

Robert L. Urata, M.D. Valley Medical Care Clinic Site Co-coordinator:
Robert L. Urata, M.D.: bcurata@gci.net
Family Medicine w/Obstetrics

Dr. Urata is an Alaska WWAMI Graduate from 1974. He has also received specialized training in geriatric medicine. In the 1980s he served as Chief of Staff of Bartlett Regional Hospital. He currently serves on the hospital board and as a board member of Hospice and Home Care of Juneau, both voluntary positions. Of the nine doctors at the clinic, four are former WWAMI students.

Richard Welling, M.D. Valley Medical Care Clinic Site Co-coordinator:
Richard Welling, M.D.: rkwell@gci.net
Family Medicine

Dr. Welling was born and raised in Anchorage, Alaska. He graduated from the University of Washington School of Medicine and completed a Family Practice residency at the University of Utah. He has served as a volunteer medical officer in the Kenya Highlands and as a missionary in France for the Church of Jesus Christ of Latter-Day Saints. Dr. Welling is the current Chief of Staff for Bartlett Regional Hospital. He is certified as a Diplomate with the American Board of Family Practice. He and his wife, Karlynn, have four children.

Valley Medical Care Clinic Site Administrator:
Lance Campbell: lance@valleymedicalcare.com

Clinic:

Valley Medical Care Clinic is a full spectrum family medicine practice. There are few specialties in Juneau and consequently the Family Practitioners are asked to provide services that are often covered by specialists in larger areas. The community has four general internists and one neurologist. There is no Obstetrician/ Gynecologist. The practice does close to 400 deliveries a year, and has an extensive inpatient service. www.valleymedicalcare.com

Bartlett Memorial Hospital

Bartlett Memorial Hospital, www.bartletthospital.org, is the community owned hospital approved for 55 acute care beds services the area. In March of 2008 construction was finished and doubled the size of the hospital including a new emergency room, critical care unit, state of the art diagnostic imaging center, and remodeled obstetrical unit. The building also includes an inpatient mental health unit.

Nursing Home:

Wildflower Court Nursing Home: patients are followed by geriatrics family physicians. Rounds are done weekly by physicians or family nurse practitioners.

What to Expect:

Each family physician on staff rotates as the "hospitalist" and the WRITE students round with them. There are opportunities to assist in surgery on call. The Behavioral Health Department is staffed by a psychiatrist, psychologist, and nurse practitioners. The Alaska Native Medical Center field clinics are held in Juneau about two times per month, providing the opportunity for WRITE students to work with consulting specialists.

Size & Location:

Juneau is located in the Panhandle of Southeast Alaska, 900 air miles north of Seattle and 600 air miles south of Anchorage. Juneau lies on a small strip of land between sea level and 3,800 feet peaks. Of Juneau's entire 3,248 square mile size, there are 928 square miles of ice cap, 704 square miles of water, and only 264 square miles of urban development. Another 1,352 square miles are wilderness and rainforest. To see a map of where we are located and/or get directions from other locations, go to maps.google.com (for directions, click "Get Directions" in the upper left-hand corner where you can input the starting address).

Transportation:

Alaska Airlines has several northbound and southbound flights per day. The Alaska Ferry system provides daily service in and out of the community.

Housing:

Efficiency Apartment

Interesting Facts:

Juneau was established as the State Capital in 1900 and was originally a mining community. It has no road access. Approximately thirty one thousand people live in the Juneau Borough, which covers 2,700 square miles (that is 11 people per square mile). One quarter of the population is under 18 and the median income is sixty thousand dollars mainly from fishing, the service industry and government employment. Juneau has a robust tourism industry in the summer from the cruise lines. It is common to have two Alaska Cruise Ships each with 2,000-4,000 tourists in town at one time. During the annual January to May legislative session, the community again increases with legislators, their staffs, lobbyists, and other interested parties.

Extracurricular Activities: www.juneau.org

Alaska State Museum

House of Wickersham

Juneau-Douglas City Museum

Patsy Ann Statue

Mt. Roberts Tram

Trails

Weather Trends:

Juneau has a mild, maritime climate. The mean annual temperature is 55 degrees Fahrenheit. Winter temperatures seldom drop below 20 degrees Fahrenheit and summer temperatures seldom exceed 65 degrees. Abundant rainfall contributes to the growth of very large Sitka spruce and Western hemlock in the coastal forests and to abundant fish populations in local waters. Snowfall is heavy in most winters, averaging 101 inches. Statistically, June is the month with the least rainfall. Juneau does not have the "midnight sun" experienced further north in Alaska, but day length is much longer in the summer and much shorter in the winter than in the "Lower 48" states.