



YUKON-KUSKOKWIM HEALTH CORPORATION

the **M**essenger

QUARTERLY

"Working Together To Achieve Excellent Health"

Volume XXVII No. 8 · October 2022



YKHC's Board of Directors and Senior Leadership Team broke ground on the new Qavartarvik Hostel in Bethel. The newly constructed patient housing facility will have 109 rooms, laundry and dietary facilities, and easy access to YKHC travel staff in walking distance from the main hospital campus. YKHC anticipates construction of the new hostel will be completed in early 2024 and looks forward to improving patient experience for customers who travel to town for medical care! Learn more about this exciting project on page 5.

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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
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 Control & EMS 543-6420

ADMINISTRATION & SUPPORT

Administration 543-6020
Human Resources 543-6060
Public Relations 543-6038
Travel Management 543-6360

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

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

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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



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



Dan Winkelman,
President & CEO.

Waqaa! A friendly reminder, that the general election is happening on Tuesday, November 8, 2022. Let's all remember to get out and vote!

Although we now consider “one person, one vote” foundational to our U.S. Constitution, it was not until the early 1960's that Chief Justice Earl Warren's U.S. Supreme Court first used that term in a civil rights case to describe its importance to voter equality and to our republic. The civil rights era included that case and many others, including hundreds of major civil protests and new federal legislation that helped to usher in a new wave of equality for U.S. citizens, all guaranteed and anchored by the right to vote.

When you also consider that current and past members of our armed forces put their lives on the line to protect our freedoms and liberties—like voting—casting a ballot should and does take on a new importance. Given that millions of others across the globe cannot vote, you would think that taking 15 minutes out of our day to vote is an important civic duty we all feel compelled to do. Yet, Alaska's voter turnout in the last few general elections ranged from a low of only 49% to a high of almost 60% in the most recent 2020 general election.

Becoming educated about the candidates and issues prior to voting is also equally important. Thomas Jefferson said, “Whenever the people are well-informed, they can be trusted with their own government.” Ensuring we educate ourselves on the candidates and ballot issues is essential for democracy to work well. There are many nonpartisan resources available where you can check your registration status, view candidate lists, read ballot measures, etc. Two such nonpartisan websites are:

www.elections.alaska.gov

www.aknativevote.com

So let's remember to get out and vote on November 8, 2022!

Sincerely,

A handwritten signature in black ink, appearing to be 'Dan' with a stylized flourish.

MEDICAL UPDATE

YKHC OFFERS NEW BIVALENT COVID-19 BOOSTER

On September 1, the CDC approved the use of updated, bivalent boosters to protect individuals from severe illness caused by COVID-19. The bivalent booster is recommended in addition to previous boosters for all individuals 12 and older. YKHC encourages all individuals to stay up-to-date with their COVID-19 boosters.

YKHC was approved to receive both the Pfizer and Moderna bivalent boosters. These vaccines can only be used for boosters; they cannot be used for a primary vaccination series. The Pfizer bivalent booster is recommended for people ages 12 and older and the Moderna bivalent booster for people ages 18 and older. Individuals are eligible for a bivalent booster if they received the last dose of a primary vaccine series or a prior booster at least two months ago. It is also recommended individuals get boosted three months after their most recent COVID-infection.

“The updated COVID-19 boosters are for-

mulated to better protect against the most recently circulating COVID-19 variant. They can help restore protection that has waned since previous vaccination and were designed to provide broader protection against newer variants,” CDC Director Rochelle P. Walensky said. “If you are eligible, there is no bad time to get your COVID-19 booster and I strongly encourage you to receive it.”

To sign up for your COVID-19 vaccine in Bethel, call 907-543-6949. To schedule a vaccine or booster in villages, call your local clinic or SRC. For clinics without staffing currently, call 907-543-6420.



UNDERSTANDING MONKEYPOX



You may have heard about monkeypox in the news lately. Monkeypox is an infectious disease that can cause flu-like symptoms and a rash. Having monkeypox may be uncomfortable, but it rarely causes death. Treatments and a vaccine exist but have limited availability at this time. Prevention is the best approach for avoiding monkeypox.

Symptoms usually start within four days of exposure to the virus. Symptoms may include Rash that may look like pimples or blisters, and may be painful or itchy. Often they are on the hands, face, feet, chest or genitals. Flu-like symptoms including fever, chills, headache, sore muscles. Illness lasts 2-4 weeks.

Monkeypox spreads in a number of ways:

- Close physical contact (skin-to-skin, face-to-face, kissing and sex) with a person with symptoms. Sexual contact is the most common form of transmission at this time. The virus can spread from when symptoms start until the rash and scabs are fully healed.

See **MONKEYPOX**, p. 15

Qavartarvik Customer Lodging

July - September 2022



Setting first wall panel at first floor



ASKW-Davis drone photo August 2022

Project Accomplishments

July

- Completed 1st floor structural steel, metal decking and concrete floor sheathing
- Poured mechanical room and elevator pit concrete slabs
- Completed 1st floor wall framing

August

- Started floor framing, sheathing and start setting walls

September

- Started 3rd floor structural steel and 1st floor exterior deck steel
- Continued wall framing; start floor sheathing and setting walls



Sheathing 2nd floor with concrete sheets

Project Schedule

| 2022 | | | | 2023 | | | | 2024 | | | |
|--|----|---|-----------------------------------|---|----|---------------------------------|----|-----------------------|----|-------------------------|----|
| Q1 | Q2 | Q3 | Q4 | Q1 | Q2 | Q3 | Q4 | Q1 | Q2 | Q3 | Q4 |
| ■ YKHC Board Approves Project Funding (Jan 2022) | | | | | | | | | | | |
| ■ Design Complete (Feb 2022) | | | | | | | | | | | |
| ■ Structural Steel (July-Winter 2022) | | | | | | | | | | | |
| | | | ■ Interior Studs (Winter 2022-23) | | | | | | | | |
| | | ■ Mechanical, Electrical, Plumbing (Jan-Oct 2023) | | | | | | | | | |
| | | | | | | ■ Finishes (Spring-Winter 2023) | | | | | |
| | | | | ■ Elevated Parking Structure (May-Aug 2023) | | | | | | | |
| | | ■ Commissioning and Testing (Oct 2023-Jan 2024) | | | | | | | | | |
| | | | | | | | | ★ Complete (Jan 2024) | | | |
| | | | | | | | | | | ■ Move-in (Spring 2024) | |



Design Alaska and YKHC reviewing the YKQCL reception area

HEALTHY LIVING

THE GREAT AMERICAN SMOKE-OUT—NOVEMBER 17, 2022

by Victoria Galanopoulos, YKHC Tobacco Prevention and Cessation Coordinator

Tobacco use is still the leading preventable cause of disease and death in Alaska. Each year, tobacco use alone is linked to an estimated 700 deaths and \$575 million in health care costs in Alaska.

Nicotine is one of the strongest addictions an individual can have. About two out of three tobacco users want to stop but struggle to break the addiction. Originally, the American Cancer Society's signature event, "Great American Smoke-Out", encouraged tobacco users to quit cold turkey on a single day. However, we now know that quitting is a process. It starts with a plan, takes time and requires a lot of support.

Let the Great American Smokeout event on the third Thursday in November be your day to start your journey toward a tobacco-free life! You'll be joining thousands of other tobacco users in taking an important step toward a healthier life and reducing your risk for cancer.

To have the best chance of stopping and remaining tobacco-free, you need to know what you're up against, what your options are, and where to go for help. As leaders in promoting health and wellness, YKHC encourages staff, community partners, villagers and patients to commit, or recommit to healthy, tobacco-free lives by participating in the Great American Smoke-Out on November 17.

Tobacco Cessation Resources:

- **YKHC Tobacco Cessation Program.** A local team of certified tobacco treatment specialists are available to answer questions and assist with a personalized quit plan through counseling services as well as FDA approved medications to treat nicotine dependence. Call 907-543-6312 for more information on how to enroll.
- **Alaska's Tobacco Quit Line is also available to Alaskans, regardless of income or insurance coverage.** Call 1-800-QUIT-NOW (1-800-784-8669), or visit Alaskaquitline.com. It's free. It's confidential. And it works!
- **American Cancer Society is available 24 hours a day, 7 days a week to provide tobacco cessation support and resources.** To find out more, visit cancer.org/smokeout or call 1-800-227-2345.

Stopping tobacco use is not easy, but you can do it. YKHC Tobacco Cessation program is here for you.



BENEFITS OF QUITTING

There has never been a better time for not only smokers to quit but for anyone using any form of tobacco, including e-cigarettes as well as chewing tobacco and iqmik. This will help protect the overall health and wellness of the individual.

1. Improved mental health
2. Lowers health risk
3. Average savings of \$4,745 per year
4. Increased life expectancy
5. Lowers risk for 12 types of cancer
6. Lowers risk of cardiovascular disease
7. Lowers risk of chronic obstructive pulmonary disease (COPD)
8. Benefits people at any age- even people who have smoked for years or have smoked heavily will benefit from quitting.

CHOLESTEROL AND YOU

By Kristopher A. Tuna, M.S., R.D., L.D., Clinical Dietitian

Cholesterol is a lipid synthesized by all animal cells and serves as a precursor for all steroid hormones as well as Vitamin D.

Elevated levels of blood cholesterol increases our risk of coronary heart disease—specifically, when combined with other risk factors. Although cholesterol is essential to adequate hormone production and serves as an important structural component of our cells, not all cholesterol is created equal.

There are several different types of cholesterol but most discussed in the literature is LDL cholesterol (or “bad” cholesterol) and HDL cholesterol (or “good” cholesterol). We view LDL cholesterol as “bad” because this is a low-density lipoprotein that transports lipids throughout your body and may eventually build up as plaques along the walls of your arter-

ies, eventually leading to CVD or atherosclerosis.

HDL, on the other hand, is our “good” cholesterol and is a higher-density lipoprotein that also transports lipids throughout the body but collects other forms of cholesterol, clearing them from your vessels, and transports them back to the liver for processing. HDL is considered good because it can help prevent the narrowing of vessels due to plaque buildup. You will want to avoid “saturated” fats as they will serve to increase LDL and encourage more “unsaturated” fats to increase HDL cholesterol.

Here are some foods recommended to help keep cholesterol levels healthy.

| Food Group | Foods Recommended |
|--|--|
| Grains | Whole grain breads and cereals, including oats and barley Pasta, especially whole wheat or other whole grain types Brown rice Low-fat crackers and pretzels |
| Vegetables | Fresh, frozen, or canned vegetables without added fat or salt |
| Fruits | Fresh, frozen, canned, or dried fruit |
| Milk, Milk Products, and Milk Alternatives | Fat-free (skim) or low-fat (1%) milk or buttermilk Nonfat or low-fat yogurt or cottage cheese Fat-free and low-fat cheese Fortified, unsweetened soy milk |
| Meat and other proteins | Lean cuts of beef and pork (loin, leg, round, extra-lean hamburger) Skinless poultry Fish Venison and other wild game Dried beans and peas Nuts and nut butters Meat alternatives made with soy or vegetable protein (pea protein, seitan, tofu) Egg whites or egg substitute Cold cuts made with lean meat or soy protein |
| Fats and Oils | Unsaturated oils (olive, peanut, soy, sunflower, canola) Soft or liquid margarines and vegetable oil spreads Salad dressings Seeds and nuts Avocado |

HEALTHY RECIPE



Overnight Oats
This simple recipe contains oats, which can be part of a diet that is lower in cholesterol.

Ingredients

- 1 Cup oatmeal
- 1 Tablespoon brown sugar
- 1 Teaspoon cinnamon
- ½ Teaspoon nutmeg
- 1 Cup berries
- 1 ½ Cup milk

Preparation

1. Add all ingredients into a jar or plastic bowl.
2. Mix well.
3. Let sit in refrigerator for at least 2 hours.

Recipe courtesy of YKHC Diabetes Prevention & Control

*Visit theheartfoundation.org to find out how to reduce your risk

ROUTINE CHILDHOOD IMMUNIZATIONS PROTECT CHILDREN

Current YKHC Board Member and Mountain Village Tribal Council Member Gloria George worked for decades as a health aide. During that time, she talked to parents about how childhood immunizations help protect our children.

Over the summer, she spoke with YKHC about why she still encourages parents to make sure their kids are up-to-date with their routine childhood vaccinations are safe and and how YKHC health aides can help.

When I first worked as a YKHC health aide in 1989, I worked with two ladies who were elder health aides. They really taught me and the other health aides a lot. They showed us how to take care of people and told us that childhood immunizations are important to help keep our children healthy.

During my 20 years working on-and-off as a health aide, I encouraged parents to vaccinate their children to protect them against diseases, such as meningitis, tetanus and other illnesses. When I became a mother and grandmother, I made sure all my kids got vaccinated. Now in my position as a YKHC Board Member and Tribal Council member in Mountain Village, I urge you to do the same thing—make sure your children are up to date with their routine childhood immunizations.

Immunizations have been around for a very long time. They help keep our children healthy and help them not get sick. Kids who are up to date with their vaccinations can bet-

ter fight off the diseases and illnesses that are out in the world. Diseases like meningitis and tetanus can give children long-term disability. Health aides who have cared for people with these diseases know how serious these illnesses can be and want to protect kids from them.



Gloria George

Vaccines are safe. Sometimes after a shot, a baby may feel a little under the weather. They may get irritable or get a little fever. That's normal. They may feel sick for a little while—but then they get up again. But if a baby catches a vaccine-preventable disease, you would be scared. Those illnesses may give them a harder time and afterwards, their body might not be as strong. If you immunize your kids now, it will help them fight off big sicknesses.

We all want to let our children live healthy, happy lives. If you have children that need immunizations, call the clinic. Ask for a Well Child and immunization appointment. If there isn't time for a full Well Child visit, just ask for immunizations. If you have questions about vaccines, ask the health aide. They have information to share. They are there to help. This was true back when I was a health aide and it is true now."

| 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 | | | |
| 4-6 Years <ul style="list-style-type: none"> • Kinrix** • MMR • Varicella | | 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

WE WANT TO HEAR FROM YOU

There are several ways to provide feedback:

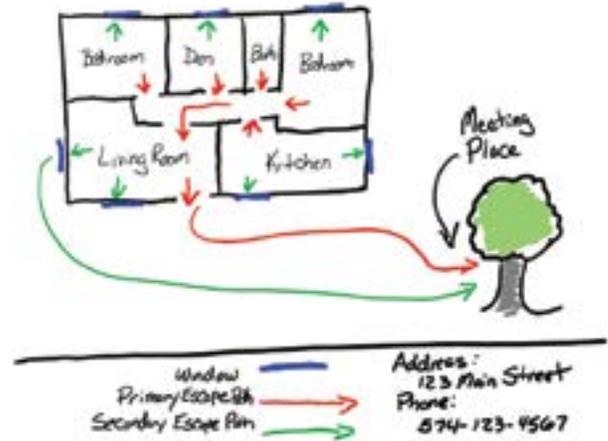
- After your visit, take the survey for Qless, if you registered on your smart phone.
- E-mail us at customer_feedback@ykhc.org

- 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

PROTECT YOUR FAMILY WITH A FIRE ESCAPE PLAN

October is Fire Prevention Month. It's a great time to sit down with your family and make a home fire escape plan. All you will need is a piece of paper and a pencil.

- Draw a map of your home. Show all doors and windows.
- Visit each room. Find two ways out.
- All windows and doors should open easily. You should be able to use them to get outside.
- Make sure your home has smoke alarms. Push the test button to make sure each alarm is working.
- Pick a meeting place outside. It should be in front of your home. Everyone will meet at the meeting place.
- Make sure your house or building number can be seen from the street.
- Talk about your plan with everyone in your home.
- Make sure everyone in your home knows how to dial 911 or your local emergency number.
- Practice your home fire drill!



GETTING TO SCHOOL SAFELY

Whether your children walk, ride their bicycle or take the bus to school, it is vitally important that they—and the motorists around them—take proper safety precautions.

Walkers

- Walk on the boardwalk; if there is no boardwalk and you must walk in the street, walk facing traffic.
- Before crossing the street, stop and look left, right and left again to see if cars are coming.
- Never dart out in front of a parked car.
- Parents: Practice walking to school with your child, crossing streets at crosswalks when available.
- Never walk while texting or talking on the phone.
- Do not walk while using headphones.

Bike Riders

- Always wear a helmet that is fitted and secured properly.
- Children need to know the rules of the road: Ride single file on the right side of the road, come to a complete stop before crossing the street and walk the bike across.
- - Watch for opening car doors and other hazards.
- Use hand signals when turning.
- Wear bright-colored clothing.

Bus Riders

- Teach children the proper way to get on and off the bus.
- Line up 6 feet away from the curb as the bus approaches.
- If seat belts are available, buckle up.
- Wait for the bus to stop completely before standing.
- Do not cross in front of the bus if possible, or walk at least 10 feet ahead until you can see the other drivers.

Drivers: Share the Road

- Don't block crosswalks.
- Yield to pedestrians in crosswalks, and take extra care in school zones.
- Never pass a vehicle stopped for pedestrians.
- Never pass a bus loading or unloading children.
- The area 10 feet around a school bus is the most dangerous for children; stop far enough back to allow them to safely enter and exit the bus.

Source: National Safety Council

CHAP NEWS

YKHC RECOGNIZES HEALTH AIDES' OUTSTANDING ACHIEVEMENTS

The Health Aide of the Month Award is a way for the Community Health Aide Program (CHAP) and the Yukon-Kuskokwim Health Corporation to recognize Community Health Aides who have carried out extraordinary acts while on duty.

Each month YKHC Community Health Aides are nominated by Supervisor Instructors for recognition. The nominations are then reviewed and selected by CHAP Coordinators and the Director. Award selection is based on a Health Aide's extraordinary work and how it exemplifies YKHC's Mission, "Working Together to Achieve Excellent Health."

The Health Aide of the Month celebrations are typically carried out with a luncheon with CHAP Field Supervision, YKHC's Senior Leadership Team, and tribal representatives out in the village clinic. COVID placed heavy restrictions on travel. For the majority of 2020 and 2021, to protect everyone's health and safety, YKHC was not able to carry out the monthly celebrations.

With 2022's arrival, travel restrictions have been greatly lifted. Field Supervision staff and Senior Leadership have been able to make several trips to the villages for Health Aide of the Month celebrations.

In August 2022, CHAP, along with SLT representation, were able to celebrate the Health Aide of the Month for three outstanding providers as well as the presentation of ANTHC's Setting Star Award. Celebrations were held for the following Health Aides:

- Nadine Kiunya, CHA I, Kwethluk, HAM for August 2021.
- Rhonda Jackson, CHA II, Kwethluk, HAM for June 2022.
- Natalie Active, CHA II, CHA Float HAM, for November 2021.

YKHC had the privilege of presenting ANTHC's Setting Star Award to the family of Beth Chief. The Setting Star Award is a statewide award honoring Community Health Aides who have passed away, who provided vital community service and care. Beth Chief was honored for her dedication to YKHC and to her community. Beth Chief was honored for 2021.

As the year moves forward, Field Supervision and Senior Leadership Team members will continue to carry out the Health Aide of the Month celebrations.



Nadine Kiunya



Natalie Active



Rhonda Jackson

NEARLY 50 STUDENTS PARTICIPATE IN YKHC'S STUDENT SUMMER HIRE PROGRAM

YKHC was pleased to resume our Student Summer Hire Program this year after a break due to COVID-19 limitations.

The program focused on hiring local high school students and college students returning for summer break. Nearly 50 candidates were hired and worked in a variety of roles at YKHC, including Community Health Aide Program (CHAP), Maintenance, Construction, Behavioral Health, Pharmacy, Dental, Hospitality, Safety and Security, Human Resources, and Public Relations.

As a part of the Summer Hire activities, students were invited to learn more about the various jobs at YKHC, including within Behavioral Health. James Chaliak of Behavioral Health Preventative Services shared exciting things happening with his department.

The YK Calricaraq team gave a successful presentation, tying in a strong component on Cultural Values. Many students noted "helping elders in my community" and "taking care of and giving back to my family" were among the most important Cultural Values.



In the first week of August, a group of student Summer Hires gathered to learn more about future opportunities at YKHC and YKHC's Calricaraq program.

The program was a win-win, providing meaningful and valuable experiences for both YKHC and many talented students in our communities. We would like to extend special thanks to YKHC managers who were open and willing to take these students under their wings and share their skills and knowledge. Providing work-based learning opportunities is a pivotal component to growing our own workforce.

Please keep an eye out in your community next spring for information relating to Summer Hire 2023. Opportunities will be available in village clinics, sub-regional clinics, and in Bethel. Thank you very much to all of our student summer hires and their managers!

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?

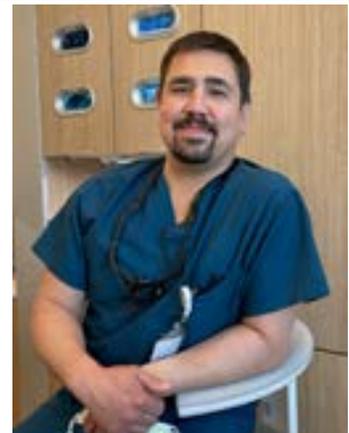
Are you seeking a great, full-time professional job?

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.



Conan Murat, DHAT Advanced

Application and more information available at

www.ykhc.org/dhat Or call (907) 543-6251

Applications accepted Nov. 1, 2022–Feb. 1, 2023

YKHC AWARDS MORE THAN \$40,000 IN SCHOLARSHIPS IN 2022

YKHC's Scholarship Program offers scholarships to 19 students enrolled in healthcare programs at accredited schools.

This year, 21 applicants expressed interest in the program for the Summer 2022 deadline, more than twice the number of scholarships awarded for 2021.

YKHC awarded 19 scholarships, which totaled more than \$41,000. Fourteen out of 19 (74%) awardees are Alaska Natives; two are graduate students. Nine scholarship awardees are YKHC employees.

The 19 awardees were pursuing healthcare education, including degrees in nursing, dental, healthcare management, rural/indigenous studies, business administration, science, and public health.

The University of Alaska Anchorage (UAA) and the University of Alaska Fairbanks (UAF) featured prominently as college options, with APU, Frontier, Rutgers, Lewis College, Charter College, Gonzaga University, and University of North Dakota also represented.

Scholarship applications are open to members and descendants of tribes served by YKHC, employees of YKHC who are in good standing, and all Alaska residents. Priority is given to students who have completed all prerequisites for their healthcare program.

The next scholarship deadline is November 1, 2022. For application and/or further information on the scholarship program, contact Naomi Digitaki, naomi_digitaki@ykhc.org or AHEC@ykhc.org. You can also call us at 907 543-6943 or visit our website at www.ykhc.org/education/

We are happy to feature four of our 2022 scholarship recipients.

Molly Billy, Itinerant Program Data Supervisor CHAP Itinerant Program

"Education has always been extremely important to me and my family. This scholarship will help me towards obtaining a bachelor's degree.

"I understand the importance of Alaska Native youth having adult role models that they can relate to, especially when working through the challenges and trials of the social and economic world they live in.

"The YKHC scholarship award will help me to be an example and to show the young people that there are ways to overcome the challenges that we face as Natives. Moreover, it will



Molly Billy

increase my ability to help with the many needs faced by our Alaska Native youth today."

Kyra S. John, Kwigillingok, Alaska Pre-Nursing, UAF – Kuskokwim Campus

"I have been interested in nursing since the day I was seen by a nurse at one of my visits to the clinic when I was young. I liked having my vital signs checked and monitored as the nurse asked me questions about my health.



Kyra John

"Nurses provide valuable services that keep our people and communities healthy and aid in the prevention of illnesses and diseases. I have always liked helping others and nursing seems to be the perfect career for me.

"This scholarship will help me towards my career goal as a nurse where I will be able to contribute to the health and safety of my community and alleviate the nursing shortage in our region!"

Lucy Atti, Kwigillingok, Alaska Pre-Nursing, UAF – Kuskokwim Campus

"This scholarship is helping me to further my education and achieve my goals and my dream of becoming a nurse. I am fluent in both Yupik and English and believe that being bilingual is important when gathering information about patients and communicating health programs that benefit them.



Lucy Atti

"My family and friends are very encouraging and always remind me that I can achieve anything I want in life if I focus on my goals and take the necessary steps to accomplish them. Helping people makes me happy and I look forward to contributing more to my community and delivering quality health care services when I become a nurse."

Katrina Domnick, Orutsaramiut Native Council Member YKHC Associate Research Coordinator MPH Student – University of North Dakota School of Health

"I've discovered that many aspects and approaches of public health resonate with values, practice, and teachings within Yup'ik culture that contribute to health mentally, physically, emotionally, and spiritually.

see SCHOLARSHIPS, p. 13

QUYANA TO YKHC'S EMPLOYEES OF THE QUARTER

The Human Resources Department is pleased to announce the return of the employee recognition and appreciation award known as Employee of the Quarter.



Members of YKHC's Senior Leadership team, including President and CEO Dan Winkelman (center, standing) congratulated Employees of the Quarter in a small gathering to celebrate their awards.

Each quarter, division vice presidents are asked to select and honor employees in their division who have shown special dedication to the mission and values of YKHC. We are proud to announce the Employees of the Quarter for April-June 2022:

Molly Billy, CHAP Itinerant Program Data Supervisor
Tom Chase, Senior Maintenance Technician
Desiree Coffee, CHAP Supervisor Instructor
Amanda Hoeldt, Contact Tracing Manager
Alice Pope, Central Sterile Processing Manager

Nancy Moffett, Clinical Nurse Educator
David Friday, Native Hire Recruiter
Virginia Howard, Director of Travel, Travel Care Group, Prior Authorization, Director of HOPE and Hostel

Congratulations to all of this quarter's honorees, and thank you for your tireless work. Employees who are interested in nominating an employee for Employee of the Quarter July-September 2022 should contact their division vice president.

SCHOLARSHIP, from p. 12

"I've seen how our deep cultural teachings have contributed to balance and wellness in my own life. So, in addition to pursuing further education and utilizing my education to help our communities and desperately wanting to share those teachings in hopes of helping others find balance and wellness in their own lives, I volunteer much of my time to help provide training alongside the Calricaraq Program: Indigenous Yupik Wellbeing, a Culture Based System of Care.



Katrina Donnich

"These pursuits have a common goal: to bridge aspects of western medicine/health and the Yupik approaches to health to allow projects, research, or whatever the task is at hand.

"With my job position and continued pursuit of further education, I will continue to seek out and push for projects that collaborate with community leaders and cultural experts (our elders) for guidance on what a healthy community looks like. I believe that in order for research to truly help a population such as our Yup'ik people, it must incorporate the resources and culture that is already present within our community."

OVERDOSE AWARENESS DAY

Many have been affected by addiction, and too many of us know the loss of a loved one from overdose. Since 2001, International Overdose Awareness Day has been celebrated globally to help bring awareness and end stigmatism of addiction. On August 31, YKHC recognized Overdose Awareness Day.

According to the National Center for Drug Abuse Statistics and the World Health Organization, drug overdose deaths are increasing 30% each year in the United States. Of those, 72% of deaths are due to Opioid and 30% of those are accidental overdose. The increase in synthetic opioids such as Fentanyl have made even our youngest at risk, with “candy appearances” in many of the forms produced. Fentanyl being mixed with other drugs such as cocaine have also con-

tributed to accidental opioid overdoses.

Awareness is the first step to keeping yourself and your loved ones safe. www.overdoseday.com has information that can help to recognize the signs of overdose for opioids, alcohol, depressants, stimulants, and psychoactive substances such as Ecstasy and bath salts.

Learn to talk to family about addiction – your conversation could save a life.



988 SUICIDE & CRISIS LIFELINE LAUNCHED

There is a great need for resources to help people overcome suicidal crisis or mental health-related distress.

- In 2020, the U.S. had one death by suicide every 11 minutes.
- In 2020, the rate of suicide in Alaska was more than double the national rate.
- Youth and young adults in Alaska have some of the highest rates of suicide in the nation.
- For people ages 10–34, suicide is a leading cause of death.
- From April 2020 through April 2021, over 100,000 people died from drug overdoses.

Behind each of these data points, there are people, families and communities who have been impacted. Yet in the face of these urgent realities, there is hope.

Now, by dialing 988, individuals have 24/7 access to trained crisis counselors who can help people experiencing mental

health-related distress, including thoughts of suicide, mental health or substance abuse crisis or any other kind of emotional distress. People can call for themselves or if they are worried about a loved one who may need crisis support.

Alaskans who dial 988 from the 907 area code will be connected with the Alaska Careline, a member of the Lifeline and an in-state call center where trained counselors answer calls, chats, and texts.

YKHC also offers a 24-hour crisis hotline to support individuals experiencing a mental health crisis and their loved ones. To reach the YKHC Crisis Line, call 907-543-6499.



NEW X-RAY SHIELDING PRACTICE—WHY ARE THE SHIELDS NOT BEING USED?

By Justin King, Manager of Diagnostic Imaging

For decades, heavy lead shields have been used to protect children and young adults' reproductive organs during an x-ray exam. However, many national and international organizations have researched the use of x-ray shields and determined that they are not as helpful as they may have once been.

New x-ray equipment, such as the ones used at YKDRH and all SRCs, capture a quality image with much less x-ray exposure— 95% less than we did back in the 60s and 70s.

Studies have also shown that the x-ray shield only protects reproductive organs 20%–50% of the time the shield is used. The x-ray shield also can cover up body parts that need to be seen. If this happens another x-ray needs to be taken.

The x-ray shield can also cover up the Automatic Exposure Control (AEC) on the x-ray unit. The AEC senses when the correct amount of x-rays have exposed the detector and then stops the exposure. If an x-ray shield covers up the AEC, even a little bit, the x-ray exposure will not be stopped when it needs to be. This will likely produce an over-exposed image that will likely need to be repeated.

For many years the x-ray shield has been used to protect reproductive organs from x-rays. Many people have connected the use of an x-ray shield with practicing radiation safety for so long that it is hard to imagine not using it. With new technology making it possible to use fewer x-rays for quality images, and the use of AEC to use only the amount of x-rays necessary, we now know that the best way to safely image you or your child is to not use shields.

BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month, the annual campaign to raise awareness of breast cancer risks, the value of screening, early detection and treatment options available to women who are diagnosed with one of the many forms of breast cancer. More than 250,000 people in the United States are diagnosed with invasive breast cancer every year and nearly 40,000 die from the disease.



A loop of pink ribbon has come to symbolize breast cancer awareness and today the image of a pink ribbon can be found emblazoned on thousands of products but there's much more to awareness than just wearing pink.

YKHC has brought cutting edge technology to the hospital this year by upgrading the older 2D Mammogram system

to 3D Mammograms. This gives a more complete image of the breast with greater detail, and reduces the need for extra compressions, making it easier on women and definitely less uncomfortable, and a winner for most women's peace of mind.

At Women's Health Grant (WHG), we believe that early detection, education, and support services are the best prevention, this is how the YK Delta women are kept strong. If you live in Bethel our mammography department accepts walk-in appointments and if you live outside of Bethel you may qualify for travel assistance from the WHG so that you can make it to your appointment without the need of Medicaid travel. If you are between the ages of 45 to 70 years old, you may need a mammogram. Call the Women's Health Grant at 907-543-6990 to schedule an appointment today.

—Your Women's Health Grant Team

MONKEYPOX, from p. 4

- Touching objects (towels, clothing, dishes) that a symptomatic person has used.
- Pregnancy (from mom to baby).

There are several steps you can take to reduce your risk of catching monkeypox. Avoid close physical contact with someone who has monkeypox or a new and unexplained rash that looks like monkeypox.

Limit sexual partners and avoid casual, anonymous sexual partners. Talk with sexual partners about symptoms. Do not touch objects that someone with monkeypox has used and Wash or sanitize your hands often.

While monkeypox is not common in the region, if you think you have been exposed or believe you are at high risk, call 907-543-6420 to schedule an appointment for a vaccine.

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*

**Call the Community Health Aide Program
1-800-478-4471 / 907-543-6160**

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.

October

Dental

Kongiganak: Shawn Martin, DHAT and 1 DA 10/3-7

Chevak: Janette Ulak, DHAT 10/10-15

Grayling: Kathrine Levi, DHAT and 1 10/31-11/4

Family Medicine

Lower and Upper Kalskag: Elizabeth Garie FNP and Megan Stanley PA-C..9/28-10/5

Aniak: Dr. Rotelli, PEDS 10/3-6

Anvik: Michelle Koszalka, PA-C 10/4-12

Crooked Creek: Jessica Kelly, FNP 10/4-12

Napaskiak: Andrea Goryl, FNP 10/5-13

Nunam Iqua: Molly Lewis, PA-C 10/5-13

St. Mary's: Erin Knowles, PT 10/5-7

Tununak: Paula Loftis, FNP 10/6-14

Pilot Station: L. Kat Robbins-Spann, FNP 10/10-18

Emmonak: Dr. Ndagano, PEDS 10/10-13

Nightmute: Valerie Joyce FNP, Marlene Chagluak, and Clinton Bosco 10/10-13

Stony River: Molly Lewis, PA 10/19-21

Crooked Creek: Michelle Koszalka, PA-C 10/17-26

Stony River: Ellen Pileski, FNP and Aley Hoeldt, Nursing Asst 10/31-11/4

Optometry

Chevak: Blum and 3 staff 10/3-7

Kongiganak: Pam Conrad 10/10-14

Hooper Bay: Blum and Staff 10/31-11/4

Physical Therapy

Emmonak: Nicole Rayson, PT 10/12-14

Public Health Nursing

Kipnuk: Susi Peterson and 2 staff 10/3-6

November

Dental

Marshall: Bernadette Charles, DHAT 11/14-18

Newtok: Dr. Reahl, PEDS and a resident w/2 nurse 11/14-16

Pilot Station: Bernadette Charles, DHAT 11/28-12/2

Eek: Angela Jackson, FNP w/Dr. Nik Johs (IM) 11/28-12/1

Scammon Bay: Anetha Peterson, FNP 12/12-16

Family Medicine

Toksook Bay: Beeba Mathew, ANP w/ Nurse 11/1-3

St. Mary's: Dr. Willis, PEDS and Resident 11/7-9

Tuluksak: Kristina Morris, FNP (PEDS) w/nurse 11/7-9

Toksook Bay: Nicole Rayson, PT 11/8-10

Nunam Iqua: Dr. Krystle Penaflor and 3 Optometry staff 11/14-18

Hooper Bay: Erin Knowles, PT 11/16-18

Physical Therapy

Holy Cross: Kathrine Levi, DHAT and 1 DA 11/21-25

December

Family Medicine

Anvik: Kathrine Levi, DHAT and 1 DA 12/5-9

Lower Kalskag: Dr. Sookram, PEDS with nurse 12/12-15