



Tauts Tum Time



Special Edition!
Public Health Week April 4-10, 2022
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COMMUNITY COLLABORATION & RESILIENCE – SENIOR CENTER

Post COVID-19 lock down, the Nicht-Yow-Way Senior Center (SC) opened its doors again on June 2, 2021. "During the many months of uncertainty we were happy to be allowed to have congregate meals three days per week, and other services during normal hours," said Clifford Stanger, SC Program Manager. Additional services offered include meal delivery and sit down meals on-site, distribution of Native American commodity and Veteran food boxes, home visits, case management and bridging the gap for services to access various other programs. "We are able to partner with many community organizations across our community and beyond to bring programs and service to our elders," said Stanger.

Resilient programming has provided our Elders with access to various organizations within our Tribal community and beyond, expanding and enhancing the reach of services provided to the senior population. For instance, in coordinating with the Department of Children and Family Services, our team was able to deliver food boxes to our elders who were homebound during the winter months, including Christmas dinner. The American Military Encouragement Network also contributed to successfully delivering Thanksgiving dinner bundles.

Highlights offered to our Elders:

- CTUIR BOT provided an Elders Luncheon 6/18/21
- CTUIR/DCFS provided Elders Christmas Dinner 12/22/21
- CTUIR-Department of Natural Resources & Fisheries Program donated salmon and meat
- Wildhorse Resort and Casino donated clothing, toiletries, bedding, and 40" flat screen TV's for elders
- Yellowhawk Pamanaknúwit team donated exercise bundles for at home exercise

There are many who have provided services to our Elders and allowed the SC to maintain resiliency in various capacities. We are looking forward to the future as we move headfirst in identifying additional services that aid in expanding and enhancing the services and community engagement opportunities for CTUIR senior population.

Thank you to the SC staff for the hard work and dedication! Clifford Stanger, Program Manager; Head Cook Melva Lopez; Assistant Cook Victoria Baker; Prep Cook Xochitl Roman and Senior Services Coordinator Michael Ray Johnson.

Tribal Health Commission

Althea Huesties-Wolf
Chair

Denise Wickert
Vice Chair

Dara Williams-Worden
Secretary

Members:
Shawna M. Gavin
Martina Gordon
Robin Turk

Sandra Sampson
BOT Representative

**PUBLIC HEALTH WEEK
APRIL 4-10, 2022**

DAILY THEMES

- Monday** - Racism: A Public Health Crisis
- Tuesday** - Public Health Workforce: Essential to our Future
- Wednesday** - Community: Collaboration and Resilience
- Thursday** - World Health Day: Health is a Human Right
- Friday** - Accessibility: Closing the Health Equity Gap
- Saturday** - Climate Change: Taking Action for Equity
- Sunday** - Mental Wellness: Redefining the Meaning of Health

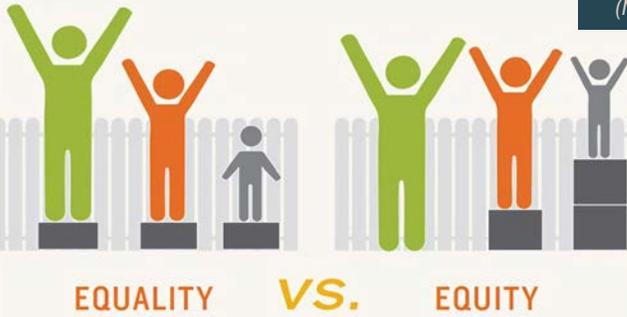




YELLOWHAWK
TRIBAL HEALTH CENTER

CLIMATE CHANGE: TAKING ACTION FOR EQUITY

(National Public Health Week www.nphw.org)



RACISM: A PUBLIC HEALTH CRISIS

In April 2021, Rochelle P. Walensky, MD, MPH, director of the Centers for Disease Control and Prevention (CDC), declared racism “a serious public health threat” In a statement, Dr. Walensky highlighted the disproportionate impact of the COVID-19 pandemic on people of color in the United States. However, she noted, these disparities are not new. “Instead, the pandemic illuminated inequities that have existed for generations and revealed for all of America a known, but often unaddressed, epidemic impacting public health: racism.”

When people say, “Racism is a public health problem,” what do they mean?

Racism is a public health problem, meaning racism is at the root of the unfairness and injustice in health that we see, particularly for minorities in this country. Whether it's housing, criminal justice, education, wealth, economic opportunities, or healthcare, all of these interlocking systems of racism really are the main fundamental drivers of the racial inequities that we see among minorities in Americans.

For health.

Building strong communities makes them more resilient. Communities with greater cohesion have better health outcomes after climate-related disasters. Addressing climate change alongside other inequities, like racial injustice, helps improve the health of communities. If we can keep global warming increases below 2 degrees Celsius, we can dramatically improve the health of children born today, for their entire lives. And we know taking action to reduce and halt climate change today will result in fewer disease outbreaks and better mental health worldwide.

Yellowhawk Public Health is taking part in the 2 Weeks Ready campaign for emergency preparedness. Throughout 2022 the community will see and have an opportunity to interact with the materials from the campaign. In conjunction with Oregon Office of Emergency Management the 2 Weeks Ready campaign will provide youth, adults, and elders with the tools and information necessary to be personally prepared in the case of emergencies and natural disasters.

Are you prepared for an emergency?



Home Safety Tips

- Change your carbon monoxide and smoke alarm batteries twice a year.
- Create your own emergency plan, specific to your home and family. (Example: snowed in, power outage, flood, etc.)
- Keep areas around heaters and woodstoves clear by at least 3 feet.

Are you 2 Weeks Ready?

- Being 2 Weeks Ready means having a plan and enough supplies for you and your household to survive on your own for a full two weeks should a disaster occur.
- Oregon has experienced a recent cycle of emergencies and disasters, including floods, drought, wildfires, ice storms, excessive heat, and a pandemic. If the recent disasters that have impacted our state have taught us anything, it's that being prepared can make a big difference. Each Oregon resident should proactively prepare to be self-sufficient for at least two weeks during a disaster.
- First responders may not be able to reach everyone impacted within hours or even days after a disaster. This is especially the case in the event of a Cascadia Subduction Zone earthquake or tsunami.

Join us May 3, 2022



YOUR PROVIDER IS YOUR PARTNER IN HEALTH CARE

WORLD HEALTH DAY: HEALTH IS A HUMAN RIGHT

You may have questions about an illness, disease or condition you have been diagnosed with. The first person to ask is your provider. Consider your provider your partner in health care—someone who can discuss your situation with you, explain your options, and help you make decisions that are right for you. It is not always easy to feel comfortable around doctors. Research has shown that good communication with your provider can actually be good for your health. It can help you to:

- Feel more satisfied with the care you receive.
- Have better outcomes (end results), such as reduced pain and better recovery from symptoms.

Being an active member of your health care team also helps to reduce your chances of medical mistakes, and it helps you get high-quality care. Of course, good communication is a two-way street.

Here are some ways to help make the most of the time you spend with your Provider:

Prepare for Your Visit

- Think about what you want to get out of your appointment. What are your top three questions you want to be sure to ask during your appointment?
 - Consider asking about your medicines, a medical test you may need, symptoms you've been experiencing related to your visit. Prepare and bring to your visit a list of all the medicines you take, including over the counter items.
- Consider bringing along a trusted relative or friend. This person can help ask questions, take notes, and help you remember and understand everything once you leave the doctor's office.

Give Information to Your Provider

- Do not wait to be asked. Tell your provider everything they need to know about your health—even the things that might make you feel embarrassed or uncomfortable.
- Tell your provider how you are feeling—both physically and emotionally - are you are feeling depressed or overwhelmed?

Get Information from Your Provider

- Ask questions about anything that concerns you. Keep asking until you understand the answers. If you do not, your provider may think you understand everything that is said.
- Tape record your visit, if that will be helpful to you. Always ask your provider if this is okay. You may also take notes.
- Ask your provider to recommend resources such as websites, booklets, or videos with more information about your condition or health status.

Get Information About Next Steps

- Get the results of any tests or procedures. Discuss the meaning of these results with your provider.
- Make sure you understand your current health status and what your follow-up care needs are, if any.

PATIENT CENTERED
PRIMARY CARE HOME

Finally, if you are not satisfied with your doctor, you can do two things:

1 - Talk with your provider and try to work things out or **2 - Switch** providers, if you are able to.

It is very important to feel confident about your care. Do NOT hesitate to seek a second opinion! A second opinion is when another provider examines your medical records and gives their views about your condition and how it should be treated. You might want a second opinion to:

- Be clear about what you have.
- Know all of your treatment choices.
- Have another doctor look at your choices with you.

It is not pushy or rude to want a second opinion. Most providers will understand that you need more information before making important decisions about your health. Check to see whether your health plan covers a second opinion.

Here are some ways to find a provider for a second opinion:

- First ask your primary provider to be referred to an outside provider.
 - It will be helpful to have an idea of the medical facility and specific provider's office you would like to be referred to. Your primary care provider may have some suggestions as well.
- If approved for a second opinion referral, contact outside provider to schedule an appointment.
- Speak with your provider's referral coordinator:
 - Dr. Winde - LaShay Miller at 541.240.8655
 - Liz Sieder - Carrie Campbell-Turk at 541. 240.8639
 - Locum Team - Carrie Walker at 541.240.8562

It is important to call a Referral Coordinator prior to each of your appointments outside of Yellowhawk Tribal Health Center.

Prior to Seeking a Second Opinion Be Sure You Understand Yellowhawk's Referral Process

REDEFINING THE MEANING OF HEALTH

Myth: Children do not experience mental health problems.

Fact: Half of people who experience mental health disorders show signs before age 14. Even young children may begin to show warning signs of mental health concerns. Early mental health support can help a child before problems interfere with other developmental needs.

Myth: Personality weakness or character flaws cause mental health problems. People with mental health problems can snap out of it if they try hard enough.

Fact: Circumstances are different for everyone, and many people need help to get better. People experiencing poor mental health can get better, and many recover completely.

Overcoming Negative Perceptions

In some AI/AN communities, adverse views of mental health do exist. This may correlate with the level of the individual or involved family members' deculturation from traditional belief systems. However, the degree of negative perception varies from Tribe to tribe and even within Tribes, depending on their own beliefs about mental and physical health. As Tribal communities return to using traditional healers, ceremony, and ritual, some AI/AN individuals who experience mental health issues are more willing to seek traditional strategies to help with depression, anxiety, and substance use disorders than other types of treatment. See table 2.

MORE INFORMATION AT SAMHSA.GOV

Table 2. Worldview differences that impact mental health care²

AI/AN	Majority Culture
Relational/circular	Linear, point A to point B
Mind, body, spirit/one	Psyche is the focus
Mystical/acceptance	Scientific/verification
Ceremonials/rituals	Psychotherapy
Tribal connectedness	Individualism
Spirituality and balance	Organized religions
Cooperation/sharing	Competition/winning
Patience/respectful	Assertive/forceful
Present-oriented	Future-oriented
Herbs, plants, nature	Psychopharmacology

Public Health Week April 4-10, 2022

YELLOWHAWK CAREER FAIR



8 AM TO NOON



Yellowhawk Tribal Health Center
46314 Timíne Way
Pendleton, OR 97801
www.yellowhawk.org



COMMUNITY CENTERED

Accessible to You.

Find us in the community doing outreach and blood pressure checks!

APRIL 8

FIND SCHEDULE ON EVENTS PAGE!