James Evan, a YKHC employee at the Napakiak clinic, is among the first to get the COVID-19 vaccine as part of Operation Togo. COVID Nurse Sarah Lind is giving the shot. Due to the temperature sensitive nature of the Pfizer vaccine, frontline healthcare workers were vaccinated and completed their 20-minute post-vaccination observation period on the village runways. Photo by Dr. Elizabeth Roll. See our vaccination timeline and COVID response on pages 6-7.
YKHC BOARD OF DIRECTORS

Unit 1
Mary Ayunerak
Alakanuk
Michael Hunt, Sr.
Kotlik

Unit 2
Geraldine Beans
St. Mary’s
John Matt Joe
St. Mary’s

Unit 3
Bonnie Persson
Upper Kalskag
Patricia Yaska
Chuathbaluk

Unit 4
Photo not available
Moses Owen
Akiak
James Nicori
Kwethluk

Unit 5
Stan Hoffman, Sr.
Bethel
Alton Alexie
Bethel
Walter Jim
Bethel
Chris Larson
Napaskiak

Unit 6
Seat Currently Vacant

Unit 7
Adolph Lewis
Kwigillingok

Unit 8
Abraham David
Mekoryuk
James Sipary
Toksook Bay

Unit 9
Patrick Tall
Chevak
John Utteryuk
Scammon Bay

Unit 10
Darren Cleveland
Quinhagak

Unit 11
Marvin Deacon
Grayling

Honorary Board
Member
James Charlie, Sr.
Toksook Bay

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

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

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

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

ADMINISTRATION & SUPPORT
Administration .................................................. 543-6020
Human Resources .................................................. 543-6060
Public Relations .................................................. 543-6013
Travel Management .................................................. 543-6360

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

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The Messenger is also available for download on our website at www.ykhc.org/messenger.

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This institution is an equal opportunity provider.

ATTENTION: If you speak Yup’ik, free translations services are available to you. Call 907-543-6603.
YKHC began vaccinating Phase 1A on December 17 and finished vaccinations of everyone in Bethel and all villages who wanted it the following week. Phase 1A included Elder Home residents and health care workers. We also vaccinated elders in congregate living areas. At YKHC’s urging, Phase 1B began in Bethel on December 23, which was individuals 65 years of age and older. On December 28 we began vaccinating Phase 1B essential workers and continued vaccinations of individuals 65 years of age and older in Bethel. Later that week we also flew to villages to begin vaccinations of both individuals 65 years of age and older and essential workers. YKHC’s vaccination plan began very fast and is far ahead of most other areas in Alaska and the United States. We will do our best to continue with that fast and safe pace.

Our village vaccination trips to our 50 member villages will ramp up significantly in January with YKHC vaccination teams filling both scheduled and charter aircraft. This plan is dependent on YKHC continuing to receive timely doses from our state and federal partners in January and February. We have been authorized to continue using all our doses for our first round of vaccinations and promised additional doses for our second round, but, unfortunately, we do not know exactly when our additional doses will arrive.

Alongside the vaccination of Phase 1B essential workers in Bethel, I received my first dose of the COVID-19 vaccine on December 28. As children, we all received vaccinations to prevent measles, mumps, rubella, Hib, polio, hepatitis A & B and other horrible infectious diseases. Just as I received those vaccinations when it was my turn, I took the COVID-19 vaccine to protect myself, my family and my neighbors. I strongly urge you to take the COVID-19 vaccine when it is your turn.

BETHEL ELDERS
Bethel-based elders, age 65 and older, can schedule a vaccination by calling the COVID-19 hotline at 543-6949. The COVID-19 hotline is staffed Monday–Friday from 8 a.m. to 8 p.m., except holidays. If your call is not immediately answered, please leave a voicemail with a phone number and your call will be answered within three business days. Thank you for your patience as YKHC manages an increased volume of phone calls during this time.

VILLAGE ELDERS
For village-based elders, age 65 and older, YKHC will call eligible elders to schedule vaccinations. We are coming to you!
COVID-19 UPDATE

THE VACCINE: WHAT YOU NEED TO KNOW

COVID-19 is a contagious disease caused by the novel coronavirus SARS-CoV-2. It is a respiratory illness that can affect other organs in the body. People with COVID-19 have reported a wide range of symptoms, from mild symptoms to severe illness. Symptoms may appear 2-14 days after exposure to the virus. Symptoms may include fever or chills, cough, shortness of breath, fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

Why get vaccinated?

Vaccines can prevent disease. This year hundreds of thousands of people have died from this COVID pandemic virus, and more are hospitalized.

Healthcare personnel (HCP) are at increased risk of SARS-CoV-2 infection due to frequent interactions with patients and other staff in the healthcare setting. A key component of controlling the pandemic and protecting the U.S. healthcare workforce is deployment of a safe and effective SARS-CoV-2 vaccine.

The SARS-CoV-2 vaccine by Pfizer was granted an Emergency Use Authorization (EUA) on December 11 by the U.S. Food and Drug Administration.

Vaccine background

Pfizer-BioNTech and Moderna’s COVID vaccines use synthetic Ribonucleic acid (RNA) messengers that use genetic code from the coronavirus to prompt human cells to generate a so-called “spike” protein found on the outside of the virus. This sets off an immune response from the body, which eventually blocks the actual coronavirus from latching onto cells. It is not possible to get COVID-19 from the vaccine.

Common vaccine reactions:

- injection site pain
- joint pain
- feeling unwell
- tiredness
- fever
- swollen lymph nodes (lymphadenopathy)
- headache
- injection site swelling
- muscle pain
- injection site redness
- chills
- nausea

The COVID vaccine is thought to be more reactogenic than the flu vaccine. This means it will cause the above temporary side effects in more people. This is an indication that the vaccine is working as expected.

The side effects may be uncomfortable for a day or two. Consider using an ice pack on the injection site and taking acetaminophen to alleviate the temporary symptoms.

Any person who has a significant history of serious allergic reaction to injectable medication should not get the COVID vaccine.

FREQUENTLY ASKED QUESTIONS (FAQ)

Do I still have to wear a mask?
Yes! We do not know much about this virus. Wearing mask will keep you and others safe.

Will I have to quarantine?
Routine quarantine after travel will not be required but you may still be required to quarantine after exposure, more information to come.

Will I still have to be tested for COVID-19 after I’m fully vaccinated?
Yes, if you have symptoms we will still recommend testing, but routine surveillance testing will not be needed.

How long will immunity last?
We won’t know how long immunity lasts until we have more data on how well it works.

If I have been vaccinated, can I still spread COVID-19?
It remains unclear if those who have received the vaccine can still spread the virus. The CDC will keep the public informed as new evidence becomes available.

Should I get a vaccine if I have a history of severe allergic reactions to any injectable medication?
No! At this time we are advising these individuals to not get vaccinated.

Can I get a dose of Moderna vaccine if my first dose is a Pfizer vaccine?
No. You must get the second dose from the same manufacturer.

See COVID UPDATE, p. 11
PJCP CONSTRUCTION

The construction of an elevated covered walkway at the east employee entrance is complete and the area is open for use. Sprinkler piping and the metal roof will be complete this month. Artwork along the railings will be complete in the spring. The connector continues to be used for access from the clinic main entry to the Emergency Department waiting room, Diagnostic Imaging, and the Servery.

HOSPITAL RENOVATION

The new hospital Security area, the Emergency Department Fast Track, Performance Improvement, Medical Records and Preventive Care departments remain in the renovation phase with finishes for sprinkler, lighting, ceiling electrical and low voltage devices, radiant heat panels, and flooring in select areas continuing while painting is completing.

The Emergency Department waiting area remains partially open, awaiting their added space with the completion of the Fast Track area.

The new hospital south entry rebuild continues with taping and painting of walls followed by ceiling grid systems. At the new café and dining area, between the current Grab-N-Go and Gathering House, wall framing is complete, electrical and plumbing rough-in is being completed with drywall, tape and paint.

The old pharmacy area has been designed for new lockers, restrooms, a staff lounge, conference room, training room and workshop for medical equipment maintenance and repair; and work continues with plumbing insulation, tape and paint of new walls to be followed with ceiling system grid. Installation of new equipment and cabling in the new main communication server room was scheduled to start in December.

YKHC vacated much of the maintenance garage as the existing electrical gear and old generators were removed to make way for new compressed oxygen bottle storage and compressor rooms. The new oxygen generator was installed in the garage temporarily to supplement the existing compressor due to high demand for oxygen during this time of pandemic.

Installation of arctic pipe for new fire hydrants in front of the hospital is complete. Demolition of the temporary sterilization rooms began in early December, making way for the new morgue rooms. Utility rework and rough-in is ongoing. YKHC is providing the new morgue equipment.
A Closer Look

Operation Togo and the COVID Vaccine Deployment

On December 10, The US Food and Drug Administration (FDA) provided initial emergency approval for use of Pfizer's COVID-19 vaccine. This vaccine offers life-saving protection for frontline healthcare workers, Alaskans at risk of severe illness, and the public.

December 10
YKHC President & CEO Dan Winkelman would like to extend his and the organization’s appreciation to the Kuskokwim Campus UAF and Acting Director Linda Curda for temporarily loaning its ultra cold freezer to YKHC. The use of this freezer will help to maintain the stability of the Pfizer/BioNTech life-saving vaccine, which must be stored at -70F.

December 16
YKHC received one tray of COVID-19 vaccine directly from Pfizer via UPS and two trays of COVID-19 vaccine from the State of Alaska as part of YKHC’s allocation from the Indian Health Service. Each tray contained 975 doses of the vaccine. Community Health Practitioner Virginia Lozano and Vaccine Distribution Technician Mary Horgan received the shipment.

December 17
YKHC began vaccinations of Bethel-based Phase 1A eligible healthcare workers and residents and staff of the YKHC Long Term Care center in Bethel. 82-year old Xenia Jackson of Kasigluk, a Long Term Care resident and former Health Aide, shared this moment with us. Before her COVID-19 vaccine, Xenia spoke about the importance of vaccines and reminisced on the years she offered this important care to her community. Xenia said she has encouraged her family to get the COVID-19 vaccine because it can protect them from “the big sickness.”

December 18
YKHC deployed Operation Togo, our inaugural flights to vaccinate village-based healthcare workers. YKHC sent three charters to the villages of Marshall, Pilot Station, Mountain Village, Napakiak, Napaskiak, Kwethluk, Nunam Iqua and Emmonak. A total of 47 vaccinations were given during this first deployment. The initial flights fine-tuned our processes for distributing this life-saving and fragile vaccine across our service area.

December 19
YKHC continued Operation Togo, traveling by two charters to Hooper Bay, Chevak, Scammon Bay, Newtok, Nightmute, Toksook Bay, and Mekoryuk to vaccinate village-based frontline healthcare workers. One of the planes traveled to Chefornak, but were unable to land due to inoperable runway lights. Due to the temperature sensitive nature of the Pfizer vaccine, frontline healthcare workers were vaccinated and completed their 20-minute post-vaccination observation period on the runway.

December 23
YKHC began COVID-19 vaccinations for Bethel elders age 65 and older. Our facility was filled with a sense of hope and relief, clapping, and a few tears (from both YKHC staff and grateful elders). Although we have a long road ahead of us to move beyond COVID-19, we will make it together. YKHC is here for you and your family.
TESTING TO VACCINATION: YKHC Battles the Coronavirus

Drive-up tent testing in Bethel.
Andrea Goyle, NP, with swab ready.
William Ford, NP, well-protected.

Operation Togo delivers vaccine in Atmautluak.
Dr. Elizabeth Roll with the vaccine in Napakiak.
Frontline healthcare workers like Social Worker Marcia Coffey were in group 1A for the vaccine.

Two at a time.
Chief of Staff Dr. Ellen Hodges and our team would like to say quyana to Bethel’s Buck Bukowski for the delicious cake!
HEALTHY LIVING

CHOPPED: At Home Healthy Food Challenge

What better way to spend a cold day indoors than participating in the CHOPPED! at home challenge.

Cooking at home with whole ingredients increases the nutritional value of meals and is an opportunity to spend time together as a family. The goal of the challenge is to create a balanced meal by including the ingredients from each of the categories listed below. To receive a prize, take a picture of each food item you choose as well as the final product and email it to Diabetes_Program@ykhc.org!

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Pro-tip</th>
<th>Health Benefits</th>
</tr>
</thead>
<tbody>
<tr>
<td>Choose a canned food high in fiber</td>
<td>Check out the Nutrition Facts label to find out how many grams of fiber are in each serving:</td>
<td>Fiber is the indigestible part of food derived from plants. It promotes healthy bowel movements, improves heart health, and helps regulate blood sugars.</td>
</tr>
<tr>
<td>Choose a food rich in vitamin D</td>
<td>MEAT, MILK, EGGS, DAIRY</td>
<td>Vitamin D supports strong and healthy bones. Sun exposure is a major source of vitamin D but it can also be found in food.</td>
</tr>
<tr>
<td>Choose an orange vegetable</td>
<td>YAMS, CARROTS, BELL PEPPERS, PEARS, BEETS</td>
<td>Orange vegetables are rich in vitamin A. This vitamin is important for eye health and it supports a healthy immune system.</td>
</tr>
<tr>
<td>Choose a subsistence plant food</td>
<td>Vitamin C, found in many tundra plants, helps the body use iron. Rich sources of iron include meat from seal, moose, caribou, liver and other organ meats.</td>
<td>Subsistence foods provide nutritional and physical benefits, as well as comfort. Many tundra plants and berries are sources of vitamin C and fiber.</td>
</tr>
</tbody>
</table>

1. High fiber means greater than 4 grams per serving
2. Blood sugar is affected by what you eat. Eating too much added sugar or packaged/ready-to-eat foods increases your blood sugar. Frequently elevated blood sugars damages body systems and increases the risk of developing chronic diseases.
3. The immune system is a collection of processes in your body that protects against disease.

Your flu shot protects me, my flu shot protects you.

YKHC urges all residents of the YK Delta to receive their flu shot this season.

COVID-19 and the seasonal flu have very similar symptoms. Simultaneous COVID-19 and flu outbreaks in our communities this winter could easily overwhelm local medical capacity. You can help prevent this from happening, while protecting the health of yourself and others, by receiving your flu vaccine.
CEO ANNOUNCES LUMP SUM BONUS FOR QUALIFIED EMPLOYEES

Dear Team:

I am pleased to announce that based on the company’s 2020 performance and more importantly, based on your fantastic performance in helping with our company’s COVID-19 response, each qualifying employee will receive a Heroes lump-sum bonus payment. You’ve earned it!

I hope you continue to be motivated and accept this payment as a reward for your extraordinary efforts in combating COVID-19 and choosing YKHC as your employer of choice, despite the added risks created by the pandemic and increased demand for health care workers elsewhere. On behalf of our 30,000 customers, thank you!

There are three levels of compensation, depending on length of continuous service as of December 31, 2020:

• Employees who have worked more than one year and with less than three years of continuous service shall receive $1,500;
• Employees with at least three years, but less than six years of continuous service shall receive $3,500; and
• Employees with at least six years of continuous service shall receive $5,500.

As always, all amounts are subject to applicable taxes and withholdings. Eligible employees can expect payment in January of 2021.

In years past, when YKHC was able to have an annual employee raise, most were done as a percentage increase to base pay ranging from one to three percent. This year, we have decided upon a one-time, discretionary lump-sum bonus. This means instead of being paid out in smaller amounts throughout the next year, you will receive your entire bonus immediately.

In 2015, and after four years of no raises, we had a 2.5 percent merit increase. In 2017, we had a lump-sum increase of $1,500. In 2018, we had a 2 percent merit increase which was paid out in early 2019.

We were not able to pay a merit raise based on 2019’s performance because of the COVID-19 pandemic that affected our patient census in early 2020. With this 2020 Heroes bonus, however, it is the first time in the company’s history we have been able to have increased employee compensation in five of the last six years.

There are numerous details regarding your possible eligibility. You can expect to receive an email from Human Resources that lists all eligibility requirements and the date of payment.

After right-sizing the company this past summer, we were well positioned financially to deal with a decreased customer census this fall and winter. We expect customer census to continue to be depressed over the next several months of the COVID-19 pandemic. However, we have planned for that occurrence.

I hope each of you, our heroes, have a wonderful, socially-distant holiday season and quyaná for making YKHC a great company!

Dan Winkelman, President & CEO

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
WINTER SAFETY TIPS

Shoveling Snow

With snow storms, and even every day, run-of-the-mill snowfalls, comes a risk of death by shoveling. Picking up a shovel and moving hundreds of pounds of snow, particularly after doing nothing physical for several months, can put a big strain on the heart.

- Do not shovel after eating or while smoking.
- Take it slow and stretch out before you begin.
- Shovel only fresh, powdery snow; it’s lighter.
- Push the snow rather than lifting it.
- If you do lift it, use a small shovel or only partially fill the shovel.
- Lift with your legs, not your back.
- Do not work to the point of exhaustion.

What should I be aware of while traveling by snowmachine?

- The fact that each year residents are involved in accidents and some deaths while traveling this way.
- Weather and trail conditions,
- Avoid ice that is slushy, near moving water, layered, or ice that has thawed and refrozen. Only travel on clear, thick ice.

How can I be prepared for traveling by snowmachine?

- Prevent exposure resulting in hypothermia by dressing appropriately: Inner layer to wick moisture from the skin— synthetic or wool. Middle layer to provide additional insulation and absorb moisture—cotton or wool. Outer layer to protect from wind, wet and cold—nylon or oilskins.
- Do not travel alone,
- Complete an outing assessment and trip plan,
- Conduct a pre-ride inspection to include oil and fuel levels,
- Wear safety gear including helmet and goggles.

Speed considerations: Speed should be maintained according to weather and terrain conditions and the ability of the operator.

Safety Tips for Snowmachines

Why is snowmachine safety important?

- It is a very common form of travel between villages
- Isolation, weather and trail conditions can make travel unsafe

WELCOME TO THE WORLD!

Sarah Carter is the first baby born at the Bethel Hospital in 2021. She arrived on January 1 at 2:27 a.m., weighing in at 7 lbs 4 oz. Congratulations to new mom Amanda Carter. We wish you and your daughter a long, happy and healthy life.
**COVID-19 UPDATE, from p. 4**

**PFIZER’s COVID VACCINE & Moderna’s COVID Vaccine**

You will need two doses of the COVID Vaccine

It takes about 5 weeks for protection to develop after vaccination.

**Pfizer:** 2nd shot given 21 days from first shot

**Moderna:** 2nd shot given 28 days from first shot

Those getting the vaccine will wait 15-20 minutes to determine if there is any chance of severe allergic reaction.

COVID vaccine **does not cause COVID**.

**Safety**

An allergic reaction could occur after the vaccinated person leaves the clinic. If you see signs of a severe allergic reaction (hives, swelling of the face and throat, difficulty breathing, a fast heartbeat, dizziness, or weakness), call 911 in Bethel or your village clinic and get the person to the nearest clinic or emergency room.

CDC and FDA encourage the public to report possible side effects (called adverse events) to the Vaccine Adverse Event Reporting System (VAERS). This national system collects these data to look for adverse events that are unexpected, appear to happen more often than expected, or have unusual patterns of occurrence. Learn about the difference between a vaccine side effect and an adverse event. Reports to VAERS help CDC monitor the safety of vaccines. Safety is a top priority.

CDC is also implementing a new smartphone-based tool called **v-safe** to check-in on people’s health after they receive a COVID-19 vaccine. When you receive your vaccine, you should also receive a **v-safe** information sheet telling you how to enroll in **v-safe**. If you enroll, you will receive regular text messages directing you to surveys where you can report any problems or adverse reactions you have after receiving a COVID-19 vaccine.

**How Can I learn more:**

- CDC.gov: Coronavirus Disease 2019 (COVID-19) | CDC

**MESSAGE, from p. 3**

As a reminder, due to global demand, complex storage and distribution logistics, and early supply constraints as vaccine production ramps up, the COVID-19 vaccine is being distributed in four phases (phase 1A, 1B, 1C, and 2).

The current phase is dependent on guidance provided by state and federal agencies, as well as how much vaccine YKHC receives from these partners. YKHC is currently vaccinating phases 1A and 1B. Learn more at: https://www.ykhc.org/covid-19/vaccine/

Please continue to wear a mask when around others, wash your hands and not visit other households. Although we have seen COVID-19 rates decline in recent weeks, we continue to have very high rates and need our rates to decrease further. If we relax our COVID-19 precautions, we will unfortunately continue to have outbreaks.

**VACCINE FAQ, from p. 4**

**When will I be considered immune?**

About 5 weeks after the first shot provided you get both doses.

**Can I get the vaccine if I am pregnant or breastfeeding?**

Yes. The American College of OB/GYN published guidance on December 13, 2020, indicated the COVID-19 vaccine should not be withheld from pregnant individuals and should be offered to breastfeeding women.

**Can children get the vaccine?**

The Emergency Use Authorization only recommended use for ages 16 and higher.
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

#### Dental

<table>
<thead>
<tr>
<th>Location</th>
<th>Provider</th>
<th>Start Date</th>
<th>End Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chevak</td>
<td>Sadie Green, DHAT + DA</td>
<td>1/4-8</td>
<td></td>
</tr>
<tr>
<td>Hooper Bay</td>
<td>Janette Ulak, DHAT</td>
<td>1/4-8</td>
<td></td>
</tr>
<tr>
<td>Shageluk</td>
<td>Tamija Woods, DHAT</td>
<td>1/4-8</td>
<td></td>
</tr>
<tr>
<td>Marshall</td>
<td>Bernadette Charles, DHAT + DA</td>
<td>1/11-15</td>
<td></td>
</tr>
<tr>
<td>Pilot Station</td>
<td>Renee Cheemuk, DHAT + DA</td>
<td>1/11-15</td>
<td></td>
</tr>
<tr>
<td>Upper and Lower Kalskag</td>
<td>Katherine Levi</td>
<td>1/11-15</td>
<td></td>
</tr>
<tr>
<td>Nightmute</td>
<td>Shawn Martin, DHAT + 1 DA</td>
<td>1/11-15</td>
<td></td>
</tr>
<tr>
<td>Russian Mission</td>
<td>Tamija Woods, DHAT</td>
<td>1/18-21</td>
<td></td>
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<tr>
<td>Pilot Station</td>
<td>Renee Cheemuk, DHAT + DA</td>
<td>1/19-22</td>
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<tr>
<td>Hooper Bay</td>
<td>Janette Ulak, DHAT</td>
<td>1/25-29</td>
<td></td>
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<tr>
<td>Hooper Bay</td>
<td>Dr. Burks, Wilma, Gwen + 2 DAs</td>
<td>1/25-29</td>
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#### Family Medicine

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<th>Location</th>
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<tbody>
<tr>
<td>Chukat</td>
<td>William Ford</td>
<td>12/26-1/14</td>
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<tr>
<td>Anvik</td>
<td>Andrea Goryl, FNP</td>
<td>1/3-21</td>
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<tr>
<td>Crooked Creek</td>
<td>L. Kat Robbins-Spann, FNP</td>
<td>1/8-16</td>
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<td>Sleetmute</td>
<td>Blake Shahlaie, PA-C</td>
<td>1/9-23</td>
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</tr>
<tr>
<td>Chukat</td>
<td>Laura Kowkenmak, FNP</td>
<td>1/21-2/11</td>
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<tr>
<td>Stony River</td>
<td>L. Kat Robbins-Spann, FNP</td>
<td>1/22-30</td>
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<tr>
<td>Crooked Creek</td>
<td>William Ford, FNP</td>
<td>1/23-2/12</td>
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<tr>
<td>Sleetmute</td>
<td>Matthew Horgan, FNP</td>
<td>1/25-2/2</td>
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#### Physical Therapy

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<th>Location</th>
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<tbody>
<tr>
<td>Emmonak</td>
<td>Jesse Gefroh, PT</td>
<td>1/5-7</td>
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</tr>
<tr>
<td>Toksook Bay</td>
<td>Eliza Caguioa, PT</td>
<td>1/12-14</td>
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<tr>
<td>Tuntutullik</td>
<td>Erin Knowles, PT</td>
<td>1/12-13</td>
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<tr>
<td>Quinhagak</td>
<td>Jesse Gefroh, PT</td>
<td>1/19-21</td>
<td></td>
</tr>
<tr>
<td>Kotlik</td>
<td>Eliza Caguioa, PT</td>
<td>1/27-29</td>
<td></td>
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#### Public Health Nursing

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<tbody>
<tr>
<td>Kalskag</td>
<td>Susan Peterson, PHN</td>
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### February

#### Dental

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<thead>
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<th>Location</th>
<th>Provider</th>
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<tbody>
<tr>
<td>Nightmute</td>
<td>Andrea Goryl, FNP</td>
<td>1/31-2/12</td>
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<tr>
<td>Marshall</td>
<td>Bernadette Charles, DHAT + DA</td>
<td>2/8-12</td>
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<tr>
<td>Grayling</td>
<td>Cory Johnson, Anna Slats</td>
<td>2/1-5</td>
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<tr>
<td>Pilot Station</td>
<td>Bernadette Charles, DHAT + DA</td>
<td>2/15-19</td>
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<tr>
<td>Hooper Bay</td>
<td>Janette Ulak, DHAT</td>
<td>2/15-19</td>
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<tr>
<td>Marshall</td>
<td>Renee Cheemuk, DHAT + DA</td>
<td>2/16-19</td>
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#### Family Medicine

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>Russian Mission</td>
<td>Rachael Youngblood, FNP &amp; CHAP</td>
<td>2/8-11</td>
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<tr>
<td>Upper Kalskag</td>
<td>Colleen Britt, FNP &amp; CHAP</td>
<td>2/22-25</td>
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#### Physical Therapy

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<tbody>
<tr>
<td>Aniak</td>
<td>Jesse Gefroh, PT</td>
<td>2/1-3</td>
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<tr>
<td>St Mary’s</td>
<td>Eliza Caguioa, PT</td>
<td>2/3-4</td>
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<td>Upper Kalskag</td>
<td>Jesse Gefroh, PT</td>
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<tr>
<td>Mountain Village</td>
<td>Eliza Caguioa, PT</td>
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<td>Hooper Bay</td>
<td>Erin Knowles, PT</td>
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<td>Chevak</td>
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<td>Napakiak</td>
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<td>2/16</td>
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<td>Jesse Gefroh, PT</td>
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<td>Akiachak</td>
<td>Amy Spatz, PT</td>
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### March

#### Dental

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<tbody>
<tr>
<td>Chevak</td>
<td>Sadie Green, DHAT + DA</td>
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<td>Janette Ulak, DHAT</td>
<td>3/1-5</td>
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<tr>
<td>Pilot Station</td>
<td>Bernadette Charles, DHAT + DA</td>
<td>3/8-11</td>
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<td>Hooper Bay</td>
<td>Janette Ulak, DHAT</td>
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<td>Grayling</td>
<td>Tamija Woods, DHAT</td>
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#### Family Medicine

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<tbody>
<tr>
<td>Shageluk</td>
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<td>Anvik</td>
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<td>Lower Kalskag</td>
<td>Colleen Britt, FNP &amp; CHAP</td>
<td>3/22-25</td>
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