



The YKHC Optometry team, along with our partners GlassesUSA.com and Miss America, visited St. Mary's School to provide free glasses to students.

Miss America/ Miss Alaska 2021, Emma Broyles, and Miss Alaska 2022, Jessica Reisinger, were in attendance to help students pick out new frames. Read more on page 4.



INSIDE

Numbers to Call..... 2
 Board of Directors..... 2
 President & CEO Message..... 3
 Free Glasses..... 4
 Hospital Certification..... 4
 Heroes Bonus..... 5
 Scholarship Deadline..... 5
 HEALTHY LIVING:
 Eye and Heart Health..... 6
 Congenital Heart Defects.....7
 Tobacco Dependence Workshop....7
 Qavartarvik Customer Lodging..... 8
 SART Responders..... 9
 CHAP NEWS:
 CHA Wellness Retreat
 Mekoryuk Health Aides.....10
 Hrealth Aide of the Month:
 Faith Andrews..... 11
 DHAT Rising Star..... 11
 Rabies in the YK Delta.....12
 FOR YOUR SAFETY
 Home Emergency Plan.....13
 LPN Graduates.....14
 Shuttle Schedule..... 14
 REAL ID Deadline extended.....15
 Village Travel Schedule..... 16

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 907-543-6000
Toll Free 1-800-478-3321

APPOINTMENTS

Outpatient Clinics 907-543-6442
Dental 907-543-6229
Optometry 907-543-6336
Audiology 907-543-6466

SUBREGIONAL CLINICS

Aniak 907-675-4556
Emmonak 907-949-3500
St. Mary's 907-438-3500
Toksook Bay 907-427-3500
Hooper Bay 907-758-3500

SERVICES

Inpatient (North Wing) 907-543-6330
Pharmacy Refill Line 907-543-6988
Toll Free 877-543-6988
Physical Therapy 907-543-6342
Women's Health 907-543-6296
Irrivik Birthing Center 907-543-6346
Behavioral Health Services 907-543-6100
BH CRISIS RESPONSE LINE 907-543-6499
Substance Abuse Treatment 907-543-6730
Sobering Center 907-543-6830
Developmental Disabilities 907-543-2762
Emergency Room 907-543-6395
Office of Environmental Health & Engineering,
Injury Control & EMS 907-543-6420

ADMINISTRATION & SUPPORT

Administration 907-543-6020
Human Resources 907-543-6060
Public Relations 907-543-6038
Travel Management 907-543-6360

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

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 907-543-6036. E-mail: publicrelations@ykhc.org

Deadline is the 15th of September, December, March and June.

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 translation services are available to you. Call 907-543-6603.

YKHC BOARD OF DIRECTORS

Unit 1



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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



Mike Williams, Sr.
Akiak

Unit 5



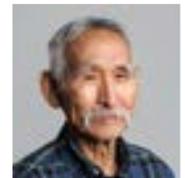
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Quinhagak



Marvin Deacon
Grayling

Honorary Board Member



James Charlie, Sr.
Toksook Bay

Message from the President & CEO

Waqaa!

On behalf of the Board of Directors, I am extremely pleased to announce several new facilities that will be completed by YKHC over the next few years. YKHC will be constructing five new village health clinics, including the expansion of an existing clinic; constructing approximately 120 units of new staff housing; doubling the size of our new supply warehouse; and constructing a new child care center for employees.

First, YKHC, with the help of the Denali Commission, Rasmuson Foundation and the U.S. Indian Health Service, began replacing village health clinics with new clinics about 30 years ago. More than 10 years ago, the Denali Commission stopped funding clinics but unfortunately YKHC still had many more that needed replacement. We have replaced several since then with various grant funds. At this rate, it will be more than a decade to finish the last five village health clinics. Therefore, YKHC will be using its own funds to construct these last five and a sixth clinic expansion. The last five villages that will be receiving a new village clinic are:

- Anvik
- Lime Village
- Mertravik
- Oscarville
- Stony River

A sixth village clinic will receive a much needed clinic expansion in Kwigillingok.

Second, we are currently designing a new apartment complex that will have more than 100 units. Unfortunately, almost every week we make offers to new employees that consistently turn us down because suitable housing in Bethel is not widely available. These new staff apartments will greatly help with recruitment and retention of new employees that will aid us in achieving our mission.

Third, we recently purchased a supply warehouse in Bethel. We are currently designing a much needed expansion that will almost double its size. As you would expect, after almost tripling the size of our new hospital, our supply needs have greatly increased. It contains everything from personal protective equipment to everyday supplies to operate a hospital, skilled nursing facility, five sub-regional clinics, 41 village health clinics and numerous region-wide services.

Lastly, we are designing a new childcare center for YKHC employees. The lack of child care in Bethel is well known. A safe and high quality child care center will also help with recruitment and retention of new and current employees.

We will be communicating our progress, including construction timelines, in future editions of the quarterly *Messenger*. These new, region wide construction projects represent an investment of more than \$100 million in critical health care infrastructure. YKHC is able to construct these new facilities due to our strong financial position. We are proud of our 58 member tribes, 1,500 employees and pleased our 30,000 customers will greatly benefit from these new facilities that will help improve health care delivery across the great Yukon-Kuskokwim region!

Sincerely,



Dan Winkelman, President & CEO

YKHC OPTOMETRY VISITS ST. MARY'S AS PART OF FREE GLASSES PROGRAM

On Tuesday, Nov. 15, YKHC Optometry team members visited St. Mary's school to conduct vision screenings and promote eye health.

The trip was conducted along with our partners GlassesUSA.com and the National School Boards Association (NSBA) to provide free prescription eyeglasses to children in select villages across America.

Glasses are an essential device to improve vision, but some children many not have the glasses they need. Many regular check-ups and eye exams were postponed during the pandemic, leading to more children with undiagnosed vision problems. Some families struggle with costs or accessibility.

To address these challenges, GlassesUSA.com teamed up with NSBA, The Miss America Organization, Emma Broyles, Miss America 2022/ Miss Alaska 2021 and Jessica Reisinger, Miss Alaska 2022, to provide children in select communities



Students received vision exams from YKHC Optometry team and selected new frames, with assistance from Emma Broyles, Miss America 2022/ Miss Alaska 2021.

across the country, including St. Mary's, with eye glasses.

Fellow glasses-wearer Miss America 2022 and Miss Alaska 2021, Emma Broyles, and Miss Alaska 2022, Jessica Reisinger, were in attendance at St. Mary's School to help the children pick out new GlassesUSA.com frames.

HOSPITAL PROJECT EARNS LEED GREEN BUILDING CERTIFICATION

We are pleased to announce that the new Yukon-Kuskokwim Delta Regional Hospital achieved LEED Healthcare Silver certifications for both the renovation of the existing hospital building and its new expansion, totaling \$335 million.

LEED, or Leadership in Energy and Environmental Design, is a building certification system developed by the U.S. Green Building Council and is the world's most widely used green building system with more than 100,000 buildings participating today.

LEED certified buildings are proven to save money, improve efficiency, lower carbon emissions and create healthier places for people. They are a critical part of addressing the climate crisis, meeting environmental, sustainability and governance goals, enhancing resilience, and supporting more equitable communities.

Several innovative and unique approaches were used to reach these impressive levels given the remote location. In addition to dropping energy consumption levels and water usage over 40% below their baseline levels, the projects developed creative strategies to incorporate an integrated design process, cultural integration and social equity in the community, construction waste diversion, and community connectivity.

The project team included owners, contractors, designers, engineers, and customers—new mothers with babies all the way through to tribal elders—who all participated equally in the planning and design of the facility from the project's inception through completion.

This is valuable for the sustainability of the project and the community, as values were conveyed and incorporated into the project throughout the process. With community and elder input, the project was able to accurately incorporate imagery, language, artwork, and displays throughout the facility to reflect the people and regions it serves.

Water-saving plumbing fixtures and advancements in air ventilation technologies allowed the project to easily achieve typical LEED points, but the project's sustainability highlights lie in the innovative community-based strategies employed.

For example, the hospital utilizes waste heat from the local power plant and often goes months without needing to turn on its own boilers. In addition, YKHC's expanded hospital sits on the old employee housing site where all of the old housing materials were carefully disassembled, recycled, and distributed to the community for reuse. We are proud of our new LEED Healthcare Silver hospital!

MORE THAN \$3M IN COVID-19 HEROES BONUSES PAID TO EMPLOYEES

At YKHC, our employees work hard every day towards our mission: Working together to achieve excellent health. We value the work they do and are excited to provide bonuses for their extra efforts during COVID-19. Read below for more from YKHC President and CEO Dan Winkelman, as shared in an email to employees.

“For the third year in a row, we paid a COVID-19 Heroes Bonus to you, our Heroes! Over \$3 million was paid to eligible staff today. Depending upon your continuous length of service, individual bonuses ranged from \$500 to \$5,500.”

“YKHC employees have received increases in compensation in eight of the past nine years, unprecedented for YKHC and

as measured against our peers. According to a 2021 national salary survey conducted by the Korn Ferry Hay Group, for the first time in the company’s history, we were able to ensure all staff were being paid at the 50th percentile of market or higher for their positions when compared to other similar positions across Alaska and the nation. Indeed, many more positions were paid in the 70th to 90th percentiles when compared against other Alaska health organizations. YKHC has been able to accomplish this due to our very strong financial position and the great work that you do every day for our customers.”

“Quyana for your continued service to our 30,000 customers and choosing YKHC as your employer.”

YKHC SCHOLARSHIPS AND AWARD RECIPIENTS

YK-AHEC is currently accepting applications for our next round of scholarship awards. The next application deadline is June 1, 2023. To learn more and apply, visit our website: www.ykhc.org/work/education/.

Undergraduates can receive up to \$11,000 and graduate students may qualify for up to \$19,000. Applications are open to Tribal members and descendants of villages served by YKHC, employees of YKHC in good standing and all Alaska residents. Preference is given to Tribal members of local YKHC communities.

Read below to learn more about two individuals who were awarded scholarships for the Fall 2022 semester – Mariaana Guerrero and Canaar Chanar.

Mariaana Guerrero

It feels amazing to be awarded the YKHC scholarship as I used to work for YKHC and left four years ago to pursue a higher education to become a nurse. During my time at YKHC, I worked in various positions in the Outpatient Clinic, CHAP Well Child/Immunization, Human Resources and Behavioral Health departments. I have also explored other non-healthcare fields and find myself gravitating back to direct patient care. My goal of becoming a nurse was strongly influenced by my first-hand experience with trauma and recognizing the value of healing, and also realizing that we needed more Alaska Native nurses in the healthcare field. I am currently pursuing my Associate’s Degree in Nursing at Alaska Pacific University and am on track to complete my nursing program by December 2023 or Spring 2024, at the latest. Once I’ve obtained my degree, my plan is to return to the YK-Delta and serve our re-

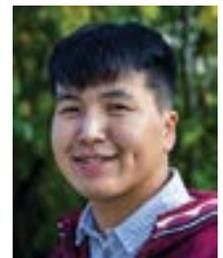


Mariaana Guerrero

gion. Thank you for this scholarship. I am so excited that I am pursuing a nursing career as it has been a lifelong dream!

Canaar Chanar

I grew up in the village of Toksook Bay. When I graduated from high school, I wanted to further my education and enrolled at the University of Alaska Fairbanks. A lot of the topics in the program focus on rural Alaska. We learn new skills on how to address challenges in rural communities and how to alleviate them. My goal is to go back to my home region and work with an organization whose mission and values are in alignment with mine, which center on improving the life quality of rural people and communities.



Canaar Chanar

When I was growing up, there were so many things that I wanted to work on to create positive changes in the region that is home to me. I am forever grateful for the financial assistance I received from the YKHC scholarship award because it helped me to stay in school, focus on my classes and finish the semester.

This scholarship award is helping me finish my Bachelor’s degree and continue to pursue my goal to work with rural communities. The final semesters for my undergraduate studies has been so challenging and so rewarding. I am excited that I am learning things that will help me serve in my region and in other rural communities throughout Alaska.

HEALTHY LIVING

A LOOK AT EYE AND HEART HEALTH

Prepared by Alaska Heart and Diabetes Coalition

Revised by Heather McMillion, MS, RD, LD, CDCES, YKHC Diabetes and Prevention Department

High blood pressure (hypertension) is a risk factor for heart disease and stroke, but did you know that uncontrolled blood pressure can damage your eyes?

Your eyes contain many tiny blood vessels. According to the American Heart Association, **high blood pressure** can damage these tiny blood vessels and cause eye problems such as the following:

Blood vessel damage (retinopathy): A lack of blood flow to the retina, the light-sensitive layer of tissue at the back of the eyeball, leads to blurred vision or the complete loss of sight. People with **diabetes** and high blood pressure are even more likely to develop this condition.

- **Fluid buildup under the retina (choroidopathy):** This buildup of fluid under the retina results in distorted vision or, in some cases, scarring that impairs vision.
- **Nerve damage (optic neuropathy):** Impaired blood flow can damage the optic nerve which may lead to dead nerve cells in the eyes and cause temporary or permanent vision loss.

In addition to harming the eye, high blood pressure can also cause a **stroke**, which can damage the area of the brain responsible for vision.

Effectively managing your blood pressure and seeing your eye doctor for an annual checkup can help keep your eyesight healthy. Contact YKHC Optometry at 907-543-6336 to schedule your next eye exam.

Diet can improve blood pressure

A heart-healthy eating plan, such as the Dietary Approaches to Stop Hypertension (DASH) Eating Plan, is recommended to help improve blood pressure. This plan includes:

- Intake of fruits, vegetables, and whole grains
- Intake of fat-free or low-fat dairy products, fish, poultry, beans, nuts, and vegetable oils
- Limited intake of foods high in saturated fats
- Avoidance of foods containing trans fats
- Limited intake of sugar-sweetened beverages and foods
- Limiting sodium intake to 2300 mg per day

HEALTHY RECIPE: Mixed Vegetable Bake

Ingredients:

- Cooking spray
- 1 pound potatoes, cut into 1/8-inch slices
- 1 large onion, cut in half and then into 1/4-inch slices
- 2 medium carrots, cut into 1/4-inch slices
- 1/8 cup olive oil
- 2 teaspoons finely chopped garlic
- 1 teaspoon dried thyme leaves
- 1 teaspoon dried tarragon leaves
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 medium bell pepper, cut into 1/4-inch slices
- 1 medium zucchini, cut into 1/4-inch slices



Preparation:

1. Heat oven to 400°F.
2. Spray bottom of 13 X 9-inch (3 quart) baking dish with cooking spray.
3. Place potatoes, onions, and carrots in baking dish.
4. Toss potatoes, onions, and carrots with half of the oil, garlic, thyme, tarragon, salt, and pepper.
5. Bake for 10 minutes.
6. While potatoes, onions, and carrots are baking, add bell pepper and zucchini to a medium bowl.
7. Toss bell pepper and zucchini with remaining oil, garlic, thyme, tarragon, salt, and pepper.
8. Add the bell pepper and zucchini mixture to the potatoes, onions, and carrots in the baking dish.
9. Bake 30-35 minutes or until vegetables are tender, stirring halfway through bake time.

Notes:

- Olive oil is one of the healthier oil choices, but other oils/fats may be substituted.
- If some of the vegetables are not available, they can be omitted.
- If some of the spices are not available, they can be omitted. The flavor of the dish will vary based on the spices used.

Adapted from - <https://www.bettycrocker.com/recipes/mixed-vegetable-bake/6682d5d7-08e2-4b0d-a2c8-7ad2f6c0b80d>

A FEW FACTS ABOUT CONGENITAL HEART DEFECTS

by Maureen A Whitmer RNC-OB, BSN, OB Nurse Manager

Congenital Heart Disease Awareness Week takes place February 7-14, 2023. It's a time to recognize children born with cardiac irregularities and highlight the treatments and advancements that have allowed these babies to survive and thrive.

- Congenital is defined as “existing at birth”.
- A congenital heart defect results when the heart, or blood vessels near the heart, don't develop as expected.
- Worldwide, more than 1 million babies are born each year with a congenital heart defect.
- It's the most common birth defect, and the most common cause of infant death among birth defects.

Critical congenital heart disease (CCHD) is a term that refers to a group of serious heart defects that are present from birth. These abnormalities result from problems with the formation of one or more parts of the heart during the early stages of embryonic development.

CCHD prevents the heart from pumping blood effectively or reduces the amount of oxygen in the blood. As a result, organs and tissues throughout the body do not receive enough oxygen, which can lead to organ damage and life-threatening complications. Individuals with CCHD usually require surgery soon after birth.

Although babies with CCHD may appear healthy for the first few hours or days of life, signs and symptoms soon become apparent. These can include an abnormal heart sound during a heartbeat (heart murmur), rapid breathing (tachypnea), low blood pressure (hypotension), low levels of oxygen in the blood (hypoxemia), and a blue or purple tint to the skin caused by a shortage of oxygen (cyanosis).

If untreated, CCHD can lead to shock, coma, and death.

MedlinePlus [Internet]. Bethesda (MD): National Library of Medicine (US); [updated 2020 Jun 24] Critical Congenital Heart Disease [updated 2020 Aug 1; cited 2022 Nov 1] Available from <https://medlineplus.gov/genetics/condition/critical-congenital-heart-disease/#references>



YKHC employee, Charly Baird, RNC-OB, works with infant, Laurentia Beans, during critical congenital heart disease procedure

However, most people with CCHD now survive past infancy due to improvements in early detection, diagnosis, and treatment.

At YKHC, the OB Unit routinely performs a CCHD screening for your newborn 24 hours after birth, using a machine called a pulse oximeter, with sensors placed on the baby's skin. The test is painless and takes only a few minutes.

If you have questions about congenital heart disease, speak with your YKHC healthcare provider.

STUDENTS LEARN ABOUT TOBACCO DEPENDENCE

by Venassa Yazzie, Community Outreach Specialist

On December 6 and 7, YKHC's Tobacco Prevention and Cessation department partnered with Rural Alaska Community Action Program (RurAL CAP), to provide six tobacco prevention presentations to more than 175 students.

The two day tobacco prevention outreach for grades 4–12 took place at three area schools (Bethel Regional High School, Ayaprun and Kuskokwim Learning Academy).

The guest speaker was Charlie Ess, Wellness Coordinator with RurAL CAP. He explained how nicotine dependence develops, talked about the health impacts of vaping, and shared his own personal quit story.

Data from the CDC show more than a third of Alaskan teens have used some form of tobacco product and the state of Alaska statistics also shows more Alaskan teens are using e-cigarettes than ever before, despite the health risks. If you,

see **TOBACCO**, p. 13



Qavartarvik Customer Lodging

October 2022 - January 2023



North elevation



Roof decking complete, ready for roofing to start

Project Accomplishments

November 2022

- Began installation of roofing and windows.
- Set up temporary heat to start interior rough-in work at the north half of building.
- Continued plumbing and electrical rough in below building.

December 2022

- Completed roofing and window installation.
- Started drywall at top of walls on 3rd floor.
- Began rough-in of mechanical, plumbing and electrical on 3rd floor.

January 2023

- Started restroom wall framing and rough-in at 3rd floor guestrooms.
- Began installation of insulated metal panels under the building.
- Began high drywall on walls and ceilings of 1st and 2nd floors.



Insulated roofing installation under heated tent



Hangers and plumbing rough-in below the building

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)							



Installation of insulated metal panels under the building



Exterior siding progressing



Siding installation on the east elevation

SEXUAL ASSAULT RESPONSE TEAM OFFERS EXPANDED SERVICES TO SUPPORT SURVIVORS

Dr. Jennifer Prince, medical director of the Medical Sexual Assault Response Team (SART), was elated. All of the members of her team who took the Sexual Assault Nurse Examiner (SANE) exam last fall passed.

Now there will be five Certified SANEs working at YKHC, including two who are certified to collect forensic evidence from both adults and children. Only 2,320 people in the United States are SANE-certified and only 518 of those are trained to work with both adults and children. Just eight of those are found throughout the entirety of Alaska.

SART teams are formed to meet the immediate and long-term needs of victims of sexual violence. SART Teams are one-of-a-kind to the communities in which they are based, but work toward the same three overarching objectives: helping victims, making offenders take responsibility, and improving community safety.

With the addition of new SART nurses and a social worker to the SART team, YKHC is in a stronger position than ever to support individuals who have experienced sexual violence.

The medical SART team has previously only operated out of Bethel, but thanks to a recent grant from the Office of Victims Services, they are now able to continue expanding their services to the Sub-Regional Clinics and perhaps even to other villages through the TeleSAFE program.

In addition to working with adults who have survived a sexual assault, Dr. Prince and the rest of the SART team are responsible for the establishment of The STAR Clinic, which was designed to ease the effects of traumatic experiences, encourage healing, and advance advocacy on behalf of children experiencing abuse and neglect. The clinic's name comes from its mission statement, "Surviving and Thriving while At Risk," and is located at the Bethel Child Advocacy Center, *Irniamta Ikayurva*.

At a Children's Advocacy Center, a team of professionals—child protection experts, law enforcement, prosecution, victim advocacy, medical and mental health and SANE



Farah Sears MSN, FNP, SANE-A, SANE-P, is one of five Certified Sexual Assault Nurse Examiners working at YKHC.

nurses—provide children and their families with comprehensive services in a child-friendly environment. Services may include child-friendly forensic interviews, provide medical evaluations and assessments, offer mental health services, and refer clients to other service providers.

The SART process is about taking a step forward, not just in healing from trauma, but in feeling empowered and more prepared for whatever lies ahead. With assistance, survivors can find newfound hope and strength, taking back ownership of their story and ultimately building a full life after suffering such an insidious form of violence. Ultimately, Dr. Prince and the rest of the SART team seek not just to provide basic aid, but every possible opportunity for survivors of sexual assault to move forward knowing they are validated and supported.

WE WANT TO HEAR FROM YOU

There are several ways to provide feedback:

- After your visit, take the survey for Qless, if you registered on your smart phone.
- E-mail us at customer_feedback@ykhc.org
- Download a feedback form at www.ykhc.org/comment
- Mail a comment form to P.O. Box 287 • Bethel, AK 99559
- Or fax a feedback form to 907-543-6366

CHAP NEWS

YKHC HOSTS COMMUNITY HEALTH AIDE WELLNESS RETREAT

by Asela Calhoun, CHAP Director

On November 12 and 13, 2022, YKHC's Community Health Aide Program (CHAP) Field Supervision and Behavioral Health partnered to offer a two-day Community Health Aide Wellness Retreat focused on positive practices for living with stress and trauma.

The retreat was held in Anchorage, with nine Health Aides participating and three presenters/facilitators. Facilitators included Joseph Okitkun, CHP/ FS coordinator, Tamara Ayapan, CHP, BHA, and Asela Calhoun, PhD.

Topics covered during the event included resilience and cultural connection to the YK Delta, emotional intelligence, somatic (body) movement for relaxation and dealing with stress, mindfulness and mental health, dealing with stress with a positive attitude, self-care and self-worth exercises, Ciunerkami Caningqaug, visualization, life balance, and more.

All presenters used interactive exercises to enhance and support learning and positive behavioral practices.

The evaluations were excellent. Participants were refreshed and enthusiastic—a resounding success!



Asela Calhoun, Director, Community Health Aide Program/Education at YKHC, speaks to Health Aides during wellness retreat in November 2022.



Nine Health Aides participated in two-day wellness retreat, which took place in Anchorage.

MEKORYUK HEALTH AIDES RECOGNIZED AT AFN CONFERENCE

During the 9th Annual Tribal Conference in Anchorage October 19, the Alaska Federation of Natives (AFN), joined by YKHC's Board of Directors and leadership, honored Mekoryuk Health Aides Linda and Shara Davis for their heroic front-line response during the COVID-19 pandemic.

Upon initial roll-out of lifesaving COVID-19 vaccine, this mother-daughter healthcare team were able to help their community achieve a 98% vaccination rate.

On behalf of the organization, YKHC Board Chair Walter Jim and President & CEO Dan Winkelman commended the in-



Mekoryuk Health Aides Linda and Shara Davis were recognized by Alaska Federation of Natives during conference in November.

credible heart and commitment of these exceptional community health practitioners. Quyan to AFN's co-chair Ana Hoffman for presenting this recognition, along with a beautiful piece of art by Yup'ik artist Ossie Kairaiuak.

HEALTH AIDE OF THE MONTH FOR AUGUST, 2022: Faith Andrews, Mountain Village

by Geraldine Woods, CHA Trainee, Mountain Village Clinic.

Faith Andrews started with the Community Health Aide Program in 2021 based out of Mountain Village. She is currently a certified Session 1 Community Health Aide.

For this month I would like to recognize Faith Andrews, CHA I. Faith has shown dedication and persistence in her work here at the clinic since I've been working with her. Faith always has a positive attitude, she never complains and always replies with a smile and "I can do it!"

She has shown excellent skills with patient care. I was especially impressed when I saw her place a pediatric IV with confidence, something even veteran Health Aides find challenging.

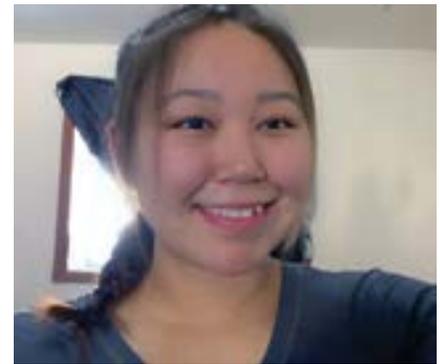
She has told us many times that she enjoys being busy and has shown excellent patient care.

She is always willing to learn new things and always ask-

ing what else there is that she can do. Her attitude and eagerness are something that is rare to see in this field nowadays, I know that Faith is and always will be a great asset to the YKHC CHAP department.

Faith's optimism and compassion align well with YKHC's values.

Quyana, Faith, for your hard work.



Faith Andrews, CHA I.

YK DENTAL HEALTH AIDE THERAPIST RECOGNIZED AS RISING STAR

by Judith Burks, DDS, DHAT Coordinator

Dental Health Aide Therapist Kathrine Levi was presented with the Rising Star Award at a ceremony in Anchorage on Nov. 9, 2022.

The Dental Health Aide (DHA) Rising Star Award recognizes a DHA who has been employed fewer than five years and who demonstrates excellence in their role by continuously delivering exceptional patient care, has somehow improved the healthcare delivery system and enhanced the level of care in their community, and has demonstrated balance between work and personal life.

Applications for these awards are accepted from programs around the state and Kathrine Levi was chosen as this year's award recipient!

Kathrine Levi is a Dental Health Aide Therapist (DHAT) stationed in Aniak who has spent many weeks travelling to the surrounding villages. Many patients have complimented the excellent care she provides. Patients rave about how knowledgeable she is and love the way she talks them through treatment. By providing patient knowledge, she is able to gain their trust.

Kathrine is very detailed, patient and amazing with kids. She takes her time to be gentle with children to prevent them from being afraid. She consistently displays compassion. She



From left to right: Judith Burks, DDS, DHAT Coordinator; Victoria Hardwick, DDS, Deputy Dental Director; Kathrine Levi, DHAT; Patty Smith, VP of Outpatient Health and Village Travel; and Tucker Burnett, DMD, Dental Director.

truly cares about her patients and goes above and beyond expectations to do everything she can to get them the most care possible and the best care possible. We are very lucky to have her on our team. Congratulations Kathrine! Thank you for all that you do.

RABIES IN THE YK DELTA

Rabies is a fatal disease caused by a virus that attacks the nervous system. The rabies virus is always present in western Alaska fox populations.

In March, 2022, a red fox attacked a resident's dog in a community near Bethel and was suspected of having rabies. OEHE staff traveled to the community to revaccinate the dog and initiate a 45-day confinement period as per the State of Alaska Section of Epidemiology's protocol.

The fox was collected and shipped to the virology lab in Fairbanks where it tested positive for rabies.

The rabies virus is secreted in the saliva of an infected animal and can be transmitted through a bite or scratch, and though rare, can also be transmitted through exposure of the mucous membranes (eyes, nose and mouth) to the virus-containing saliva.

In the YK region, red and arctic fox typically transmit the virus to household pets through bites or scratches. These pets, usually dogs, then have the potential to bring the virus into the human population.

Since rabies is fatal in humans without treatment and not every dog in the region is vaccinated or has a current vaccination, all exposures must be investigated to rule out the possibility of a rabies transmission.

There are two forms of the rabies disease—furious and paralytic. If you are suspecting a possible rabies exposure, observe your pet for the following symptoms:

Furious

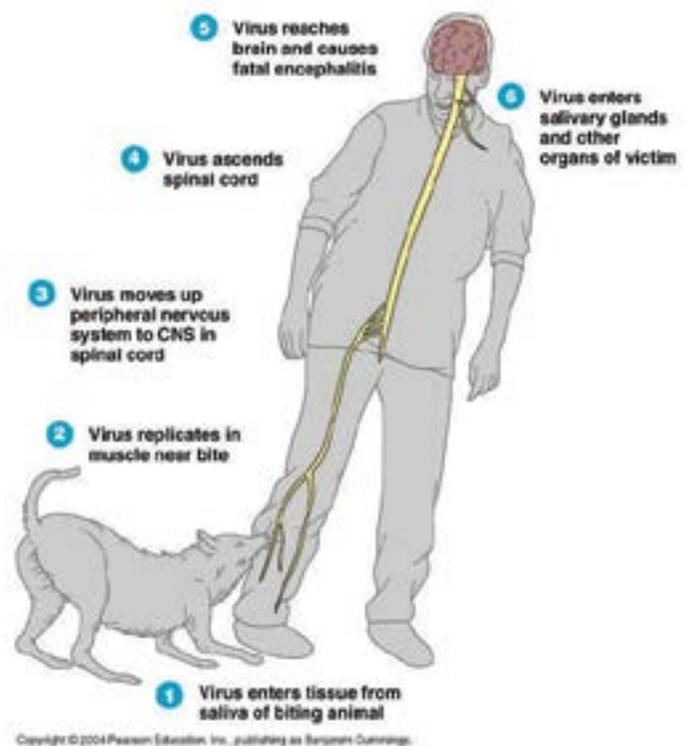
- Aggression
- Irritability
- Loss of appetite
- Foaming at the mouth
- Seizures

Paralytic

- Paralysis
- Staggering
- Loss of appetite

Rabies vaccinations are extremely effective at preventing the spread of rabies among animals and from animals to humans.

As part of their Rabies Prevention Program, OEHE provides vaccinations to hundreds of dogs and cats in the YK Delta every year, including a free rabies vaccination clinic in Bethel. The rabies vaccine can be given every year to dogs and cats three months old and up.



Pregnant animals can also receive the vaccine with no harm to the fetuses. After two consecutive vaccinations, the animal is protected for 3 years and should receive the vaccine every 3 years from that point on. Protect your pets, your family, your community, and yourself from the rabies disease by getting your pet vaccinated.

SEVEN TIPS FOR CREATING A HOME EMERGENCY PLAN

It's true that disaster can strike at any time. And 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 fires or severe flooding. In addition, determine if you need to make special accommodations for certain family members, such as elders, 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 may vary by situation. First, find safe places in your home for any situation where you would need to shelter in place. 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, 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.

5 Protect your pets.

When planning for an emergency, don't forget about your pets. Think about how you would try to protect your animals. You may consider including 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 fire in your home may be different than how you react to a flood that affects your whole village, so consider how you would respond to each. 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 and 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.

Source: National Safety Council

TOBACCO, from p. 7

like many other parents, are concerned about the vaping epidemic, help is available.

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 and FDA-approved medications to treat

nicotine dependence. Call 1-907-543-6312 for information on how to enroll

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

CONGRATULATIONS TO GRADUATES OF INAUGURAL LPN PROGRAM

Bethel's first Licensed Practical Nurse (LPN) program, the result of a collaboration between Alaska Pacific University (APU) and YUUT Elitnaurviat, started January 2022. Fast forward to 12 months later, we are happy to extend heartfelt congratulations to the four graduates of the inaugural LPN program.

Sonya Beaver, Kwadwo Adonu, Minnie Carter-Sharp are current YKHC employees. Lawrence Martin is returning to YKHC as an LPN with plans to work in the Long-Term Care facility. Prior to enrolling in the LPN program, Lawrence served as a community health aide in Atmautluk and Kasi-gluk.

A celebratory lunch and a candle lighting ceremony held in honor of these graduates was hosted by YUUT on December 7. A candle-lighting ceremony symbolizes the nighttime care Florence Nightingale gave to wounded soldiers by candlelight and reminds the graduates of the light that they become to their patients in times of illness and suffering. Graduates also recited the International Nursing Pledge.

The students' graduation ceremony was held at the Wendy Williamson Auditorium in Anchorage December 10.

These graduates' journey was not without struggles as they have had to juggle myriad responsibilities with work, family, and school, among other commitments to arrive at this juncture in their education journey. Upon passing the NCLEX-PN exam, graduates will be Licensed Practical Nurses.

The APU/YUUT program provided these soon-to-be fully



Candle lighting ceremony with LPN program graduates (L-R) Sonya Beaver, Kwadwo Adonu, Minnie Carter-Sharp, Lawrence Martin.

fledged LPNs knowledge and skills to fill essential roles in various healthcare settings. The primary job of an LPN is to provide routine care, assist doctors and registered nurses, observe patients' health, provide home-based care, and encourage preventative lifestyle modifications.

Given the many choices in the nursing field, an LPN certificate is a career pathway option for a certified nursing assistant. LPNs may continue their nursing career to become RNs by enrolling in an Associate's Degree in Nursing program.

A hearty congratulations to all our LPN graduates and much success as you move forward in your careers!

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)

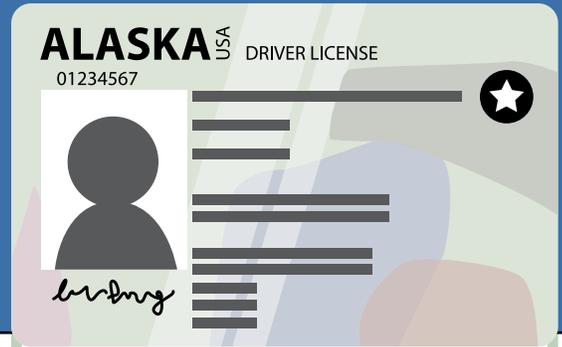
AFTER HOURS & HOLIDAYS:
 call YKHC Security
 907-543-6603

The shuttle is only for YKHC patients and will NOT make any stops other than the hotels, airport and hospital.

FOR EMERGENCY PLEASE CALL 911

REAL ID deadline extended to 2025

You now have until May 7, 2025, to get a REAL ID, two years later than the previous deadline. The REAL ID will be required to fly on commercial airlines (like Alaska Airlines), visit or work on a military base or other federal property. **YOU CAN GET YOURS NOW!**



What is a REAL ID?

A REAL ID is a license or identification card that meets the current security standards of the federal government established by the REAL ID Act.

How do I apply for a REAL ID?

All applicants, including current Alaska identification card holders, must **apply in-person** at the DMV and provide documentation, even if it was previously submitted.

To apply for a REAL ID card, you will need to present documents at the DMV to verify your:

Do I need a REAL ID?

You may already have another form of ID that is REAL ID compliant, such as a valid passport or valid military ID.

Check the Alaska Division of Motor Vehicles (DMV) website <https://online.dmv.alaska.gov/REALIdChecklist> for more details.

You will need a compliant REAL ID for all air travel beginning May 7, 2025.

Example documents include, but are not limited to:*

✓	Identity	1 document that contains: <ol style="list-style-type: none"> 1. Date of birth 2. True full name (first, middle and last) 3. U.S. citizenship or lawful status 	<ul style="list-style-type: none"> • Valid U.S. passport • Certified copy of U.S. birth certificate • Certificate of Naturalization or Certificate of U.S. Citizenship
✓	Social Security Number (SSN)	1 document that contains: <ol style="list-style-type: none"> 1. Name 2. Full SSN 	<ul style="list-style-type: none"> • Social Security Card • W-2 form • Pay stub with full SSN • Ineligible for SSN? A letter from Social Security showing ineligibility dated within 90 days will be required
✓	Alaska Residency	2 documents that contain: <ol style="list-style-type: none"> 1. First and last name 2. 1 document must be dated within the last 90 days 	<ul style="list-style-type: none"> • Rental or lease agreement • Utility bills • Employment document • Insurance document • Alaska Tribal Card (for non-standard remote Alaska addresses only, within the tribal area indicated on the card) <p>Note: Two documents must be presented and cannot be handwritten or a P.O. Box or mail cache facility</p>
✓	Name Change (if applicable)	Name change documents	<ul style="list-style-type: none"> • Marriage certificate • Certified Divorce Decree or Dissolution of marriage document that contains the legal name as a result of the court action

*Additional or different documentation may be required depending on your personal circumstances and the type of identification document you are applying for (such as a CDL). Please visit the Alaska Division of Motor Vehicles (DMV) website for a full list of acceptable documents and to determine which documents you should bring to the DMV for your REAL ID application: <https://online.dmv.alaska.gov/REALIdChecklist>
NOTE: Documents must be originals or certified copies and unexpired, unless otherwise noted.

Need to update or replace your documents?

Order your documents as soon as possible. Processing times vary greatly by agency and location, and expedited service is not always available.



How much does a REAL ID cost?

- Driver License REAL ID = \$40
- State Identification Card REAL ID = \$35
- Commercial Driver License (CDL) REAL ID = \$120
- Senior ID REAL ID = \$20

WHO'S COMING TO A CLINIC NEAR YOU?

The following providers will be bringing healthcare services closer to your home in the coming months. To schedule an appointment time, contact your village health clinic. Dates are subject to change dependent on weather or other scheduling issues.

January

Family Medicine

Sleetmute: Paula Loftis, FNP	1/2-6/23
Kalskag: L. Kat Robbins-Spann, FNP	1/3-10/23
Kotlik: Molly Lewis, PA-C	1/3-7/23
Kwethluk: Andra Goryl, FNP	1/3-6/23
Nightmute: Megan Stanley, PA-C	1/5-13/23
Grayling: Molly Lewis, PA-C	1/7-11/23
Newtok: Michelle Koszalka, PA-C	1/9-18/23
Russian Mission: Erin Newkirk, FNP, and Teresa Hunter, WHNP	1/9-10/23
Kotlik: Elizabeth Garie, FNP, and Megan Stanley, PA-C	1/9-27/23
Quinhagak: Andrea Goryl, FNP, and Leonard Glynn, FNP	1/10-19/23
Marshall: Erin Newkirk, FNP, and Teresa Hunter, WHNP	1/11-12/23
Chefornak: Paula Loftis, FNP	1/12-19/23
Napaskiak: Jessica Kelly, FNP	1/13-16/23
Chefornak: Paula Loftis, FNP	1/12-19/23
Kalskag: Blake Shahlie, PA, and Ronin Sullivan, PA-C	1/18-26/23
Tuluksak: Molly Lewis, PA-C	1/18-26/23
Tununak: Valerie Joyce, NP, and Faith Charlie	1/23-27/23
Kotlik: Elizabeth Garie, FNP, and Megan Stanley, PA-C	1/19-27/23

Pediatrics

St. Mary's: Justin Willis, MD, with resident	1/9-12/23
Alakanuk: Dr. Ndagano	1/31-2/3/23

Dental

Russian Mission: Kathrine Levi, DHAT	1/9-12/23
Chefornak: Allison Ayapan, DHAT	1/23-27/23
Chevak: Wilma Uisok, DHAT	1/23-27/23
Kwethluk: Dr. Hardwick, DDS, and Extern and 2 dental assistance	1/23-27/23
Marshall: Bernadette Charles, DHAT	1/23-27/23

Public Health Nursing

Kipnuk: Susi Peterson and Stephanie Won	1/11-12/23
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Physical Therapy

St. Mary's: Eliza Ellsworth	1/18-20/23
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Optometry

St. Mary's: Krystle Penaflor, OD, Kalistook OD with 5 students	1/9-13/23
Scammon Bay: Dalia Lucatero, OD, and 3 Optometry student	1/17-20/23
Kwigillingok: Pam Conrad and 3 optometry	1/23-27/23

February

Family Medicine

Kotlik: Erica Gutshall, WHNP	2/6-9/23
Russian Mission: Erin Newkirk, FNP, and Dianna Kirsteller, WHNP	2/13-14/23
Marshall: Erin Newkirk, FNP, and Dianna Kirsteller, WHNP	2/15-17/23
Chefornak: Valerie Joyce, NP	2/13-17/23
Chefornak: Valerie Joyce, FNP-BC	2/20-24/23

Dental

Akiak: Roham Mehregan	2/6-10/23
Pilot Station: Bernadette Charles, DHAT	2/6-10/23
Mekoryuk: Allison Ayapan, DHAT	2/13-17/23
Upper Kalskag: Kathrine Levi, DHAT	2/13-17/23
Akiachak: Niguyen, DDS, and Said Saenz, DMD	2/13-17/23
Chevak: Janette Utak, DHAT	2/6-9/23

Physical Therapy

Emmonak: Physical Therapist	2/7-9/23
Aniak: Physical Therapist	2/23-24/23

March

Family Medicine

Holy Cross: Rachael Youngblood, FNP, and Julia Fisher	2/27-3/3/23
Napakiak: Anne Komulainen, PA-C, and nurse	2/27-3/3/23
Mekoryuk: Valerie Joyce, NP	3/6-10/23
Hooper Bay: Nikolas Johs, MD	3/13-16/23
Mekoryuk: Valerie Joyce, FNP-BC	3/20-24/23
Russian Mission: Erin Newkirk, FNP, and nurse	3/20-21/23
Marshall: Erin Newkirk, FNP	3/22-23/23
Pilot Station: Marlo Castelo, PA-C and nurse	3/27-30/23

Pediatrics

Nightmute: Dr. Reahl, Peds, with nurse	3/20-22/23
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Dental

Chevak: Wilma Uisok, DHAT	2/27-3/3/23
Chevak: Janette Ulak, DHAT	3/6-10/23
Marshall: Bernadette Charles, DHAT	3/13-17/23
Nightmute: Allison Ayapan, DHAT	3/13-17/23
Grayling: Kathrine Levi, DHAT	3/20-24/23

Physical Therapy

Tooksook Bay: Physical Therapist	3/7-9/23
Hooper Bay: Physical Therapist	3/15-17/23



Yukon-Kuskokwim
HEALTH CORPORATION

TRIBAL GATHERING XXVII

SAVE *the* DATE!

Tribal Gathering XXVII

April 12-13, 2023

Yupiit Piciryarait Cultural Center, Bethel

YKHC's Tribal Gathering brings together tribal delegates to review health services, discuss ongoing improvements, and identify health priorities for the upcoming year.

Learn more at
www.ykhc.org/tribalgathering

