, DHAT + 1.....	3/7-11
Chefornak: Allison Ayapan, DHAT + 1.....	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

Public Health Nursing

Upper Kalaskag: Susi Peeterson RN, PHN III..... 2/28-3/3

Physical Therapy

Hooper Bay: Amy Spatz.....	3/1-3
Toksook Bay: Eliza Caguioa and Nicole Rayson, PT.....	3/10-11
Marshall: Jesse Gefroh, PT.....	3/21-22
Marshall: Jesse Gefroh, PT.....	3/23-25
St. Mary's/Mtn Village: Eliza Caguioa and Nicole Rayson, PT.....	3/30-4/1

OEH

Holy Cross: -Veterinarian Team of 4..... 3/7-9

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
Marshall: Renee Cheemuk, DHAT.....	4/11-15
Newtok: Allison Ayapan, DHAT.....	4/18-22
Sleetmute: Kathrine Levi, DHAT + 1.....	4/18-22
Hooper Bay: Janette Ulak, DHAT.....	4/25-30
Marshall: Bernadette Charles, DHAT.....	4/25-29
Pilot Station: Renee Cheemuk, DHAT.....	4/26-29

Physical Therapy

Emmonak: Jesse Gefroh, PT.....	4/12-14
Kotlik: Amy Spatz, PT.....	4/19-20
Quinhagak: Eliza Caguioa, PT.....	4/27-29

OEH

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

May

Dental

Anvik: Kathrine Levi, DHAT + 1.....	5/2-6
Nightmute: Allison Ayapan, DHAT.....	5/2-6
Chevak: Janette Ulak, DHAT + 1.....	5/9-13
Crooked Creek: Tamija Woods, DHAT.....	5/9-13
Pilot Station: Renee Cheemuk, DHAT.....	5/9-13
Holy Cross: Kathrine Levi, DHAT + 1.....	5/16-20
Mekoryuk: Allison Ayapan, DHAT.....	5/16-20
Hooper Bay: Janette Ulak, DHAT.....	5/23-27
Pilot Station: Bernadette Charles, DHAT.....	5/23-27
Stony River: Kathrine Levi, DHAT + 1.....	5/30-6/3

Physical Therapy

Aniak: Jesse Gefroh PT..... 5/4-5

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.