



June 2022
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TAKING PRIDE IN YOUR MENTAL HEALTH

What does it mean to be Two-Spirit?

"Traditionally, Native American Two-Spirit people were male, female, and sometimes intersexed individuals who combined activities of both men and women with traits unique to their status as Two-Spirit people. In most tribes, they were considered neither men nor women; they occupied a distinct, alternative gender status." - Northwest Portland Area Indian Health Board

Surrounding yourself with healthy supports is important to having good mental health. LGBTQ+ individuals who report having affirming supports in their life also report having better mental health. Our Behavioral Health Department have specifically trained staff in helping our LGBTQ+ community. Know, that you are NOT alone and we want to ensure our community knows of the resources available.

Available Resources.

- Yellowhawk Behavioral Health: 541.240.8670
- National Suicide Prevention Hotline: 800.273.8255
 - *Coming July 16, National Suicide Prevention Hotline changes to 988
- Community Counseling Solutions Crisis Line for Umatilla County: 541.240.8030
- Text Crisis Line: Text HOME to **741741** to connect with a Crisis Counselor
- Trevor Project LGBTQ+ Youth Line: 866.488.7386
- LGBTQ+ National Help Center: 888.234.7243

Facts about LGBTQ+ Mental Health

- LGBTQ+ youth are more than four times as likely to attempt suicide than their peers*. This number is higher when youth are rejected by family and other supporters when they come out.
- A 2016 study found that 17% of LGBTQ+ adults had attempted suicide during their lifetime, compared with 2.4% of the general U.S. population.
- LGBTQ+ individuals facing discrimination, rejection, and violence are more likely to report suicide thoughts and attempts**.

*Johns et al., 2019; Johns et al., 2020
 **Williams Institute

Tribal
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June **Pride**
 Month

PRIDE EVENT
SATURDAY, JUNE 11
BROWNFIELD PARK
PENDLETON
YELLOWHAWK BOOTH
11:30 AM - 3 PM

JUNE IS MEN'S HEALTH MONTH – CHECK OUT OUR ACTIVITIES!



MEN'S HEALTH

Awareness for men's health encompasses multiple facets of health and well-being. Unfortunately, seeking help is not always easy as many men have been raised with the belief that asking for help or giving into pain is a sign of weakness and takes away from their role and status as men. We have to do our part to reverse this thinking and show that seeking help makes men stronger to take better care of their families. American Indian and Alaska Native men generally face greater health disparities and mortality rates than American Indian and Alaska Native women as well as men in other populations. Some of these health disparities include suicide, HIV/AIDS, and diabetes.

Provided by Indian Health Service

Key components to prioritizing health revolve around taking preventive measures against disease and illness as well as early detection to slow health issues from becoming worse, including:

- Eating a healthy diet including fruits and vegetables
- Engaging in regular physical activity
- Reducing or quitting commercial tobacco use
- Stress management and limiting use of alcohol and dependence on drugs
- Attending regular health checkups

Visit your Primary Care Provider or our Public Health Department if you have questions or concerns about your health. Our Yellowhawk team is here for our community.

YELLOWHAWK.ORG/PUBLIC-HEALTH/MENSHEALTH

Upcoming Events

YELLOWHAWK.ORG/EVENTS

Month of June	Men's Health Month & PRIDE Month	*REGISTRATION REQUIRED
Tuesday's in June	Men's Softball 5:30 pm warm up 6 pm games start July Grounds	
Wednesday's in June	Hoops 10 am - 12 pm Yellowhawk Court	
Wednesday's in June	Wear your BLUE shirt day, every Wednesday in support of Men's Health Month!	
June 2	Composting 10 am - 12 pm Community Garden	
June 10	Yellowhawk Closed in observance of Treaty Day (open all day Tuesday)	
June 11	Pride Event 11 am Parade Brownfield Park Yellowhawk booth 11:30 am - 3 pm	
June 11	3v3 Basketball Tournament 10 am Old Nixyaawii Gym & Horseshoe Tournament 2 pm Wetlands Park	
June 13	Summer Safety Grab & Go 1 pm until supplies are gone Yellowhawk	
June 13 - 17	Men's Health Informational Booths Daily, 8 am - 3 pm Yellowhawk	<p>June 13-17 Prevention & Wellness tables to be set up at Public Health all week. Stop by for information on how to enter drawings!</p>
June 15	Men's Mini GONA & Relaxation Class 5:30 pm Yellowhawk Laxsimwit	
June 16	Men's Bike Ride 11 am - 12 pm Yellowhawk entrance	
June 18	Hand Drum Making Class* 9 am - 4 pm Yellowhawk Laxsimwit	
June 20	Yellowhawk Closed for Juneteenth (open all day Tuesday)	
June 24 & 25	Ribbon Skirt Sewing Class* 4 - 6 pm & 9 am - 4 pm Yellowhawk Laxsimwit	
June 27	Men's Ribbon Shirt Sewing Class* 5 - 7 pm Yellowhawk Laxsimwit	
June 30	Men's Summer Fun Water Obstacle Course 4 - 6 pm July Grounds	



COVID-19 & Influenza Vaccinations by appointment, call 541.240.8733
 COVID-19 Testing by appointment, call 541.240.8557

KEEPING YOUR PRC ELIGIBILITY

Update, apply, and provide to keep Purchased Referred Care (PRC) eligibility

- Update your information with eligibility coordinators annually to maintain PRC eligibility
- Apply for alternate resources if you do not have them - our Outstation Outreach worker can help!
- Provide acceptance letter from school/program and then unofficial transcripts annually. Class schedule, showing at least twelve credit hours is required per term.

Students during their full-time attendance at programs of vocational, technical, or academic education, including normal school breaks (such as vacations, semester or other scheduled breaks occurring during their attendance) and for a period not to exceed 180 days after the completion of the course of study need to submit the above to maintain eligibility.

Call our Eligibility Coordinator team for questions you may have, 541.240.8746.



SUMMERTIME FOOD SAFETY

**safety
first**

We are more likely to get food poisoning in the summertime than any other time of the year. The warmth of summer air helps natural bacteria multiply in food rapidly. When we eat that food, we can get sick. During the summer, we are also eating outside more often at picnics, camping trips, and BBQs where we are less likely to have refrigerators and washing facilities which can lead to the spread of bacteria. Here are four steps to help keep your food and your families safer this summer.

Clean: Wash Hands and Surfaces Often

Wash your hands thoroughly before, during and after preparing food (along with after using the restroom, changing diapers, and handling animals). Make sure food preparation surfaces are cleaned and consider bringing water for cleaning when not at home. Wash fruits and vegetables with water to eliminate bacteria and even melon before you slice or peel it to make sure bacteria isn't passed from the skin to the fruit or vegetables.

Separate: Don't Cross-Contaminate

Keep raw meats, poultry and seafood separate from fruits and vegetables to prevent cross-contamination. Raw meat, poultry, and fish can carry bacteria that causes foodborne illness. If you are packing food in a cooler for an outing, wrap raw meats separately and securely to avoid raw meat juices coming in contact with ready-to-eat food. Wash anything that held the raw meat or poultry before using them again for cooked food.

Cook: Cook to Safe Temperatures

Use a food thermometer if possible to ensure food is cooked to safe minimum internal temperature.

- Meat steaks, chops and roasts: 145 °F with a 3-minute rest
- Fish: 145 °F
- Egg dishes: 160 °F
- Ground meats (beef, pork, lamb and veal): 160 °F
- All poultry (whole or ground): 165 °F

Chill: Refrigerate Promptly

Cold, perishable food like lunch meats, cooked meats, chicken, and potato or pasta salads should be kept in an insulated cooler packed with several inches of ice, ice packs, or containers of frozen water.

Refrigerate foods promptly to keep harmful bacteria from growing. Food left out of refrigeration for more than two hours may not be safe to eat. When the temperature is above 90 °F (32 °C), food should not be left out for more than one hour.

Defrost meats properly. Leaving frozen food to defrost on the countertop can allow harmful bacteria to grow as the outer portion of the food warms to unsafe temperatures while the inside of the meat remains frozen. Most meats will safely defrost in 1-2 days in the refrigerator.



Did you know that food poisoning will affect as many as 1 in 6 Americans (48 million) this year, with over 100,000 requiring trips to the hospital?

VISIT [FOODSAFETY.GOV](https://www.foodsafety.gov) FOR MORE INFORMATION

EMPLOYEE SPOTLIGHT



Employee Name: Kristen Bense

Years of Service: Began employment June 2015

Positions Held at Yellowhawk: Certified Medical Coder

Your Favorite Role at Yellowhawk: There are many aspects of my job that I enjoy, however, being able to work with the State of Oregon to establish billing parameters for Tribal best practices is at the top of my favorites.

What is your "happy place": In the mountains enjoying time with my family.

What is something that most people don't know about you? Most people do not know that my dream job would be to run a rescue for horses. There is little more therapeutic, in my opinion, than time spent with a horse.

Describe Yellowhawk in a few words: Community driven.

Kristen recently attended a virtual coding convention for American Academy of Professional Coders (AAPC) and impressed the group so much with her knowledge base that they asked her to develop content for their next members only, radiology newsletter. Congratulations Kristen and thank you for your hard work and dedication to Yellowhawk!



HAVE YOU RECEIVED A BLUECROSS BLUESHIELD CHECK MAILED DIRECTLY TO YOU?

What is this check?

This check is payment for the service shown on the enclosed Explanation of Benefits.

Who is it for?

The check is issued to the subscriber. It is the subscriber's responsibility to endorse (sign) the check and bring the documents to the Purchased Referred Care department.

What happens next?

The Purchased Referred Care department will make a copy of the documents for your file and mail the originals to the provider for payment processing.

PURCHASED REFERRED CARE STAFF

CASSIE HALL 541.240.8737 | LAURIE ALEXANDER 541.240.8738 | TALIA MCLAUGHLIN 541.240.8739

WANT THE NEWSLETTER VIA EMAIL? LET US KNOW BY EMAILING US AT:

INFO@YELLOWHAWK.ORG

Yellowhawk Tribal Health Center

46314 Timíne Way | Pendleton, OR 97801

P 541.966.9830 | F 541.240.8753

www.yellowhawk.org

541.240.8733



NEW

5 - 11 YEARS OF AGE BOOSTER DOSE AVAILABLE!

Monday - Friday 8:00 am - 3:30 pm

Pfizer COVID-19 booster dose is available to children ages 5 through 11 at least five months after receiving the last dose in their primary vaccine series. Call today to see if your child is eligible for a booster dose.

Offering COVID-19 Pfizer vaccine to:

Yellowhawk eligible patients, CTUIR entity employees & immediate household members.