



the **M**essenger
YUKON-KUSKOKWIM HEALTH CORPORATION
QUARTERLY

"Working Together To Achieve Excellent Health"

Volume XXX No.3 · October 2025



ON SEPT. 10, YKHC RECOGNIZED HEALTH AIDE APPRECIATION DAY!

All across our region, health aides, such as Sherileen Chris from Tuntutuliak (shown here at left), provide steady, compassionate care to patients. Quyaná to our health aides, behavioral health aides and dental health aides! See more on pages 4-5.

INSIDE

Numbers to call.....	2
Board of Directors.....	2
President & CEO message.....	3
Health aide appreciation.....	4
Increases in pay and bonuses for health aides	5
YKHC scholarships.....	5
Alan Miller: 40 years at YKHC	6
"Dr Bob" recognized for 50 years of service	7
Scholarship recipients	8
Advocating for our communities	9
TB—Think, test, treat	10
Fall immunizations.....	10
Share your values: iknowmine.org ..	11
HEALTHY LIVING: Wellness Wednesdays	12
Recipe: Game Meatballs	12
Tobacco free campus	13
Capital projects update	14
Kangiq Building.....	16

Please cancel any appointments you can't make

We understand that your plans may change and you may not be able to keep an appointment. Life happens. When it does, let us know! Call your clinic or call 907-543-6442 in Bethel.

When you cancel in advance, we can offer your appointment to another patient who is waiting to receive care, making our community a little healthier.

RESOURCES

YKHC main switchboard 907-543-6000
Toll Free 1-800-478-3321

APPOINTMENTS

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

SUBREGIONAL CLINICS

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

SERVICES

Inpatient (North Wing) 907-543-6330
Pharmacy Refill Line 907-543-6988
Toll Free 877-543-6988
Physical Therapy 907-543-6342
Women's Health 907-543-6296
Irrivik Birthing Center 907-543-6346
Behavioral Health Services 907-543-6100
BH CRISIS RESPONSE LINE 907-543-6499
Developmental Disabilities 907-543-2762
Emergency Room 907-543-6395
Office of Environmental Health & Engineering,
Injury Control & EMS 907-543-6420
Community Health Aide Program .. 907-543-6253
Medicaid Travel and Enrollment 833-543-6625

ADMINISTRATION & SUPPORT

Administration 907-543-6020
Human Resources 907-543-6060
Public Relations 907-543-6038

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

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

Elected by the Tribal Councils of each of the 58 federally recognized Tribes in the YKHC service area, the Board of Directors is the chief policy-making body of the corporation, exercising overall control, management and supervision.

Unit 1



Mary Ayunerak
Alakanuk



Sarah T. Prince
Kotlik

Unit 2



Geraldine Beans
St. Mary's



Gloria George
Mtn. Village

Unit 3



Bonnie Persson
Upper Kalskag



Mary Willis
Stony River

Unit 4



Moses Owen
Akiak



Mike Williams Sr.
Akiak

Unit 5



Stanley Hoffman Jr.
Bethel



Alton Alexie
Bethel



Walter Jim
Bethel



Chris Larson
Napaskiak

Unit 6



Sam Tinker Sr.
Kasigluk



Adolph Lewis
Kwigillingok

Unit 7



Simeon John
Toksook Bay



James Sipary
Toksook Bay

Unit 8



Patrick Tall
Chevak



John Uttereyuk
Scammon Bay

Unit 9



Darren Cleveland
Quinhagak

Unit 10



Rebecca Bostrom
Grayling

Message from the President & CEO

September 10 was Health Aide Appreciation Day!
Congratulations to all health aides!
Each of you is a valued member of the YKHC family.

As you know, health aides are vital to providing health care closer to home throughout our region. Recently, we worked with the Board of Directors to approve two new efforts to recruit and retain more health aides. In a continued effort to recruit more health aides, I am pleased to announce a new sign on bonus of \$7500 for new health aides. Becoming a health aide is a wonderful opportunity to be a health care leader in your community and is incredibly rewarding. Health aides directly help others and have a meaningful impact on people's lives. By becoming a health aide, you will be in a profession that offers competitive pay with generous benefits and paid time off. We train you, pay for your travel expenses and pay you while you learn. A new full time, YKHC employee is automatically enrolled into our generous retirement programs, and you are eligible for up to 4.5 work weeks paid time off. After 6 years, you can earn up to 7.5 weeks of PTO annually. This is in addition to 11 annual paid holidays.

Retaining our current health aides is as equally important as recruiting new health aides. That is why we recently announced a 5% salary increase for all current health aides. This salary increase came after comparing our salaries to market and is in addition to our annual corporate wide merit increases of 2% or more that have been achieved by the company, annually, for the last decade. Numerous training and support opportunities are also available to all health aides.

If you are interested in more than a paycheck, become a health aide and help lead your community to better health and wellness. Go to www.ykhc.org to learn more and join our team.

Quyana and dogidinh to all health aides and all YKHC employees for everything you do each and every day.



Dan Winkelman,
President & CEO



Health aide Marlene Moore shares how she tracks some of her work with Vice President of Outpatient and Village Services Patty Smith and President/CEO Dan Winkelman during their recent visit to Emmonak subregional clinic.

WITH HARD WORK AND HEART, HEALTH AIDES SERVE OUR REGION

In Yukon-Kuskokwim villages, health aides are more than just healthcare providers—they are community members who know their village's people, culture and needs.

These nearly 200 behavioral, community, and dental health aides have chosen to step forward, study and commit to ensuring people in our region receive essential healthcare close to home.

As one of Alaska's largest Tribal Health Organizations, YKHC employs more BHAs, CHAs, and DHAs than any other organization in Alaska. The Yukon-Kuskokwim Health Corporation celebrates the important work our health aides do.

In a meaningful show of statewide recognition, Alaska House Bill 78 officially designates September 10 as Alaska Community Health Aide Appreciation Day. This important acknowledgment recognizes the crucial role health aides play in supporting the health of Alaska's remote communities.

YKHC's health aides often live in the communities where they serve. This local approach ensures that care is not only accessible, but also culturally informed and relevant. Patients may feel more open when working with providers who know their village, understand their traditions, and share their way of life—leading to stronger trust and better health outcomes



(l-r) Health aides Jessica Paul and Sherileen Chris in Tuntutuliak clinic.

Training for BHAs, CHAs, and DHAs is extensive, ranging from two to four years depending on the discipline. These programs prepare health aides to respond to a wide range of healthcare needs, from emergencies to preventive care in medical, dental, and behavioral health.

"One valuable advantage to becoming a dental, behavioral or community health aide," said Dr. Judith Burks, YKHC's Director of the Dental Health Aide Therapist Program, "is the fact that health aides earn income while taking classes, gaining on-the-job experience and earning college credits toward

their certification or degree." Each training path is uniquely designed to meet the healthcare challenges of the YK Delta, supporting YKHC's vision: "Through Native self-determination and culturally relevant health systems, we strive to be the healthiest people."

Health aides are the front-line of care in our region. In many communities, they are not only care providers—they are trusted neighbors, essential lifelines, and a powerful source of strength and healing.



(l-r) Dental health aides Shawn Martin and Wilton "Maksii" Charles.



Behavioral health aide Jason Bavilla

YKHC INCREASES PAY AND SIGN-ON BONUS FOR HEALTH AIDES AND BEHAVIORAL HEALTH AIDES

Having a full team of health aides is something we all want across the Yukon-Kuskokwim region. Finding and hiring health aides and behavioral health aides (BHAs) takes teamwork between our communities and YKHC.

To help bring in and keep more health aides and BHAs, the YKHC Board of Directors recently approved a 5% pay raise for these jobs – even for new trainees! Our wages were already competitive, but we wanted to offer more to make YKHC the best place for health aides to work, stay, and grow their careers.

We also increased the sign-on bonus to \$7,500 for new health aides and BHAs. New hires will get \$5,000 after 90 days of successful work, and another \$2,500 after one full year on the job.

In August, President/CEO Dan Winkelman, staff, and board members visited St. Mary's, Emmonak, and Alakanuk. They met with clinic staff and Tribal leaders to learn about each community's needs and to share the news about the pay increases.

Quyana to everyone who met with us—and to the Tribes encouraging people to apply!

If you or someone you know is interested in becoming a health aide or BHA, we invite you to apply! YKHC offers on-the-job training, support, generous paid time off, and other benefits to help you succeed. Apply today at www.ykhc.org/work

To our current health aides and BHAs — quyana for all that you do! Your hard work makes a big difference in the lives of our customers every day.



Dan Winkelman, far right, and YKHC leaders with staff at the St. Mary's Subregional Clinic.

YKHC SCHOLARSHIPS

YKHC offers scholarships for students enrolled in healthcare programs at accredited schools.

Apply for a YKHC scholarship today!

Who should apply?

- Members of the 58 tribes served by YKHC
- Residents of the YKHC service area



Yukon-Kuskokwim
HEALTH CORPORATION

**Next application deadline:
November 1, 2025**



Visit www.ykhc.org/education for more information about scholarship requirements, eligibility, and application form.

Do you have any questions or need help completing scholarship forms?

Call 907-543-6943 or 1-800-478-3321 ext. 6943 or email AHCC@ykhc.org.

STORIES FROM ALAN: 40 years with YKHC

Each year, YKHC recognizes groups of employees for their years of service to the region. Last year, Alan Miller, pharmacy technician, was recognized for 40 years at YKHC!

At the event, Alan delighted the assembled crowd with stories about his time in the region and the changes in the pharmacy over his many years. For those not able to hear Alan's stories first-hand, we wanted to share here.

Alan was raised on a farm as the youngest of eight children, including three sets of twins. Early on, he learned hard work from his father and brothers. He started college in chemistry and chemical engineering but left midway due to financial struggles. Hoping to earn money and return, he moved to Bethel at his sister's invitation—but life had other plans.

While working in the hospital lab, Alan met the woman who would become his wife. They were married for 28 years before she passed away in 2019. Her home village of Kwigillingok became like a second home to him, and her mother taught him how to make akutaq. Through time spent in the region and with extended family, Alan learned to understand and speak Yup'ik.

Alan began working at YKHC in 1984 and has now been with the organization for 42 years. His first position was as a lab technician in the Strep Program, where he conducted over 500,000 tests, helping reduce cases of strep from 30–40 a year to just one or two.

In 1993, he transitioned into pharmacy, which had only six staff members at the time. Much of the work was done manually—including hours spent typing prescription labels. The team managed medication refills, filled three-month supplies, and conducted monthly reviews for about 1,100 patients, working from paper charts in direct communication via phone with health aides and pharmacy staff. The team relied on strong work ethics and collaboration to meet patient needs.

Today, the department has grown to 50–60 staff. Patients now take a more active role in managing their refills, and systems have become more digital. Still, challenges such as staffing turnover, workload, and reaching remote communities remain. Despite new tools and technology, Alan believes strong work ethics, excellent patient care, and teamwork are still vital.

For the past 25 years, Alan has been responsible for conducting pharmacy insurance audits, including Medicaid, Medicare, and private insurance. He also oversees the expedited processing of urgent, chronic, and ambulatory medications, along with village coordination and transportation logistics. Alan has trained many pharmacists and pharmacy technicians – and estimates he has played a role in filling over a million prescriptions!

Outside of work, Alan enjoys baking, cooking, gardening, and is known for his cinnamon rolls. He grows vegetables and shares them with friends and family. He bought his first home in 1986 while working three jobs and still handles most repairs himself. He's grateful to have both of his children and two grandchildren, ages 6 and 9, living in Bethel.

Faith has been a steady foundation in Alan's life. Raised Catholic, he has long been active in the Moravian Church, serving as a trustee and helping with finances. He encourages others to take pride in their work, serve with heart, and do their best with what they've been given.





Dr. Robert Allen, known to most as “Dr. Bob”, at the afternoon celebration of his 50 years of service in the YKHC Dental Department. (All photos by Dr. Thomas Allen, DMD.)

FOR FIFTY YEARS, DR. BOB HAS CARED FOR THE YK REGION

This past month, YKHC celebrated a very special milestone. Dr. Robert Allen, known to many as “Dr. Bob,” reached 50 years of service as a public health dentist for the Yukon-Kuskokwim Delta community. He first came to Bethel in 1975 with the U.S. Public Health Service Commissioned Corps. He retired from the Corps in 2004 as a Captain, but continued working in Bethel as a Staff Dentist, Dental Director, and teacher with the Alaska Dental Therapy Education Program.

Over the years, Dr. Bob has become well known across the region. Generations of patients remember him for his steady dedication, skillful care, and kindness toward the Alaska Native community.

To celebrate his 50 years of service, YKHC hosted a special luncheon where coworkers, friends, and community members came together to honor him. People shared memories, laughed, and thanked Dr. Bob for all he has done. On Saturday, the celebration continued with a softball game in his honor—recognizing not only his work as a dentist but also his long-time love of the local softball community. The game brought back memories of the past, when events like this were a big part of life in Bethel and Dr. Bob was often seen on the field.

Having long-term providers like Dr. Bob is a big benefit for our patients and communities. When providers stay in the same place for many years, they build strong relationships with their patients. This helps people feel more comfortable getting care and leads to better health. Providers also learn more about local health needs, culture, and challenges, so they can do an even better job supporting their patients.

Dr. Bob’s career shows what it means to serve with heart, dedication, and honesty. We are deeply thankful for his 50 years of service—and we look forward to more to come. Thank you, Dr. Bob, for everything you’ve done. You’ve made a lasting difference in this community!



Commemorative softball game at Pinky’s Park with past and present members of the YKHC dental team and family.



Dr. Bob Allen stepping back up to the plate at Pinky’s Park where “Dr. Bob’s Softball Team” played frequently 30 years earlier.



Dr. Bob Allen surrounded by past and present members of the YKHC Dental Team.

YKHC SCHOLARSHIPS SUPPORT STUDENTS PURSUING THEIR GOALS

YKHC awards more than \$200,000 in scholarships each year to bright, inspiring individuals pursuing careers in healthcare-related fields. Take a moment to learn a little about four of our deserving scholarship awardees.

Arianna Avugiak, APU, Nursing

I want to sincerely thank YKHC for the opportunity this scholarship provides. As a full-time student working toward my nursing degree while also working full time as a Certified Nursing Assistant, it can be difficult to balance school, work, and expenses. This support will lift a big weight off my shoulders and allow me to focus more on my education and clinical training.



With your generosity, I will be able to continue pushing forward toward my goal of becoming a registered nurse and eventually specializing in pediatrics. After earning my degree, I plan to give back to my community by providing care to children and families, and by encouraging other Alaska Natives to pursue careers in healthcare. This scholarship is not just financial support — it is motivation to keep going, and I am truly grateful.

Malinda Simon, UAA, Radiologic Technology

Waqaa! Cangacit? My name is Malinda Simon, and my Yup'ik name is Nurataaq. I am a proud Alaska Native from the Yukon-Kuskokwim region with ancestral ties to Bristol Bay. I'm working toward an Associate of Applied Science in Radiologic Technology at the University of Alaska Anchorage. My dream is to return home and serve in YKHC's Imaging Department, providing culturally grounded care.



To prepare, I participated in the Bethel ANSEP program and YKHC's Summer Hire Program, which confirmed my passion for healthcare and showed me where I can make a difference.

I'm also active in my community, volunteering with Bethel Friends of K9s and the Yuut Basketball Association. These keep me connected to wellness and culture—values I hope to promote in my profession.

Kayla Morgan, Clark College, Dental Hygiene

My name is Kayla Morgan, and I'm from the Native Village of Aniak, Alaska. I'm entering my senior year in the dental hygiene program at Clark College in Vancouver, Washington. I chose this path after realizing how vital—but often overlooked—oral health is to overall wellness.



The program is highly competitive and rigorous, requiring up to 19 credits per quarter and that we find our own patients for clinicals. In addition to tuition and books, I must purchase instruments, supplies, and pay for board exams.

Because I can only work during school breaks, I'm incredibly grateful for the continued support from YKHC. It allows me to focus fully on my studies and pursue my dream of becoming a compassionate dental hygienist representing my Native heritage.

Schenia Wassilie, APU, Pre-Nursing

I am from Akiachak and I'm currently pursuing a Bachelor of Science in Nursing. Receiving this award reduces my reliance on student loans and eases the financial pressure of rising education costs. With YKHC's support, I can focus more deeply on my studies and professional growth.



Instead of juggling multiple part-time jobs, I'll be able to dedicate my time to coursework, research, internships, and other experiences essential to my long-term success.

This scholarship is, in essence, an investment in my potential. It gives me the stability to fully commit to my education and build the practical skills I need to contribute meaningfully to my community as a nurse. I'm incredibly grateful for this opportunity and determined to make the most of it.

YKHC's Scholarship Program offers scholarships in alignment with the strategic goal to build a strong Alaska Native Workforce

Advocating for healthy communities

At YKHC, we know that keeping our people healthy involves more than just what goes on in our clinics and hospitals.

Health is also shaped by safe housing, clean water, functioning sewer systems, a healthy environment, opportunities for growth, and access to accurate information that helps tribes make informed decisions.

That's why we seek out opportunities to work with tribal partners, local leaders, state and federal agencies, and elected officials—building strong relationships to ensure the voices and needs of our communities are heard. Together, we can make meaningful progress toward a healthier future.

**YKHC is a nonprofit organization and does not endorse any political candidates.*



At a gathering in Anchorage hosted by the Alaska Native Health Board, YKHC President/CEO Dan Winkelman met with Secretary Robert F. Kennedy, Jr. of the United States Department of Health & Human Services, as well as Senators Lisa Murkowski and Dan Sullivan, to advocate for Medicaid and preserving the Indian Health Service budget for Alaska Native healthcare.



President/CEO Dan Winkelman spoke at a ribbon cutting event at the new UAF Kuskokwim Campus Health Sciences Building in Bethel, celebrating the center's support of programs designed to increase rural nursing graduates.



YKHC hosted a luncheon for Bethel community leaders with Scott Turner, Secretary of the U.S. Department of Housing and Urban Development. During the visit, representatives from YKHC and partner organizations in Bethel spoke with the secretary about the region's unique needs.

STOPPING TB STARTS WITH US

You might be surprised to learn that tuberculosis (TB) is still a serious health concern in our communities. Not only is TB present, rates of TB in the Yukon-Kuskokwim region are some of the highest in the world.

The good news is that with awareness, testing, and treatment, we can protect ourselves and our communities. Here's what you need to know—and do—to help stop the spread of TB.

Think TB

Have symptoms like cough, fever, night sweats, fatigue, and weight loss, and coughing up blood or phlegm? Spent time with someone who has TB? Is testing being offered in your school or community? Then it's important to consider TB, even if you feel healthy.

TB spreads through the air from person to person, but it's not always easy to know if you or someone else is infected. Common symptoms include cough, fever, night sweats, fatigue, and weight loss, and coughing up blood or phlegm. However, many people with TB don't feel sick and TB can live in the body for years without symptoms. That's why it's important to stay aware and informed.

Test now

Even if you feel fine, it's still important to get tested for TB—especially if it's been over a year since your last test. You should also get tested if you've been around someone with TB, have symptoms, or if testing is offered at your school or in your village (unless your provider has given you different



instructions.) Testing may also be required for work or travel. Getting tested is easy: visit your village clinic, make an appointment in Bethel, or look for local testing events.

Treat fully

If you test positive for TB, don't wait—start treatment right away. TB can be cured with medication, but it's important to take every dose, as instructed by your healthcare provider. TB germs are tough and take time to go away, so finishing your full treatment is critical to protect both you and your community. Let's work together to get rid of TB in our region.

Every person who gets tested, treated, and shares information helps move us closer to a TB-free YK Delta. Talk to your healthcare provider or call 907-543-6420 if you have questions. Together, we can take action to keep our communities healthy and strong.



Plan for more fun, less sick, this winter by getting fall immunizations.

PREPARE FOR THE INDOOR SEASON WITH FALL IMMUNIZATIONS

When the weather gets colder, we head indoors — and that's when flu, COVID-19, and RSV are most likely to spread. Fortunately, fall vaccines are available to help protect you and your loved ones!

YKHC strongly encourages you to talk to your health care provider and get your recommended vaccinations. All infants under 8 months, and Alaska Native infants under 20 months, should be immunized against RSV.

Immunizations will be available at village clinics and at the hospital in Bethel. To learn more, visit www.ykhc.org and follow us on social media for updates.

START THE CONVERSATION, SHARE YOUR VALUES

Talking about health, growing up, and making good choices isn't always easy—but it matters. That's why YKHC is highlighting [iknowmine.org](https://www.iknowmine.org), a trusted resource offering holistic health education and support for Alaska Native and rural Alaska families.

- If you're a parent or guardian looking for tools and tips on beginning to have important conversations with your children, this website offers information and guidance. Teaching your children about your family's values now can help them be prepared to make good choices in the future.
- If you're a young person who is wondering about how your body is developing into adulthood and have questions, but don't know exactly who to ask or how to ask, this website will help guide you in the things that you need to consider as you begin to navigate the world.

Below are highlights of the website that we shared with you in our social media accounts.

Sexual health FAQs

Do you have questions about sex and sexual health and are not sure where to get accurate information? You're not alone! The Sexual Health Frequently Asked Questions page on the [iknowmine.org](https://www.iknowmine.org) website has a list of questions and answers and provides other resources for many of the questions we have regarding sexually transmitted infections, birth control options, etc. (View at <https://www.iknowmine.org/topic/sexual-health-faqs/>)

How do I talk with my kids about sex and sexual health?

Taking time to build a foundation of trust by having meaningful conversations with your child about things that matter to them will make "the talk" a less daunting milestone to achieve as a parent or trusted adult. Having a healthy relationship with your child will help ensure they feel safe coming to you with other big questions, like alcohol use, bullying, or suicide prevention. (Find tips and resources at <https://www.iknowmine.org/topic/how-to-talk-with-a-child/>)

How do I talk with my healthcare provider about sex and sexual health?

When talking with a health care provider, such as a doctor or community health aide (CHA), the most important thing is



honesty. Share any symptoms or health concerns you have—even if it feels embarrassing. The more your provider knows, the better they can help. (Find more tips and resources here <https://www.iknowmine.org/topic/how-to-talk-with-a-provider/>)

What happens to my body during puberty?

Talk to your children about what happens during puberty, both physically and emotionally. Open conversations make this time easier to understand and less overwhelming.

(Find information and communication tips at <https://www.iknowmine.org/topic/puberty/>)

What are sexually transmitted infections and how can I prevent them?

What are sexually transmitted infections (STIs)? How can I prevent getting infected with STIs? Find answers to those questions and more. (Visit <https://www.iknowmine.org/topic/sexually-transmitted-infections-and-related-conditions/>)

Start the conversation today to support your values and help the young people in your life make healthy, informed choices.

HEALTHY LIVING

FUN AND FOOD FOR ALL AT WEEKLY WELLNESS WEDNESDAY CLASSES

If you peek in the door of the Wellness Center on the second floor of the hospital between 5:15 and 7 p.m. any Wednesday evening, you might see a group of people playing bingo, dancing, or participating in a scavenger hunt.

You will definitely see people of all ages laughing, smiling, learning, and sharing a healthy meal. This is a Wellness Wednesday class!

Weekly classes explore different activities and ways to stay healthy. Here's what happened at one recent event, in the words of a participant: "Last week's Wellness Wednesday offered a welcome pause to reflect and reconnect. We began with gratitude, encouraging participants to notice what's going well. Many shared stories—from safe homes to family time—reminding us there's always something to appreciate.

We then explored healthy ways to manage stress. Some found comfort in music, games, or baking; others in solitude or helping others. Self-care looks different for everyone, but it helps us stay grounded and resilient.

Practicing gratitude and caring for our emotional health supports not only our mindset but also our physical well-being—building strength from the inside out."



Movement was on the menu at this Wellness Wednesday event. Come join the fun!

Come join them! These gatherings are free and open to anyone over 16 who is interested in improving their health. Classes are offered every Wednesday evening (except holidays) from 5:15 p.m. – 7 p.m. in the Wellness Center located on the second floor of the hospital.

YUMMY RECIPE: Game Meatballs

Ingredients:

- 1 pound caribou or other game meat
- 1/2 cup oatmeal
- 1/4 cup skim or low fat milk
- 1/2 teaspoon salt
- 1/2 teaspoon Worcestershire sauce
- 1/4 teaspoon pepper
- 1 small onion, finely chopped (1/4 cup)
- 1 egg
- 2 teaspoons Italian seasoning
- 1/4 teaspoon red pepper flakes (increase for more spice)
- 2 cloves garlic, minced
- 1/2 cup Parmesan cheese

Adapted from bettycrocker.com

Preparation:

1. Heat oven to 400°F.
2. Spray a 13 x 9 inch pan with cooking spray.
3. In a large bowl, mix all ingredients.
4. Shape mixture into 24 (1 1/2 inch) meatballs.
5. Place 1 inch apart on baking pan.
6. Bake uncovered about 6 minutes. Turn meatballs. Bake for an additional 6 minutes or until temperature reaches 160°F.
7. Omit milk and cheese for a dairy free option.



For more recipes and videos with step-by-step directions, visit <https://www.ykhc.org/recipes/>

TOBACCO-FREE CAMPUS SINCE 2018

Since 2018, YKHC has had a tobacco-free workplace policy. Use of tobacco in any form by staff or customers is not allowed anywhere YKHC properties, inside or outside.

This policy was created to protect the health, safety and comfort of the people of the YK Delta and to promote a healthy lifestyle showing YKHC's commitment to the vision of "striving to be the healthiest people".

We know quitting can be hard but support is available, in person or virtually. Quitting is one of the most important actions you can take to improve your health. This is true regardless of your age or how long you have been smoking. Select one of the options from the box (see right), reach out and get started quitting today.

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

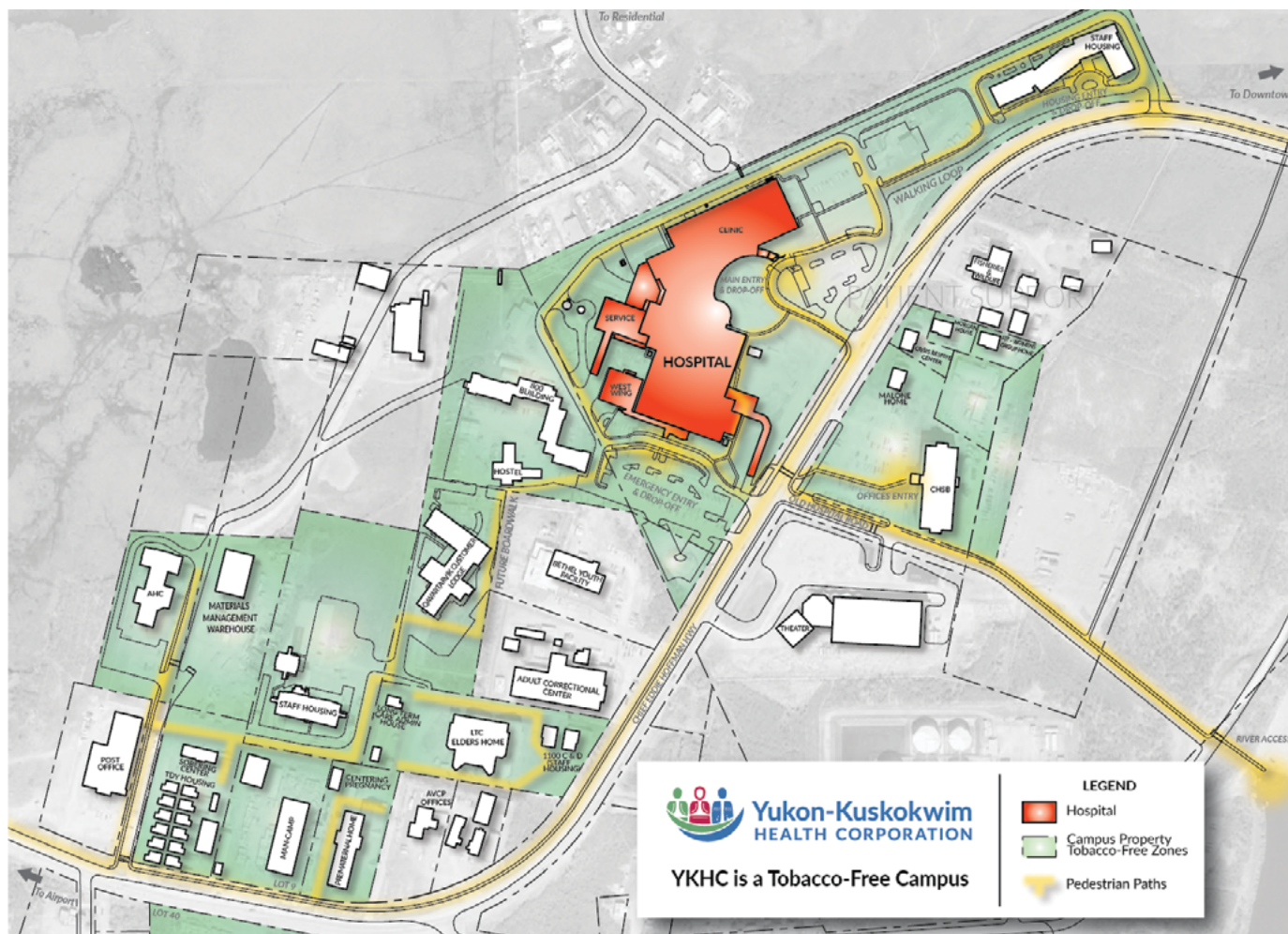
Free Texting Program for Teens

- 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.



Tobacco use—including smoking, chew, vaping and all other forms of tobacco—are not permitted in any areas marked inside the green borders in the map above. YKHC encourages you to quit tobacco for your health.

Capital Projects Update

June- August 2025

Tuntu Apartments
Village Clinics
Warehouse
Day Care Center



Program Accomplishments

Tuntu Apartments:

- Casework for kitchens and bathrooms installed in 3rd and 4th floor apartment units, followed by flooring.
- Elevator cabs installed. State inspector approved for temporary use during construction.
- Retaining wall piles, wood walers and structural back fill continued.
- Electrical transformer, fuel oil tank and wet well for sanitary sewer lift station were set; arctic pipe force main sewer line to City main was placed.
- Building water supply and two new fire hydrants tapped into the City water main line.
- Window flashing and caulking completed. Exterior building trim continues.
- Mechanical, control and electrical work continues in utility areas.
- Plumbing and electrical fixture install begins on 4th floor.
- Drywall and painting completed in apartment units.

Anvik Village Clinic: Mechanical and electrical was trimmed out, Dental installation will be in late August. Utility week scheduled for September.

Oscarville Village Clinic: Painting is complete, ACT and wall coverings are underway, Electrical trim out underway.

Stony River Village Clinic: Shell is up and interior framing is underway.

Lime Village Clinic: Groundbreaking was held Aug 8, construction to follow.



Anvik Village Clinic construction



YKHC driving pile for retaining wall



Backfill retaining wall at main entry



Installing treated wood walers on piling



Framing the lift station enclosure

Tuntu Apartments Project Schedule

2023				2024				2025				2026				2027			
Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4	Q1	Q2	Q3	Q4
YKHC Board Approves Project Funding (Jan 2023)																			
Design (Feb 2023 - June 2024)																			
Structural Steel and Concrete Floors (Apr 2024 - Sept 2024)																			
Building Exterior Envelope (July 2024 - Jan 2025)																			
Mechanical, Electrical, Plumbing (Aug 2024 - Sept 2025)																			
Interior Walls (Oct 2024 - Jan 2026)																			
Finishes (May 2025 - Aug 2026)																			
Commissioning, Testing and Closeout (July 2026 - Dec 2026)																			
Complete (Jan 2027)																			
Move-in (Spring 2027)																			



Oscarville Village Clinic construction



Stony River Village Clinic construction



Tuntu Apartments - Arctic pipe water main to building



Tuntu Apartments - Setting above ground fuel oil storage tank



Tuntu Apartments - Main entry canopy framing



Tuntu Apartments - Fabricating steel platform for transformer access

**YKHC COFFEE
SHOP IN LOBBY OF
KANGIQ BUILDING IS
NOW OPEN!**

**7:30–9:30 a.m.
Mon. – Fri.
(Hours subject
to change)**



WHERE IT ALL BEGAN...

The Yukon-Kuskokwim Health Corporation's administrative building—formerly known as the Community Health Services Building (CHSB) or the “New YK Building”—is now named “Kangiq Building.”

Kangiq is a Yup'ik word, pronounced as “Gung-iq,” that means “source,” “headwaters,” or “where it all began.” The name reflects YKHC's commitment to our culture and region—and recognizes the building's location as the land where the original hospital was built, where people first came together to receive healthcare in the region.