TOP: The Board of Directors, Senior Leadership Team, Tribal Delegates, and project partners prepare to cut the ribbon at a June 3 ceremony celebrating the successful completion of the YK Delta Regional Hospital.

ABOVE: Toksook Bay dancers opened the event with traditional songs and dancing in the hospital's new Gathering Space.

RIGHT: YKHC Board Chair Walter Jim and President & CEO Dan Winkelman accept a gift for YKHC from ANTHC President & CEO Valerie Nurr’araaluk Davidson during a special morning event held for Tribal Delegates. (Photos by Brian Hild)
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
Irnikivik Birthing Center ......................................... 543-6346
Behavioral Health Services ..................................... 543-6100
BH CRISIS RESPONSE LINE ................................ 543-6499
Substance Abuse Treatment .................................... 543-6730
Sobering Center .................................................... 543-6830
Developmental Disabilities ...................................... 543-2762
Emergency Room .................................................. 543-6395
Office of Environmental Health & Engineering, Injury Contro & EMS ............................................. 543-6420

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

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

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

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

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

Please ask permission to reprint articles or pictures.

This institution is an equal opportunity provider.

ATTENTION: If you speak Yup’ik, free translation services are available to you. Call 907-543-6603.
Waqaa!

On June 3, 2022, YKHC had a ribbon cutting event for the new Bethel hospital. Unfortunately, due to COVID-19, we were unable to invite the public to participate inside the hospital.

Instead, we invited members from YKHC’s 58 member tribes, our Joint Venture partner, the U.S. Indian Health Service, financiers, and our construction partners. See pages 6-7 for pictures from the event.

Lots of great stories were shared on how this $335 million new hospital and staff housing project began and what its impact will be over the next 50 years for the Yukon-Kuskokwim region. I congratulate everyone who attended and all of our customers who tolerated construction over these last five years. With your help, we completed this state-of-the-art project safely, on time and under budget. Quyana.

We, however, have much more to accomplish together! As you may recall, in January, we announced the construction of our new 109-room customer lodging facility. It is located on the hospital campus and adjacent to the hospital. It will be completed in the spring of 2024. It will be high quality, safe and convenient for all of our customers who travel to Bethel. We are looking forward to its opening and being able to accommodate all of our customers at our new Bethel hospital.

On a different note, this July’s edition of the Messenger will be YKHC’s last monthly edition. We are transitioning to a quarterly format of four Messenger editions per year. The next edition will be for the month of October.

It also marks the end of an era for our monthly Messenger’s producer and 28-year employee, Michael Faubion, who is retiring from YKHC. Michael began producing the monthly Messenger in 1994 and has been wrangling staff every month for timely articles and notifications on important health care topics for our customers for nearly as long. Quyana caknek to Michael for all of his years of service and for his significant contributions to the Yukon-Kuskokwim region and its people.

Sincerely,

Dan Winkelman, President & CEO.
COVID-19 UPDATE

CDC APPROVES VACCINE FOR CHILDREN UNDER FIVE

On Saturday, June 18, the Centers for Disease Control and Prevention (CDC) gave final approval for two COVID-19 vaccines for children ages 6 months to 5 years old, one manufactured by Pfizer and one by Moderna. This approval makes everyone ages 6 months and older eligible to receive life-saving vaccination.

YKHC placed its initial order of vaccines and received approval to receive both. The Pfizer vaccine was approved for administration to children ages 6 months through 4 years old and is a three-dose series. The Moderna vaccine was approved for administration to children ages 6 months through 5 years old and is a two-dose series. Also authorized was a third dose of Moderna for children with certain immunocompromise conditions 6 months through 5 years old.

YKHC expects to begin offering COVID-19 vaccination to children older than 6 months on Wednesday, July 6, pending receipt of the vaccine order.

“As we saw across the country, children in our region ages 6 months through 4 years old were more likely to be hospitalized with COVID-19 than older children or adults during the winter surge brought on by the omicron variant,” said YKHC Chief of Staff Dr. Ellen Hodges. “Our pediatric population is very vulnerable to chronic lung conditions. COVID-19 vaccination offers extremely safe, durable protection that can prevent children from getting sick enough to be hospitalized. I’d love to see every child in our region receive the protection the vaccine provides.”

“COVID-19 vaccination for our youngest community members is another step toward returning to normalcy,” said YKHC Director of Infection Control Dr. Elizabeth Bates. “Up-to-date vaccination can help keep children in daycare and school. In our region, where we have many multi-generational homes, vaccinating children as soon as they are eligible protects everyone from baby to grandma.”

How parents and caretakers can sign up their little ones for the COVID-19 vaccine:

• **Bethel-based families.** Call the YKHC COVID-19 hotline, (907) 543-6949, to schedule an appointment. If appointments are not yet available, you will be added to a call-back list.

• **Village-based families.** Call (907) 543-6420. You will be contacted by YKHC to set-up an appointment as soon as the vaccine is available in your community.

• If you receive an answering machine, please leave a message with your name and contact information.

Parents or guardians who have any questions about the COVID-19 vaccination for their children should speak with their YKHC healthcare provider. To learn more, visit www.ykhc.org/vaccine.

The number of new COVID-19 cases identified by YKHC remained relatively consistent for the past weeks, averaging about 120 new cases per week for the four weeks ending June 17, 2022. At this rate, the region remains at medium risk and vulnerable people and those around them may choose to wear a mask to provide additional protection.
AKIACHAK BREAKS GROUND ON NEW CLINIC

On June 8, YKHC and the Native Community of Akiachak celebrated the groundbreaking of the new Akiachak clinic project. YKHC Board of Directors, Tribal leaders, YKHC guests and members of the community gathered for a short ceremony and reception near the site of the new clinic.

The Akiachak clinic project includes the construction of a new, larger, code-compliant health clinic that will meet the current and future village health care needs. The new building will replace the existing clinic, completed in 1994, and will add value to the community by offering an improved health care facility, additional jobs and environmental benefits.

The project was made possible by resolutions between the Native Community of Akiachak and the Yukon-Kuskokwim Health Corporation to secure funding through the Indian Health Services Small Ambulatory Program.

The project is scheduled to be completed by October 2023.

MESSENGER CHANGES

YKHC’s Messenger newsletter has gone through a series of changes in the past 30 years, keeping customers and Tribal partners informed about health matters and company developments.

Starting in October, the newsletter will return to quarterly publication and will continue to be distributed to all postal boxholders throughout the YK Delta as well as subscribers throughout Alaska and beyond.

Publication of the Messenger has been overseen by its editor, Michael Faubion, since he began working for YKHC in December, 1993. He will be retiring this month.

“I am grateful to YKHC Leadership and the people of the region for the opportunity to continue this work for so long,” Faubion said, “I have learned so much and been able to make a job into a career and a calling.”
A WONDERFUL WELCOME

After providing welcoming remarks, YKHC President & CEO Dan Winkelman spoke about the history of the work that went into YKHC’s Joint Venture Construction Project.

YKHC Board Chair Walter Jim welcomes Tribal Delegates and invited guests to the June 3 ribbon cutting.

The hospital’s Gathering Space was designed to serve as a warm, welcoming place where family and friends can gather when receiving services at the hospital. It was wonderful to see the area finally put to use!

YKHC VP of Support Services Deanna Latham provides a commemorative plaque to Tracy Vanairsdale, a Principal Architect for Bettisworth North, which served as the principal architectural firm for the project.

President & CEO Winkelman and YKHC VP of Communications Tiffany Zulkosky present a commemorative plaque to U.S. Senator Lisa Murkowski, who provided support in funding the staffing package for the YKHC project.

Traditional Chief Louie Andrew asks guests to rise for an invocation at a special morning event for Tribal leaders.

Lloyd Miller, Partner at Sonosky, Chambers, Sachse, Miller & Monkman, who provided funding for the project, snaps a photo of a new trauma bay in the Emergency Room at the hospital during a small group tour.

Photos by Brian Hild
On June 3, YKHC had a ribbon cutting event for the new Bethel hospital. Members from YKHC’s 58 member tribes, our Joint Venture partner, the U.S. Indian Health Service, financiers, and construction partner celebrated the completion of the Paul John Calricarq Project, a new hospital for the people of the Yukon-Kuskokwim Delta.
JULY IS SOCIAL WELLNESS MONTH & GLOBAL HUG YOUR KIDS DAY
by Suzanne Nunn, RDN and Savanah Elliott, RDN

Social wellness means giving and receiving support. It allows you to take care of yourself and nurture your relationship with others. When you have social wellness, you have a support system to lean on in times of need.

Benefits of having social wellness
• Better quality of life
• Supports mental health
• Contributes to heart health
• Better stress response
• Enhances immune system

How to build your social health:
Take care of yourself while caring for others—Caregiving can be stressful. Prioritize self-care by taking a few moments each day to take a walk, enjoy a hobby, or de-stress.

Get active together—Being physically active can improve mental and physical health and is often more enjoyable with others.

Build healthy relationships—Reconnect with others. Take time to learn what a healthy relationship looks like, practice communication, share your feelings, and recognize others’ feelings without judgment.

Spend time with a pet—Pets help build companionship, help you stay active, and can be an additional joy and comfort in your life.

Cook and/or share meals with family and friends—Mealtimes is a great time to share family stories and cultural connections. It also helps children build healthy eating habits, practice mealtime behaviors, and strengthen connections.

One way to improve social wellbeing is to give hugs
July 18 is Global Hug Your Kids Day! Hugging your kids is beneficial for you and your children. Kids who are hugged more often have less stress. Hugging also helps stimulate a

see SOCIAL WELLNESS, p. 10

RECIPE OF THE MONTH
Cheesy Vegetable Frittata or Cheese and Vegetable Eggs

INGREDIENTS:
• 1 tablespoon olive oil
• 1 cup chopped onion
• 3 cups vegetables, chopped
• 2 cloves of garlic, minced
• 8 eggs
• 3 tablespoons water
• 1 cup shredded low-fat cheese (optional)
• Salt & Pepper (to taste, optional)

PREPARATION:
1. In a large oven-proof nonstick skillet, cook ½ tablespoon olive oil over medium-high heat.
2. Add onion and cook for about 3 minutes.
3. Add vegetables and cook, stirring occasionally, for about 4 minutes.
4. Add the minced garlic and cook for another minute. (Vegetables should be tender.)
5. While vegetables are cooking, whisk the eggs, ½ tablespoon olive oil and water for about 1 minute.
6. Stir ½ cup of cheese and salt and pepper into the egg mixture.
7. Pour egg mixture over vegetables, stirring gently.
8. Cook over medium heat until eggs begin to set. (Eggs should be less liquid and not moving as easily.) Occasionally lift the edges of the frittata to allow uncooked mixture to go to the bottom.
9. Top with remaining cheese and broil in the oven for 2 to 4 minutes, or until cheese is melted and golden brown and eggs are set.
10. Cut into wedges and serve.

NOTES:
• Olive oil is one of the healthier oil choices, but other oils/fats may be substituted.
• Use the vegetables of your choice. Bell pepper and broccoli work well in this recipe.
• To reduce fat in this recipe, use 4 eggs plus 8 egg whites instead of 8 eggs.
• If cheese is used, low-fat cheese is healthier. However, any shredded cheese will work in this recipe. Adapted from - https://www.yummly.com/recipe/Cheesy-Vegetable-Frittata-1717778
BACK TO SCHOOL MEANS IT’S TIME TO CATCH UP ON CHILDHOOD VACCINES

We love to see our little ones run, jump and play. We want our kids to be able to pick berries, cut fish, attend school and play sports.

Routine childhood vaccinations help our children avoid preventable diseases, such as whooping cough, tetanus and mumps and certain serious brain infections. This helps keep them healthy to enjoy the activities they love.

Vaccinations have been a part of healthy communities across our region for decades. Thousands of children in the YK Delta and throughout the world have safely been vaccinated and are now protected.

Vaccines are some of the safest and most effective medicines we have. You cannot catch a disease from vaccines. Any side effects are mild and resolve in a few days.

The childhood vaccine schedule was carefully developed to work with young immune systems. You can be confident that the vaccines your YKHC healthcare provider recommends are safe for your child.

School enrollment and sports require up-to-date vaccines. Don’t let your children miss out. Make an appointment today to arrange for your children’s vaccinations. In villages, call your local clinic. In Bethel, call 907-543-6442.

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

<table>
<thead>
<tr>
<th>Birth</th>
<th>6-8 Weeks</th>
<th>4 Months</th>
<th>6 Months</th>
<th>12-15 Months</th>
<th>15-18 Months</th>
<th>19-23 Months</th>
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<tbody>
<tr>
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<td>• PediariX*</td>
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<td>11-18 Years</td>
<td>• Tdap</td>
<td>• HPV (2-3 dose series)</td>
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<td>• Meningococcal (2 dose series)</td>
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* 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
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!

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

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

Additional resource links:
NIH Social Wellness Toolkit https://www.nih.gov/health-information/social-wellness-toolkit

For more information about Global Hug Your Kids Day, visit GLOBAL HUG YOUR KIDS DAY - JULY 18, 2022 - National Today

Alaska Virtual Health Fair is a “one stop shop” with credible resources, articles, and links to events regarding your health https://www.akvirtualhealthfair.org/

Thinking about quitting tobacco? Help is free https://alaskaquitline.com/ or call 1-800-QUIT-NOW

References:
https://www.takingcharge.csh.umn.edu/july-social-wellness-month
https://www.nih.gov/health-information/social-wellness-toolkit

MEDICAID VS. MEDICARE

The Alaska MEDICAID Program provides free or low-cost health coverage to eligible applicants. To be eligible you must meet minimal financial and non-financial guidelines.

Each Medicaid recipient will be assigned an eligibility code which determines the type of service they may receive. Many plans under Medicaid cover transportation, which includes lodging, taxis and meals.

It is very important that all Medicaid recipients continue to do their renewal applications or they may lose benefits. In addition, it is very important for recipients to always keep their name and address current with Medicaid.

Recipients can update their information with a “Change of Report” form. If a recipient needs to travel and their name or address differs from their Medicaid benefits they will not be able to travel until a Change of Report form is completed and Public Assistance has processed your change.

MEDICARE is a federal health insurance program for people 65 and over, or who have a qualifying disability. Medicare is broken down into Parts A, B, C and D. Some parts are free to the recipient but other parts may have an additional cost.

Medicare enrollment begins three months before your 65th birthday and continues for seven months. If you are currently receiving Social Security you don’t need to apply; you will be automatically enrolled in Parts A and B effective the month you turn 65. If an applicant misses the deadline they can only enroll during general enrollment, which is January 1 to March 31. However, benefits will not be active until July 1.

In order for someone to receive transportation benefits under Medicare they need to be dually eligible for Medicare and Medicaid. If they do not qualify for Medicaid no transportation benefits are available—this would include lodging, taxi and meals.
FIRE SEASON IS HERE

Wildfire smoke contains a mixture of gases and fine particles that can cause adverse health effects in both healthy and weakened immune system populations.

The smoke can hurt your eyes, irritate your respiratory system, and worsen any symptoms of chronic heart and lung disease.

Some of the best ways to limit your exposure to the smoke include staying indoors when possible, keeping the windows closed, minimizing other sources of air pollution, such as smoking, wood burning, and vacuuming, and reducing physical activity outside. Those who have access to an air filter should use it to remove smoke particles in the air.

Masks can also help in reducing your smoke exposure, but only certain types of masks, called respirators, will filter out smoke particles. These are masks commonly marked as N95, R95, or P95. However, keep in mind that respirators may make breathing more difficult, as they cause resistance to airflow.

Common symptoms of smoke exposure:
- Coughing
- Scratchy throat
- Irritated sinuses
- Shortness of breath
- Chest pain
- Headaches
- Stinging eyes
- Runny nose

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**AIRPORT SHUTTLES**

<table>
<thead>
<tr>
<th>Shuttle 1</th>
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<tr>
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**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

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**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

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

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**FOR EMERGENCY PLEASE CALL 911**
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.

July

Dental

Sleetmute: Kathrine Levi, DHAT + 1 ... 7/4-6
Hooper Bay: Janette Ulak, DHAT ... 7/11-15
Grayling: Tami Woods, DHAT ... 7/11-15
Pilot Station: Renee Cheemuk, DHAT ... 7/11-15
Marshall: Bernadette Charles, DHAT ... 7/11-15
Holy Cross: Kathrine Levi, DHAT + 1 ... 7/18-22
Pilot Station: Bernadette Charles, DHAT ... 7/25-29
Scammon Bay: Wilma Ulso, DHAT ... 7/25-29

Family Medicine

Kalskag: Paula Loftis FNP & Megan Stanley, PA-C ... 6/30-7/7
Crooked Creek: Molly Lewis, PA-C ... 6/30-7/8
Russian Mission: Jessica Kelly, FNP ... 7/1-6
Chevak: Barrie Levin, FNP (Bti) ... 7/5-8
Tununak: Kristina Morris, FNP w/ Nurse ... 7/5-8
Mekoryuk: Wednesday Henry, FNP OPC ... 7/5-7
Kotlik: Marlo Castelo, PA-C and nurse ... 7/11-14
Nanapitchuk: Erin Newkirk, FNP w/nurse ... 7/11-14
Scammon Bay: Dr. Ndango, OPC and nurse ... 7/11-14
Chevak: Anetha Peterson, FNP ... 7/25-29
Lower Kalskag: Saundra Marion, FNP w/ Nurse ... 7/25-29
Quinhagak: Lye-Ching Wong, Peds MD ... 7/25-28

Physical Therapy

Kotlik: Amy Spatz, PT ... 7/5-6
Aniak: Jesse Gefroh, PT ... 7/13-14
Quinhagak: Eliza Caguioa, PT ... 7/13-15
Quinhagak: Eliza Caguioa, PT ... 7/27-29

August

Dental

Anvik: Kathrine Levi, DHAT + 1 ... 8/1-5
Chevak: Janette Ulak, DHAT + 1 ... 8/1-5

Emmonak: Camille Humphrey, DDS (Dental) ... 8/1-5
Marshall: Renee Cheemuk, DHAT ... 8/2-5
Marshall: Bernadette Charles, DHAT ... 8/2-5
Shageluk: Tami Woods, DHAT ... 8/8-12
Kalskag: Kathrine Levi, DHAT + 1 ... 8/15-19
Hooper Bay: Janette Ulak, DHAT ... 8/22-26
Sleetmute: Kathrine Levi, DHAT + 1 ... 8/29-9/2

Family Medicine

Scammon Bay: Angela Waller, FNP ... 8/1-5
Tununak: Angie Jackson, FNP w/ Nurse ... 8/1-5
Napakika: Anne Komulainen, PA-C ... 8/1-4
Chevak: William Miller, FNP ... 8/8-12
St. Mary’s: Beeba Mathew, ANP w/ Nurse ... 8/8-12
Chevak: Anetha Peterson, FNP ... 8/15-19
Marshall: Erin Newkirk, FNP and nurse ... 8/15-18
Pilot Station: Marlo Castelo, PA-C ... 8/18-18
Toksok Bay: Dr. Rotelli, (Peds OPC) w/nurse ... 8/29-9/1

September

Dental

Pilot Station: Renee Cheemuk, DHAT ... 9/6-9
St. Mary’s: Bernadette Charles, DHAT ... 9/6-9
Kipnuk: UW Oral Health Team (6 staff) ... 9/7-14
Kwigillingok: UW Oral Health Team (6 staff) ... 9/15-20
Cheforonuk: UW Oral Health Team (6 staff) ... 9/12-18
Chevak: Janette Ulak, DHAT + 1 ... 9/12-16
Chuathbaluk: Tami Woods DHAT ... 9/12-16
Kalskag: Bernadette Charles, DHAT ... 9/12-16
Holy Cross: Kathrine Levi, DHAT + 1 ... 9/19-23
Hooper Bay: Janette Ulak, DHAT ... 9/26-30

Family Medicine

Scammon Bay: Anetha Peterson, FNP ... 9/12-16
Chevak: William Miller, FNP ... 9/19-23
Pilot Station: Lye-Ching Wong, Peds MD ... 9/19-22
Toksok Bay: Marlo Castelo, PA-C w/ Nurse ... 9/19-22
Kwethluk: Dr. Reahl (Peds) w/nurse ... 9/1-21
Cheforonuk: Kristina Morris, FNP (Peds) w/nurse ... 9/26-29
Scammon Bay: Erin Newkirk FNP and nurse ... 9/26-29