



# the Messenger

YUKON-KUSKOKWIM HEALTH CORPORATION

"Working Together To Achieve Excellent Health"

Volume XXVII No. 6 · June 2022



YKHC honored nurses with hot dogs and a chili cook-off during National Nurses Week in May. Mark Craig, Inpatient/OR Manager, is behind the hot dog cart while Melissa Greywitt, TDY RN Outpatient, prepares to dress up that dog. Story and photos on page 8.

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## LOST & FOUND

### Notice to Yukon-Kuskokwim Delta Regional Hospital visitors.

Are you looking for an item you might have lost while visiting the hospital?

Contact Safety and Security by calling 907-543-6603 or visit one of the security desks at the hospital.

Safety and Security maintains a record of Lost & Found items in the hospital and may be able to assist you.

## 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  
Irnivik 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 Control & 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](mailto:publicrelations@ykhc.org)

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

This institution is an equal opportunity provider.

**ATTENTION:** If you speak Yup'ik, free translation 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



Mary Willis  
Stony River

### Unit 4



Moses Owen  
Akiak



James Nicori  
Kwethluk

### Unit 5



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Bethel



Alton Alexie  
Bethel



Walter Jim  
Bethel



Chris Larson  
Napaskiak

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Kasigluk



Adolph Lewis  
Kwigillingok

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Mekoryuk



James Sipary  
Toksook Bay

### Unit 9



Patrick Tall  
Chevak



John Uttereyuk  
Scammon Bay

### Unit 8



Darren Cleveland  
Quinhagak



Marvin Deacon  
Grayling

### Honorary Board

#### Member



James Charlie, Sr.  
Toksook Bay

# Message from the President & CEO



Dan Winkelman,  
President & CEO.

## Waqaa!

As fishing begins, please remember to wear a life jacket when out on the water. Life jackets save countless lives every year.

YKHC partners with the State of Alaska and tribes every year and orders hundreds of "Kids Don't Float" life jackets for our communities. The program is free and it provides a life jacket loaner board with signage and life jackets that can be borrowed by boaters, at no cost, and returned after use. If your village does not have a loaner board and your tribe is interested in being a local sponsor, please contact YKHC's Injury Prevention department at 907-543-6420.

YKHC also sells a variety of life jackets, at cost, located near the cafeteria in the Bethel hospital. If you are interested in purchasing a new life jacket, but you are not in Bethel, you can contact our Injury Prevention Store at 907-543-6556. Shipping is free to all YK villages.

Wear a life jacket and have a safe and enjoyable summer!

Sincerely,

A handwritten signature in black ink that reads "Dan".



# COVID-19 UPDATE

## YKHC OFFERS BOOSTERS FOR KIDS 5–11 AND STRENGTHENS RECOMMENDATIONS FOR PEOPLE 50 AND OLDER

YKHC began offering COVID-19 boosters to children 5 to 11 years old in late May, following CDC's approval of booster doses for that age group. YKHC encourages parents to sign up their little ones for a booster to help protect them from severe COVID-19 illness.

The CDC and YKHC also strengthened their recommendations for boosters for older individuals, encouraging everyone age 50 or older or age 12 and older with certain health conditions to get a second booster dose.

To be eligible for a booster, a person must have received their last COVID-19 shot at least five months ago.

COVID-19 vaccine boosters can enhance or restore protection that might have waned over time after a person received their primary series vaccination.

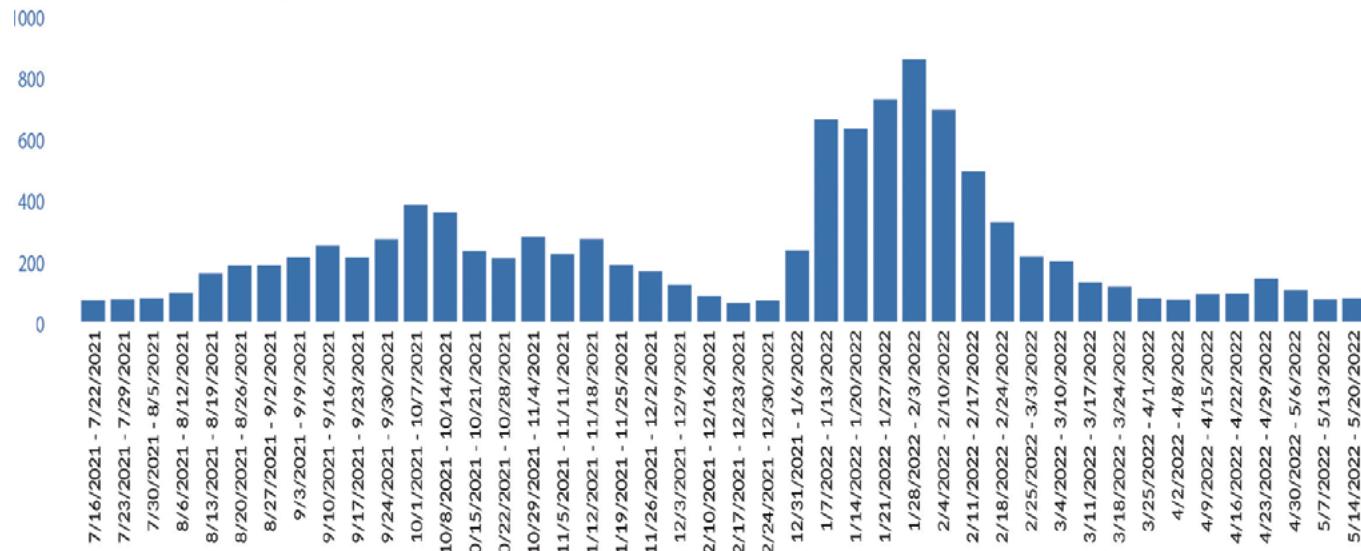
Everyone age 5 and older is encouraged to stay-up-to-date with their COVID-19 boosters and individuals who are not vaccinated against COVID-19 should sign up for their first vaccine today.

Currently, 64% of the total population of the YK Delta has completed their primary vaccine series (two doses of Pfizer or Moderna or one shot of the Johnson & Johnson vaccine). Nearly a third of the total population has received a booster dose.

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To sign up for a COVID-19 booster or vaccine, call your local clinic and/or, in Bethel, call 907-543-6949. To learn more, visit [www.ykhc.org/vaccine](http://www.ykhc.org/vaccine).

### New COVID-19 cases by week



New COVID-19 cases have stayed relatively stable for the past month, with an average of 80 new COVID-19 cases reported each week, down from more than 800 new cases the week ending Feb. 3.

## OPTOMETRY RECOMMENDS EXAMS FOR ALL

We recommend that EVERYONE should get an eye exam every 1 – 2 years, even if you don't wear glasses or contacts. During an eye exam, we not only evaluate your need for glasses or contacts, but we also make sure your eyes are healthy. Permanent vision loss can occur from many systemic diseases, such as uncontrolled diabetes and hypertension.

### Common conditions we see and treat:

**Nearsightedness**, also known as myopia, means you can see objects up close but objects in the distance are blurry. **Farsightedness** is the opposite. This means you can see objects far away but objects up close are blurry. Glasses will be prescribed to correct both of these conditions and help you see better.

**Glaucoma** is when the nerve connecting the eye to the brain is damaged and causes vision loss. This usually occurs from high eye pressure. Most people will not notice any vision loss until it is very significant. Vision loss and tissue damage from glaucoma is irreversible, but it can be slowed by taking glaucoma drops.

**Conjunctivitis**, or pink eye, is an irritation or inflammation of the conjunctiva, which covers the white part of the eyeball. This can be from a virus, bacteria, or allergies. Common symptoms include redness, pain, watery eyes, discharge, and itch. If it is viral, conjunctivitis will resolve on its own in 1-2 weeks. If it is bacterial or allergic, drops can be prescribed to speed up the healing process.

**Iritis** is inflammation inside of the eye, usually in the iris. This can be from trauma or inflammatory diseases such as arthritis. Common symptoms include redness, pain, light sensitivity, and blur. Steroid drops will be prescribed to help quiet the inflammation.

**Cataracts** occur when the lens of the eye becomes cloudy. Common symptoms include blur, decreased vision, and halo around lights. Cataract surgery removes the cloudy natural lens and replaces it with a clear synthetic lens.

**Strabismus**, or an eye turn, is when one or both eyes are not aligned straight. Common symptoms include double vision or blur. Glasses can be prescribed to help align the eyes. In extreme cases, surgery is needed to help with realignment.

**Retinal detachment** happens when the layers in the back of the eye detach from the rest of the eye. Common symptoms include flashes of light, floaters, a black curtain coming down in your vision, and vision loss. This needs to be treated right away with surgery.

## 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

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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)

## JUNE 2022 | NATIONAL MEN'S HEALTH MONTH

The month of June is set aside to promote Men's Health.

### Mental Health

It is important to take care of your mind. Daily life, as well as the added stress of surviving the COVID-19 pandemic, is a lot to handle. All that stress can wear down the mind and lead to anxiety, headaches, weight gain or loss, loss in confidence and more.

There is no shame in reaching out to trained professionals who can help give you tools to balance all the emotions. As men, we can often bury a lot of these feelings under the umbrella of "acting like a man," but seeking help doesn't make you lose your man card. So here are a couple of tips that can help manage stress a little better.

- **Find support.** Speak to a doctor, family member, friend, or advisor. Talking about your problems can lighten the burden of stress and help you feel better.
- **Cut back on stressors.** If you're feeling overwhelmed, cut back on your workload or any other commitments to give yourself some time to relax.
- **Stay active.** Go for walks, bike rides, or hit the gym. Exercise lowers stress and anxiety. It can also help you sleep better. Yoga has been shown to be especially beneficial for stress reduction.
- **Set aside time for things you enjoy.** Making time for your hobbies, whether that's reading a book or watching a movie, can help you unwind in times of stress.

### Prostate Exams

Cancer is never fun to talk or think about, but is something that needs to be addressed. According to the American Cancer Society, prostate cancer is the leading form of cancer in men (second only to skin cancer). Prostate cancer begins when cells in the prostate gland start to grow out of control. The prostate is a gland found only in males. As men age, the chances of prostate cancer also rise and because of this it is recommended for men to start getting screenings at the age of 40. Early detection allows for greater chances for treatment to be successful.

While prostate cancer might be unique to men, everyone can strive to be in tune with their body. Consult with your health care team if you feel any lumps or unusual reactions.

### Be Kind

As spring and summer roll around, remember to be kind to your body, starting by watching what you eat and drink. There is no better time to cut back on sugary drinks and foods. Replacing them with water will help you stay hydrated longer and can even help with aches and pains! We only get one body and it's up to us to keep it moving as long as possible.



### MEN'S HEALTH AND THE EFFECTS OF SMOKING.

By Venassa Yazzie, Community Outreach Specialist

National Men's Health Month is an opportunity to recognize and encourage men and young boys to take care of their bodies and prevent disease. Tobacco is especially important to be aware of because of the unique ways it affects health.

#### Fast facts from the Centers for Disease Control:

- Smoking leads to disease and disability and harms nearly every organ of the body
- Many adult cigarette smokers want to quit smoking
- Cigarette smoking remains the leading cause of preventable disease, disability and death in the United States.
- Good health is important not only for men, but also for their families.

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

**Alaska's Tobacco Quit Line** is also available to Alaskans regardless of income or insurance coverage. Visit [Alaskaquitline.com](http://Alaskaquitline.com) or Call 1-800-QUIT-Now (1-800-784-8669). It's free. It's confidential. And it works!

# HEALTHY LIVING

## HOW TO EAT FOR YOUR HEALTH

by Heather McMillion, MS, RD, LD  
& Audrey Conrad, MS, RDN, LD, CDCES

What we eat and how we eat is influenced by many of factors, including culture, religion, family, health conditions, preferences, food availability, and financial means.

If you are trying to eat healthier, it can be helpful to start by looking at what some of the most well-regarded eating plans have in common:

- Decrease intake of heavily processed foods such as pop, candy, chips
- Make water your preferred drink and decrease intake of sugar-sweetened beverages
- Focus on eating plenty of non-starchy vegetables. *Some great options from the YK Delta include: fiddleheads, fireweed sprouts, wild rhubarb, spruce tips, and kapuuk. Some other non-starchy vegetables are lettuce, cauliflower, green beans, broccoli, cucumbers, and there are many more.*
- If you consume dairy products, choose low-fat or fat-free options
- Choose lean proteins, i.e. less visible fat, lower fat shown on nutrition facts label, prepared with little or no fat, skin and excess fat removed. *Many animals of the YK Delta are lean proteins; salmon and moose are great examples.*
- Choose whole grains over refined grains, e.g. brown rice instead of white rice
- Limit portion sizes
- Eat a variety of foods within each food group

To find out more details from reputable sources about healthful eating plans, check out:

- DASH - [https://www.nhlbi.nih.gov/files/docs/public/heart/dash\\_brief.pdf](https://www.nhlbi.nih.gov/files/docs/public/heart/dash_brief.pdf)
- Mediterranean - <https://www.healthline.com/nutrition/mediterranean-diet-meal-plan#bottom-line>
- Healthy Plate - [https://professional.diabetes.org/sites/professional.diabetes.org/files/pel/source/wcie\\_2019\\_portion\\_control\\_flyer\\_en\\_8\\_5x11\\_draft03\\_lowres.pdf](https://professional.diabetes.org/sites/professional.diabetes.org/files/pel/source/wcie_2019_portion_control_flyer_en_8_5x11_draft03_lowres.pdf)
- My Plate - <https://www.myplate.gov/>

There are many other ways to eat. For help finding your healthy way to eat, consult a registered dietitian.



### RECIPE OF THE MONTH: Rice Crusted Salmon

#### Ingredients:

- 2 pounds salmon fillet, cut into 6 pieces
- ½ cup whole wheat flour
- 2 eggs
- 3 tablespoons fat free milk
- Salt & Pepper (to taste, optional)
- 2 cups wild rice, cooked
- ½ cup breadcrumbs
- 6 tablespoons olive oil

#### Preparation:

1. Coat salmon pieces in flour and set aside.
2. In a medium bowl, mix together eggs, milk, salt, and pepper.
3. In a wide bowl, mix together rice, breadcrumbs, salt, and pepper.
4. Dip salmon in egg wash and then rice mixture. Press rice into salmon.
5. Heat 2 tablespoons olive oil in skillet over medium heat and sear two pieces of salmon at a time, cooking equally on both sides until salmon is fully cooked. (Depending on the thickness of the salmon, this could be 2 minutes per side or 5 or more minutes per side.)
6. Set cooked salmon aside on a plate and repeat earlier steps until all salmon is cooked.

#### Notes:

- Whole wheat flour is recommended. Other types of flour will work in this recipe.
- Fat free milk is recommended. Milk that contains fat will work in this recipe.
- Wild rice is recommended. Other firm rice will work in this recipe.
- Olive oil is one of the healthier oil choices, but other oils/fats may be substituted.
- To make this recipe healthier, see if you can reduce the amount of oil used.

Adapted from - <https://wholegrainscouncil.org/recipes/wild-rice-crusted-salmon>

## NATIONAL NURSES WEEK CELEBRATION RETURNS

May 12 is Florence Nightingale's birthday, observed by nurses throughout the country with National Nurses week.

After two years of minimal celebration, we were happy to be able to meet in person to share good food and laughter.

On Monday and Friday, the hot dog cart delivered delicious dogs to both day and night shift nursing staff.



Chief Nurse Executive John Morris hands a hot dog to Monica Velez, OR RN.

On Tuesday and Thursday, the kitchen provided breakfast for off-going night shift and on-coming day shift nurses.

Wednesday was the chili cook-off, the third year we've done one for Nurses Week. There were eight delicious entries and all voting was anonymous. First place had 17 votes, second place had seven; third and fourth place tied with six votes each.

There were also nursing pins given out, designed by Jane Blalock, one of our stellar Inpatient nurses.

It was a fun week of celebrating the unique work nurses do all over the world!

—John M. Morris BS, BSN, RN, Chief Nurse Executive



Samantha Paul, ED Tech, and in the background is Marissa Boyer, Behavioral Health RN.



Chili ballots.



Jane Blalock designed this year's Nurses Week pin.

## MEDICAID AND YK-PAY PATIENT TRAVEL

- Patients must travel on the airline that is designated on their itinerary. If you alter from your itinerary in any way you may be responsible for your own airfare, taxis, lodging and meals.
- Escort must stay with the patient at all times.
- Check in two hours prior to your flight's departure time.
- Remember to bring vouchers, identification, incidental money for items not covered by Medicaid, and snacks.
- Taxi vouchers are not to be used for any reasons other than your medical appointments, to and from lodging or to and from airport.
- If your travel plans change you must call 543-6625.

## June Safety Message

# SEVEN TIPS FOR CREATING A HOME EMERGENCY PLAN

Disaster can strike at any time. Since we can't always determine when or where an emergency will happen, you and your family must be prepared. To help you get started, here are top tips for creating a home emergency plan.

### **1. Consider your unique needs.**

Where you live and the specific needs of your family members are major factors to consider in your home emergency plan. Know what natural disasters could occur in your area and how best to prepare for emergencies like hurricanes, severe flooding, volcanoes or tornadoes.

In addition, determine if you need to make special accommodations for certain family members, such as senior citizens, family members with disabilities, infants and young children. You should also take into account medical and dietary needs of all members of your household.

### **2. Make a disaster supplies kit.**

A disaster supplies kit is a great way to have everything you need in one place so you can quickly evacuate. Ideally, your kit should fit in one or two easy-to-carry bags and should contain items to help you survive on your own for at least 72 hours.

Once a year, review what's in your emergency kit. Replace expired items and update what you're bringing along as your family's needs change.

### **3. Know where to go.**

Every emergency is different, so your safe space will vary by situation. First, find safe places in your home for every situation where you would need to take shelter, like an earthquake or tornado. Second, find a meeting spot right outside your home in case of a fire or other sudden emergency. Third, determine where you would go if you were asked to evacuate or could not return home, and plan the route you would take to get there.

### **4. Stay connected.**

Create a family communication plan. The plan should include information on how you will receive local emergency alerts (radio, TV, text, etc.), as well as information on how to keep in contact with each other. Make sure all family members have emergency phone numbers saved in their cell

phone and written on a contact card. Include numbers for each family member, the police station, a nearby hospital and an out-of-area emergency contact.

### **5. Protect your pets.**

When planning for an emergency, don't forget about your pets! Create a list of pet-friendly hotels and animal shelters along your evacuation route. Also, remember to include items for your pet in your disaster kit.

### **6. Write it down and practice.**

Make sure you get your emergency plan down on paper with detailed instructions for each situation. How you react to a tornado will be very different than how you react to an evacuation, so you must have a plan for each one. Practice your plans twice a year.

### **7. Review your insurance.**

Before a disaster strikes, it is smart to review your insurance policy with your agent to make sure you have the right coverage for risks in your area. You also should make sure you know how to file a claim.

While you may not know when a disaster will strike, with a home emergency plan, you can rest easy and know that your family is prepared for whatever comes your way.



Making and practicing a home fire escape is an important part of your emergency plan. (YKHC file photo)

Source: National Safety Council

# CHAP NEWS

Community Health  
Aide Program

## HONORING CHAP'S NEW COMMUNITY HEALTH PRACTITIONERS

By Naomi Digitaki, YK-AHEC

On Thursday, April 28, 2022, CHAP organized a graduation dinner to celebrate the achievements of six graduates who have reached a major milestone as CHAP's newly minted Community Health Practitioners.

The festive and decorative ambience of the Longhouse Conference room accentuated the excitement of the evening's event. A representation of CHAP staff, family and friends gathered to recognize and celebrate the achievements of the following graduates: Katherine Martin, CHP; Renae Keene, CHP; Jeremy Woods, CHP; Tamara Ayapan, CHP; Desiree Coffee, CHP; and Britany Akaran, CHP

Balloons graced the tables along with other graduation confetti, adding to the festivity of the occasion. CHAP Training Coordinator Cameron Mortensen, the first to arrive at the event, was elated to see the fruits of months and years of training that he and his cadre of competent instructors have put forth to guide these graduates from infancy in the program to the achievements of the evening.

Dinner started at approximately 6 p.m. After a blessing by CHAP Director Asela Calhoun, attendees eagerly savored an abundance of delicious food and delectable dessert and everyone went home with food to share. Over dinner, Ms. Calhoun highlighted some of the key points in the graduates' respective journeys, sprinkled with some memorable recollections.



Our warmest congratulations go to our newest CHPs : Katherine Martin, Renae Keene, Jeremy Woods, Tamara Ayapan, Desiree Coffee & Britany Akaran!

CHAP was honored to have Linda Curda, a 2021 inductee in Alaska Women's Hall of Fame and a key player in the success of CHAP, at the graduation dinner. Regarding Mr. Curda's contribution to CHAP, an excerpt from the Alaska Women's Hall of Fame website reads, "Curda's professional and work history are extensive, much of it revolving around her various roles guiding and shaping the Community Health Aides/Practitioners Program in the YK Delta and the State. As an example, in 1988 she was the editor and technical advisor for a paper written for Congress entitled *Community Health Aide Program in Crisis*, presented before the US Senate Select Committee on Indian Affairs, which resulted in several million dollars of additional funding for the program. One of her biggest... achievements has been her work on the Community Health Aide/Practitioner Manual (CHAM). Curda realized early on that having a comprehensive, easy to use, step by step user guide for health aides ... would facilitate communications between patient, health aide and doctor, thereby increasing patient care." (alaskawomenshalloffame.org)

The graduation ceremony was held the next day on Friday, April 29 at UAF's Kuskokwim Campus. It was a delight to see

**GRADUATION, see page 11**

## DECEMBER 2021 HEALTH AIDE OF THE MONTH: Wilona Okitkun of Kotlik

Wilona is a Session 2 Community Health Aide based in Kotlik. She was hired in 2019 to provide acute, preventative, and urgent health care services to a population of approximately 655 individuals. Kotlik is one of the farthest large communities from Bethel. Health Aides based in Kotlik are often faced with long wait times for medevacs and poor coastal weather conditions.

In December 2021 Wilona had an urgent patient that needed to be medevaced to Bethel for higher level of care. The medevac was unable to fly out to Kotlik due to poor winter weather conditions. Wilona monitored the critical patient for 24 hours, ensuring the patient remained stable and comfortable.

CHAP's training staff described Wilona's work ethic as thorough, with a strong understanding of her scope of work. Providers that have worked in Kotlik noted Wilona was a tremendous asset to their field visit. Her actions uphold YKHC's mission: "Working together to achieve excellent health."

CHAP's Field Supervision staff is eager and excited for Wilona's growth within the corporation.



Wilona Okitkun.

## GRADUATION, from page 10

the graduates and their families, friends and others who guided and supported them in their educational journey.

The paths that these graduates have come through have been arduous at times. They are often paved with struggles, hardships and uncertainties on personal and professional levels.

The success attained by these graduates be-speaks their commitment, dedication, and perseverance in the face of seemingly insurmountable odds to get to this point in their careers.

Themes of God, family members, friends and coworkers, basic training instructors and supervisors were common threads in the graduates' sentiments as they reflected on the paths that led them to this milestone.

Commitment, dedication, and the desire to help people in our region through quality healthcare will continue to be hallmark of these new Community Health Practitioners.

## 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.
* weekend start time		8:30 p.m.	9:15 p.m.

\* 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.

FOR EMERGENCY PLEASE CALL 911

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## 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.

### June

#### Dental

**Chefornak:** Allison Aypan, DHAT ..... 6/6-10  
**Chevak:** Janette Ulak, DHAT + 1 ..... 6/6-10

**Russian Mission:** Tamija Woods, DHAT ..... 6/13-17

**Marshall:** Renee Cheemuk, DHAT ..... 6/13-17

**Kalskag:** Kathrine Levi, DHAT + 1 ..... 6/20-24

#### Family Medicine

**Holy Cross:** Jessica Kelly, FNP ..... 6/1-8

**Sleetmute:** Elizabeth Garie, FNP, and Molly Lewis PA-C ..... 6/1-7

**Napaskiak:** Paula Loftis, FNP ..... 6/1-10

**Chevak:** Angela Waller, FNP ..... 6/6-10

**Tununak:** Kristina Morris, PEDS OPC w/nurse ..... 6/6-9

**Stony River:** Elizabeth Garie, FNP and Molly Lewis PA-C ..... 6/7-10

**Kasigluk:** Dr. Reahl, (PEDS) w/nurse ..... 6/13-15

**Emmonak:** Beeba Mathew, ANP (IM) OPC ..... 6/21-23

**Kalskag:** Rachael Youngblood, FNP, +Julia Fisher, NA ..... 6/27-7/1

#### Physical Therapy

**Mekoryuk:** Amy Spatz, PT ..... 6/8-9

**Marshall:** Jesse Gefroh, PT ..... 6/15-16

**St. Mary's:** Eliza Caguioa, PT ..... 6/21-23

**Emmonak:** Jesse Gefroh, PT ..... 6/28-30

### July

#### Dental

**Sleetmute:** Kathrine Levi, DHAT + 1 ..... 7/4-6

**Hooper Bay:** Janette Ulak, DHAT ..... 7/11-15

**Grayling:** Tamija Woods, DHAT ..... 7/11-15  
**Pilot Station:** Renee Cheemuk, DHAT ..... 7/11-15  
**Holy Cross:** Kathrine Levi, DHAT + 1 ..... 7/18-22  
**Pilot Station:** Bernadette Charles, DHAT ..... 7/25-29

#### Family Medicine

**Kotlik:** Marlo Castelo, PA-C, and nurse ..... 7/11-14

**Nunapitchuk:** Erin Newkirk, FNP, w/nurse ..... 7/11-14

**Scammon Bay:** Dr. Ndango, OPC, and nurse ..... 7-11/14

**Chevak:** Anetha Peterson, FNP ..... 7/25-29

#### Physical Therapy

**Kotlik:** Amy Spatz, PT ..... 7/5-6

**Quinhagak:** Eliza Caguioa, PT ..... 7/13-15

**Aniak:** Jesse Gefroh, PT ..... 7/2021

### August

#### Dental

**Anvik:** Kathrine Levi, DHAT + 1 ..... 8/1-5

**Chevak:** Janette Ulak, DHAT + 1 ..... 8/1-5

**Marshall:** Renee Cheemuk, DHAT ..... 8/1-5

**Shageluk:** Tamija Woods, DHAT ..... 8/8-12

**St Mary's:** Bernadette Charles, DHAT ..... 8/8-11

**Kalskag:** Kathrine Levi, DHAT + 1 ..... 8/15-19

**Hooper Bay:** Janette Ulak, DHAT ..... 8/22-26

**Pilot Station:** Bernadette Charles, DHAT ..... 8/22-26

**Sleetmute:** Kathrine Levi, DHAT + 1 ..... 8/29-9/2

#### Family Medicine

**Scammon:** Angela Waller, FNP ..... 8/1-5

**Napakiak:** Anne Komulainen, PA-C ..... 8/1-4

**Chevak:** William Miller, FNP ..... 8/8-12

**Chevak:** Anetha Peterson, FNP ..... 8/15-19

**Marshall:** Erin Newkirk, FNP, and nurse ..... 8/15-18