In early June, Ashley Forbes, Health Aide trainee; Martha Nicolai, CHP; Josephine Henry, Health Aide Session III; and Krystin Peter, Health Aide trainee (L-R) joined with the community, YKHC board members and senior leaders at a ribbon cutting for the new Paul Beebe Memorial Health Clinic in Quinhagak. More on page 6.
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
Irnikluk 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
Mary Ayunerak
Alakanuk
Michael Hunt, Sr.
Kotlik

Unit 2
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St. Mary’s
Gloria George
Mtn. Village

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Upper Kalskag
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Unit 4
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Akiak
Mike Williams, Sr.
Akiak

Unit 5
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Bethel
Alton Alexie
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James Sipary
Toksook Bay

Unit 9
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Unit 10
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Quinhagak
Marvin Deacon
Grayling

Unit 11
Honorary Board
Member
James Charlie, Sr.
Toksook Bay
This summer, YKHC is working on several construction projects that will improve service and quality for you, our customer.

I would like to introduce you to Deanna Latham, VP of Support Services, who will highlight some of these new and upgraded facilities.

Sincerely,

Dan Winkelman, President & CEO

YKHC has ventured into more exciting times as we have finished the remodel and expansion of the Yukon-Kuskokwim Delta Regional Hospital and started construction of the new Yukon-Kuskokwim Qavartarvik Customer Lodging building. YKHC Leadership and Board of Directors are constantly looking forward to improving services and planning for the future. Approximately every four years, an extensive master planning exercise is conducted to ensure YKHC is continuously planning for areas of improvement and maintaining readiness for any funding opportunity that may arise.

In anticipation of the completion of the 109-room Qavartarvik Customer Lodge that will be able to serve all of our customers traveling into Bethel, we are looking forward to launching additional major projects. The YKHC Board of Directors approved funding to fully replace clinics in Anvik, Stony River, Oscarville and Mertarvik, and remodel projects in Lime Village and Kwigillingok. Once these clinics have been constructed, YKHC will have accomplished the full replacement or remodel of all of the village clinics in the YKHC service area. YKHC is currently in the design, survey and environmental review stages for these clinics and anticipates beginning construction this winter.

As YKHC continues improving services for the entire region, we also identified additional capital projects in Bethel that will increase staff recruitment and retention as well as better serve core functions for the hospital and village clinics. These include an additional 120 units of employee housing, an expansion of the medical supply warehouse and an employee daycare. YKHC is currently in the preliminary design stages for these projects and anticipates procuring piling this fall.

Sincerely,

Deanna Latham, VP Support Services
YKHC plans to expand the hospital campus in Bethel with several projects designed to improve our customer experience and support employee recruitment and retention. Shown on this map in red are the sites of an additional 120 units of employee housing, expanded medical supply warehouse and a daycare center for children of employees.

Construction of new health clinics are planned for Anvik, Stony River, Oscarville and Mertarvik. Clinic remodels are scheduled for Lime Village and Kwigillingok.

YKHC partners with villages to identify their preferences for their clinic facility. In Lime Village, YKHC is upgrading the health clinic located in the washeteria building, shown here. Other communities have requested a new clinic.
Qavartarvik Customer Lodging
February - May 2023

Project Accomplishments

February - May 2023
- Completed guestroom wall framing, sound mat/insulation, and sheetrock
- Completed mechanical, plumbing, electrical, security, sprinkler, and communication rough-in within all guestrooms
- Started finish paint on 2nd and 3rd floors
- Began installation of ceiling grid in corridors on all three floors
- Started wall framing and mechanical / electrical rough-in within kitchen
- Began elevator installation
- Started installing solid surface wet walls in guestroom bathrooms on 3rd floor
- Started installation of boiler room equipment and associated ducting
- Completed exterior insulated panels and started installation of metal trim
- Completed steel framing of stairs, landings, and canopies at entrances
- Placed transformer, delivered fuel tank, and started building tie-in
- Began pile installation for raised parking platform

Project Schedule

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Driving support pile for raised parking platform
Dining Hall – applying sheetrock mud
Dining Deck – applying sheetrock mud
Dining Deck – welding supports for fiberglass grating
Delivery of 20,000 gal heating oil tank
Elevator Pit - Installing insulation board
Wall framing at public restrooms
Lounge installation of supply and return air ducting
QUINHAGAK HAS A NEW HEALTH CLINIC

With five exam rooms, a dental care room and other modern features, the Paul Beebe Memorial Health Clinic will offer an expanded, modern location to provide healthcare to the community.

To celebrate, community leaders, health aides, IHS representatives, members of the YKHC board of directors and staff gathered with the community for a ribbon cutting event. The ceremony ended with a song and a meal in the community building.

Thank you to the many individuals and groups who worked together to make this happen and to the organizations who provided funding for the project, including the Native Village of Kwinhagak, the Rasmuson Foundation, Premera Blue Cross Blue Shield of Alaska, Indian Health Service Small Ambulatory Program and YKHC.

The new Quinhagak clinic opened for patients in early June after a ribbon cutting ceremony attended by the community and YKHC leadership.

PEDIATRIC WING DEDICATED TO FANNIE JIM

During a fire at the hospital in Bethel in 1951, as halls and rooms filled with smoke, hospital employee Fannie Jim helped evacuate the pediatric wing, making multiple trips carrying children to safety. Her heroic efforts helped ensure no lives were lost.

In April, members of Fannie Jim’s family, YKHC Board of Directors and senior leadership gathered to recognize her actions and dedicate the pediatric wing of the hospital to Fannie Jim.

The old photo of Fannie Jim, left, was provided by a family friend who attended the dedication ceremony.

BAUTISTA HOUSE RIBBON CUTTING

In April, residents of YKHC’s Bautista House, YKHC Board of Directors and senior leadership team were present at a ribbon-cutting ceremony to celebrate the opening of the new location of the Bautista House, a residential home for men with mental health and developmental disabilities. The new building offers residents shared bedrooms and bathrooms, an upgraded kitchen and increased sunlight throughout the building. YKHC will renovate the outside of the building as the weather warms.
Alzheimer’s disease is a brain disorder that slowly destroys memory and thinking skills and, eventually, the ability to carry out simple tasks.

Age is the greatest risk factor for Alzheimer’s disease—but not the only one. While some brain changes are common as we age, we also know that adopting a healthy lifestyle may help our brains as we age.

The Alzheimer’s Association offers these tips to promote better brain health:

- **Move your body.** Movement helps increase blood flow to the body and brain, and regular physical activity is linked to better memory and thinking.

- **Maintain a heart-healthy diet.** Meals which contain whole grains, green leafy vegetables, fish and berries, are linked to better cognitive functioning, and help reduce risk of heart disease. Alaska is full of healthy fish and wild foods that you can include in your brain-healthy meals!

- **Get proper sleep.** Maintaining a regular sleep pattern is good for your physical and mental health. Aim for at least seven hours of sleep each night and try to keep a routine bedtime.

- **Stay socially and mentally active.** Being connected with your community and friends may support brain health. Exercising your brain is as important as exercising your body. Try completing a jigsaw puzzle or learn and teach someone one a new word in your Native language every day.

- **Keep your whole self healthy.** Other medical conditions can also impact your brain health. If you have a condition like high blood pressure or diabetes, make sure you take care of yourself. Work with your healthcare provider and your family to find the right care plan to help you be at your best health.

- **Limit smoking, drinking and tobacco.** Some things like smoking, tobacco and alcohol can make our brain health worse. Quitting or minimizing use of these things can help our brains stay healthy.

These are great steps to take at any age. Following them all will have the greatest benefit, but even if you begin with one or two you’re moving in the right direction! If you or your loved ones start to notice changes in your memory, it’s important to bring them up with your healthcare provider.

An easy and delicious way to start using these tips is to try this rice crusted salmon recipe. How many of the six tips can you incorporate from catching, preparing and eating this dish?

**RICE CRUSTED SALMON**

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

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

**Note:**
Other types of flour, milk that contains fat, other firm rice and other oils/fats may be substituted. To make this recipe healthier, see if you can reduce the amount of oil used.

Adapted from - https://wholegrainscouncil.org/recipes/wild-rice-crusted-salmon
BETHEL HIGH SCHOOL STUDENTS LEARN THE DANGERS OF VAPING

By Victoria Galanopoulos, YKHC Tobacco Prevention and Cessation Coordinator

YKHC’s Tobacco Prevention and Cessation Coordinator, Victoria Galanopoulos, presented on the vaping epidemic during the Community Wellness meeting on April 18 at the Bethel Regional High School cafeteria.

According to the 2019 Alaska Youth Behavioral Survey, 54% of high school students in the Southwest Region of Alaska reported using some form of tobacco product, including cigarettes, e-cigarettes and smokeless tobacco. In the same survey, 25% of youth report vaping.

Based on the high percentage of students who use tobacco or nicotine products, it’s estimated that more than 1,300 students in the Southwest Region are at risk for poor health outcomes due to using tobacco products.

Most e-cigarettes contain nicotine, which is highly addictive. Nicotine exposure can:
• Harm brain development, which continues until about age 25
• Impacts learning, memory and attention
• Increase risk for future addiction to other drugs (primes the brain)

The survey also showed that 45% of teens borrowed from someone else to obtain e-cigarettes and 14% gave someone money to purchase for them.

During the Community Wellness meeting, parents, teens and community members were also able to look at a table full of confiscated vapes from BRHS and Gladys Jung Elementary School.

If you or someone you know wants support to stop tobacco use, the following resources are available.

YKHC Tobacco Cessation program at 907-543-6312.
• Ages 12+ living in the YK Delta
• Can provide medications that help reduce withdrawal symptoms
• Coaching and support

Free Texting Program for Teens
• For teens ages 13-17
• Text VAPEFREE to 873373
• Texts include facts, inspiration, videos, quizzes, activities, and texting with a coach

AKLiveVapeFree.com
• Learn how to talk to a young person about vaping
• Self-paced online course
• Chat with a coach for support
• Online library with articles, videos, and tools that can help

The AlaskaQuitLine.com or 1-800-quit now.
WHAT IS OCCUPATIONAL THERAPY?

Occupational Therapy is the art and science of the upper limb, which includes the shoulder, elbow, wrist, and hand.

Occupational therapists work with people of all ages, from premature babies to young children, adults in midlife, and seniors.

The therapist looks at how you do any kind of activity or task. Then they come up with a plan to improve the way you do it to make it easier or less painful.

They work with you to come up with a therapy plan and set goals designed for your needs, disability, or limits. Your therapist can train you to adapt your movements, improve your motor skills or hand-eye coordination, or do tasks in new ways.

**Your occupational therapist may:**

- Guide and manage your care after surgery to your shoulder, elbow, wrist or hand
- Prescribe and train you to use assistive devices
- Teach you new ways to button a shirt, tie your shoes, get in and out of the shower or work on your computer
- Help older adults prevent falls in their home or in public areas
- Treat adults who’ve had a stroke to improve balance, change their home to prevent injuries, build muscle strength, or adapt to their memory or speech problems
- Organize your medications or household tools
- Address behavior problems in kids who act out or hit others
- Build hand-eye coordination so you can improve in hunting or sports
- Work on motor skills so you can grasp tools or work on fish or subsistence

**Who needs Occupational Therapy?**

Just about anyone who struggles to do any kind of task may need it.

YKHC’s Women, Infant and Children program, also called WIC, helps families make sure their children get the nutrition they need early in life, when babies’ brains and bodies are developing so quickly.

Parents and pregnant people who sign up for WIC receive access to supplemental foods, information on breastfeeding and healthy eating, and referrals to other health care services.

Thousands of families in the YK Delta receive WIC benefits – and many more qualify. If you are pregnant or the parent or guardian of a child under age 5, you likely are eligible to receive WIC benefits.

Applying can be easy. In villages, you can schedule a WIC appointment at your local clinic. In Bethel, you can schedule an appointment or visit the WIC office in the hospital, near the ER entrance. Have questions or want to learn more about WIC benefits? YKHC’s WIC office can be reached at 907-543-6459.

This institution is an equal opportunity provider.
On April 12 and 13, YKHC welcomed delegates from around the YK Delta in Bethel at the 27th Annual Tribal Gathering.

This was the first in-person gathering in several years due to the pandemic and attendees remarked they were pleased to come together again.

On the first day of the event, delegates heard updates from YKHC staff on health initiatives in our region. This information is also available in YKHC’s Annual Report to the People, which can be found on our website at ykhc.org/messenger.

On the second day, attendees split up by region to discuss priorities for YKHC in the upcoming year. After each region presented their priorities to the large group, delegates voted on the top priorities for village clinics, SRCs, Bethel and outside the YK Delta. The top vote getters in each category are listed below. These priorities will be reviewed by YKHC’s Board of Directors and used to establish the 2024 Napartet Strategy, which guides YKHC’s focus for the upcoming year.

Village Priorities
1. Fully staff Health Aides/No village clinic without a Health Aide and more auxiliary staff
2. Better communication between YK and ANMC regarding travel and lodging (flights, weather, appointments)
3. Suicide awareness education and prevention

SRC Priorities
1. More health aides and visiting providers
2. Better travel communication

Bethel Priorities
1. Improve travel management – following up/follow through with patients (out of town patients forgotten/no lodging/meals), ask patients for preferred routing
2. Improve faster communication for village emergencies
3. Increased cancer screening

Services Outside the YK Delta Priorities
1. Improve follow up, sooner appointments if cancelled
2. Care coordination (Increase communication between ANMC & YKHC; YKHC & villages, including meds)
3. Accommodation for travel changes

Quyana to the tribes and delegates who attended this annual event. We appreciate the time, energy and thought each delegate put into this important process.
**CANDACE NELSON, NAPAKIAK:**
Health Aide of the Year for 2022

YKHC’s Health Aide of the Year award recognizes a Community Health Aide for their contribution, dedication and sacrifice while in service.

Recipients of this award demonstrate excellence on all levels as an employee and a member of this tribal health organization.

The Health Aide receiving this award embodies YKHC’s mission of “Working Together to Achieve Excellent Health” and personifies YKHC’s values of optimism, compassion, pursuit of excellence, personal growth, importance of family, elder knowledge and, most of all, trust in their day to day activities.

This health aide has established a noticeable, positive impact to the quality of care delivered in the region.

At YKHC’s Tribal Gathering, YKHC recognized Candace Nelson of Napakiak as 2022’s Health Aide of the Year.

Candace Nelson started her career with YKHC’s Community Health Aide Program in 2010 as a Community Health Aide trainee. She completed the Community Health Aide Program in August 2014. Candace is currently a Community Health Practitioner based in Napakiak.

Candace has been described as an open, friendly, and a caring health care professional. Throughout her session trainings she had demonstrated competence, maturity and professionalism with the training staff, patients, and coworkers. She is an intelligent and thoughtful individual with a strong understanding of her function as a Community Health Practitioner in remote Alaska.

Diligent, dedicated and focused are a few words used to describe Candace Nelson. She has been working as a Community Health Aide for roughly 12 years. She has been the sole and primary CHP in Napakiak for the past two years. She serves a community of roughly 350 individuals providing acute, preventative, and urgent care. She is continuously on-call with little relief, and does so without complaint.

Candace also volunteers to provide remote, over-the-phone coverage for villages without health aides, ensuring unmanned communities receive urgent care coverage.

YKHC is greatly appreciative of all the hard work Candace does for her community and communities that she covers.

In his speech during the ceremony, Field Supervision Coordinator Joseph Okitkun congratulated Candace and provided her with a plaque, a down jacket and a roundtrip ticket on Alaska Airlines. Addressing Candace, he said, “May you be proud of the work you do, the person you are, and the difference you make. Keep up the awesome work!”
RECOGNITIONS

FIVE YKHC EMPLOYEES GRADUATE FROM LPN PROGRAM

On April 27, Bethel’s second LPN program, the result of a continuing collaboration between Alaska Pacific University (APU) and YUUT Elitnaurviat, held its graduation and pinning ceremony for five YKHC employees.

Three awards were presented at the graduation ceremony.

- **Valedictorian for highest academic achievement**: Steisy Carmona Feliz
- **Professional Nurse Award**: Virginia Howard. This award is voted upon by the graduates themselves to recognize someone they see as most deserving of their collective honor. The recipient is chosen primarily on their demonstration of peer support, courage, and determination.
- **Leadership Award**: Steisy Carmona Feliz. Determined by the faculty of APU’s nursing program, the leadership award is given to the student who demonstrated outstanding leadership ability in providing service to APU’s nursing program as well as to their fellow cohort.

Steisy is a Certified Nursing Assistant in our Long Term Care facility and Virginia is the Director of Patient Travel, Travel Care Group, Prior Authorization, HOPE & Hostel. Elizabeth, Ashley and Ashley all work for YKHC Behavioral Health. Elizabeth is Directing Clinician in our DES unit, Ashley Brand is Malone Home Services Coordinator, and Ashley Dade is a Sobering Center Technician.

Our hats off to these YKHC employees and graduates who have worked diligently to juggle many responsibilities with work, family, and school, among other commitments to complete the LPN program. The graduates are now engaging in intensive NCLEX-PN exam preparation sessions, passing which will earn them the LPN designation.

Congratulations to all our LPN graduates and much success to them as they move to the next chapter of their education and career goals.

YK ELDER’S HOME RECOGNIZED AS FOUR-STAR FACILITY

We are proud to announce that YK Elders Home has been recognized by the Centers for Medicaid and Medicare Services (CMS) as a Four-Star Overall Rated facility. According to CMS, a rating of four stars means that quality is “above average.”

The Five-Star Quality Rating System is a tool to help consumers select and compare nursing care centers. Nursing homes are rated from 1-5 stars based on health inspections, staffing and quality measures. The ratings for health inspections contains information from the last three years of on-site inspections. The ratings for staffing depicts the hours of care given to each resident per day by RNs, LPNs, and CNAs. The ratings for quality measures is based on the facility’s performance on different physical and clinical measures.

For more information about YK Elders’ Home Star Rating, please visit [www.medicare.gov/care-compare/](http://www.medicare.gov/care-compare/).

The YK Elders Home Administration would like to thank the entire YKHC Corporation. This would not have been possible without the support of many different departments within YKHC. We would also like to recognize all the hard work of everyone that works at YK Elders Home!

YK Elders Home opened in October 2013 and provides 24-hour nursing care for up to 18 residents. To speak with a staff member, learn more about becoming a resident of YK Elders Home or request a pre-admission application, call 907-543-6780. Pre-admission applications or questions can also be submitted to [ykhc_admissions@ykhc.org](mailto:ykhc_admissions@ykhc.org).
WE LOVE OUR NURSES!

Nurses Week is celebrated each year, starting on May 6 and ending May 12, the birthday of Florence Nightingale. During this week, we take extra time to recognize the work of our dedicated nurses, who use their compassion, education and effort to care for patients 365 days a year.

YKHC could not provide excellent care without our extraordinary team of nurses, nurse practitioners, certified nursing assistants and med techs. Thank you for your tireless efforts.

YKHC RMW TEAM RECOGNIZED AT RAVEN’S BALL

Each year, the Healthy Alaska Natives Foundation celebrates awardees for their significant contributions to Alaska Tribal Health at the annual Raven’s Ball.

This year, the YKHC Remote Maintenance Worker (RMW) team was recognized as an Outstanding Rural Health Champion. This award recognizes outstanding individuals, departments or organizations in rural Alaska who have made an outstanding contribution to the enhancement of rural life, people or programs.

The YKHC Remote Maintenance Worker program provides training, technical assistance, and emergency response support to more than 40 public water systems in the Yukon-Kuskokwim Delta as well as other RMW programs across the state. Because the work they perform is often nothing short of a miracle, they are commonly referred to as Real Miracle Workers.

For example, in January 2021 the Tuluksak water treatment plant and washteria burned down, leaving the community with no source of water. YKHC RMWs immediately developed a plan to restore water service in the community.

They brought supplies by snow machine, traveling through -30 wind chills to bring supplies 45 miles upriver from Bethel. In just 54 days, the RMW team and local crews fabricated a temporary treatment system and re-established service to the community.

This is just one example of the enormous contribution this team makes to the health and wellness of the YK Delta. YKHC RMWs are on call 365 days a year to support water plant operators in our region and respond to countless emergencies in any given year. Their tireless work saves lives, immense amounts of money and secures access to safe drinking water across the region.

Congratulations to the RMW team! We appreciate the tireless work they do to help support our communities.

The recognized RMW team includes RMW program manager Bob White, Lead RMW Allan Paukan, and RMWs Bruce Werba, Shane McIntyre, and Billy Westlock. Melanie McIntyre and Olympia Westlock accepted the award on behalf of Shane McIntyre and Billy Westlock, who were awarded posthumously.
STAY SAFE WHEN WALKING

Walking is one of the best things we can do to stay healthy—but only if we put safety first. Here are some tips that will keep you safe as you share the road with cars and four-wheelers.

- Be predictable. Follow the rules of the road and obey signs and signals.
- When there is no sidewalk, walk facing traffic and as far from traffic as possible.
- Keep alert at all times; don’t be distracted by electronic devices that take your eyes (and ears) off the road.
- Whenever possible, cross streets at crosswalks or intersections, where drivers expect pedestrians. Look for cars in all directions, including those turning left or right. Wait for a gap in traffic that allows enough time to cross safely; continue watching for traffic as you cross.
- Never assume a driver sees you. Make eye contact with drivers as they approach to make sure you are seen.
- Be visible at all times. Wear bright clothing during the day, and wear reflective materials or use a flashlight at night.
- Watch for cars entering or exiting driveways, or backing up in parking lots.
- Avoid alcohol and drugs when walking. They impair your abilities and your judgment.

WEAR A WELL-FITTING LIFE JACKET

Life jackets save lives, when worn properly.

Do a quick fit-check on your life jacket before you head out on the river.

- Hold your arms straight up over your head. Ask a friend to grasp the tops of the arm openings and gently pull up. Make sure there is no excess room above the openings and that the jacket does not ride up over your chin or face.
- Make sure the jacket is a proper fit for your size and weight
- Make sure the jacket is properly fastened

Then, make sure you and your loved ones wear life jackets when you are on the water. Stay safe and enjoy the summer!

YKHC SHUTTLE DAILY SCHEDULE (Excluding Holidays)

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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

**By Request**
Call 907-543-6603
- God’s Country/Dehaans
- Renfro Air
- Fox Air
- Ryan Air

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

WEAR A WELL-FITTING LIFE JACKET

Life jackets save lives, when worn properly.

Do a quick fit-check on your life jacket before you head out on the river.

- Hold your arms straight up over your head. Ask a friend to grasp the tops of the arm openings and gently pull up. Make sure there is no excess room above the openings and that the jacket does not ride up over your chin or face.
- Make sure the jacket is a proper fit for your size and weight
- Make sure the jacket is properly fastened

Then, make sure you and your loved ones wear life jackets when you are on the water. Stay safe and enjoy the summer!

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In early April, YKHC President and CEO Dan Winkelman hosted a luncheon with Sen. Lisa Murkowski and local community leaders. The group discussed issues facing our region, including the need for affordable housing and support for subsistence, especially salmon.

The following day, Dan Winkelman and YKHC’s VP of Outpatient Care and Village Health Patty Smith traveled with Sen. Murkowski to Mekoryuk where she visited with community members, the school and the YKHC clinic. At the clinic, she recognized YKHC Health Aides Linda and Shara Davis for their dedication to providing healthcare in their community. (see photo)

YKHC is a 501(c)(3) organization and does not support or endorse any political candidates.

In May, YHKC Board Chairman Walter Jim and President & CEO Dan Winkelman spoke at an event with First Lady Dr. Jill Biden supporting high speed internet in our region.

"It will make our electronic health record fully functional," Winkelman said about high speed internet. "It will enable access to more telehealth services on your very own phone. For the first time, YKHC will be able to offer home health monitoring for our customers with chronic diseases like diabetes, high blood pressure and the elderly. But it has to be reliable, fast, and most importantly, as we all know, affordable.


NOTICE ABOUT SELLING CRAFTS

Effective mid-July 2023, YKHC will begin allowing private individuals/vendors to sell crafts and other non-perishable, non-hazardous items in certain areas. Private individuals and vendors who are interested are encouraged to apply for a vendor permit with YKHC Safety & Security Department. Approved vendor permits are valid for up to 12 months.

YKHC believes that traditional crafts play a significant role in preserving cultural heritage as these art forms are a tangible link to the past, representing traditions, beliefs and values of a community.

Through keeping traditional crafts alive, we are preserving our ancestors’ cultural heritage and ensure that future generations have access to these essential aspects of their heritage and cultural identity.

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
Your Community, Your Future.

Work at YKHC

Be part of your tribal health organization and make a difference in your community.

We offer a wide range of jobs with:

- Good pay and benefits
- Generous time off
- Medical, dental and vision insurance

To apply today or learn more, visit ykhc.org/work or call 907-543-6059.