



August 2022
Volume 1
Issue 8

BREASTFEEDING & CHESTFEEDING

In recognition of August's Breastfeeding/Chestfeeding Awareness Month, our Public Health Department is sharing the benefits of breastfeeding for mom and babies.

Breastfeeding is the standard for infant feeding. We know that it can be difficult and our Yellowhawk WIC team wanted to share information for those who may need that extra support. If you are facing challenges, you are not alone. Our WIC office has support and resources available. Call Alisa at 541.240.8521 or reach out to the CHI St. Anthony Hospital Certified Lactation Specialist and she can be reached at 541.966.0535 ext 2.

The American Academy of Pediatrics recommends breastfeeding for at least the first year of life, and the World Health Organization recommends breastfeeding for at least the first two years of life. Breast milk keeps babies healthy and provides perfect nutrition for good growth and health.

Breastfeeding keeps mothers healthy!

- Protects against breast, ovarian, and endometrial cancers
- Protects against osteoporosis and bone fracture
- Reduces the risk of postpartum depression
- Reduces the risk of heart disease
- Helps mothers return to pre-pregnancy weight, and keep extra weight off after weaning
- Helps the uterus return to normal size, decreasing risk of excess blood loss
- Delays return of fertility in women exclusively breastfeeding
- Reduces insulin needs in diabetic mothers
- Builds self-confidence and mother-baby bonding
- Helps mothers get more overall sleep

Breastfeeding supports infants too!

- Healthy digestion, less constipation, diarrhea or upset stomach
- Optimal brain growth, important for intelligence and vision
- Normal weight gain
- Jaw development and healthy teeth

Breastfeeding helps protect your baby from

- Allergies and asthma
- Diseases, like diabetes and cancer
- Infections, like ear infections
- SIDS (Sudden Infant Death Syndrome)

Breastfeeding/Chestfeeding Celebration
August 17, 2022 | 2 - 3:30 pm
Yellowhawk Laxsimwit Conference Room

Tribal
 Health
 Commission

Althea Huesties-Wolf
 Chair

Denise Wickert
 Vice Chair

Dara Williams-Worden
 Secretary

Members:
Shawna M. Gavin
Robin Turk
Dorothy Cyr

Sandra Sampson
 BOT Representative

BREASTFEEDING ISN'T ALWAYS EASY AND IT DOESN'T ALWAYS GO ACCORDING TO PLANS. WE ARE HERE TO HELP.

IMMUNIZATIONS



Oregon law requires the following shots for school and child care attendance.

- A child 2-17 months entering Child Care or Early Education needs* to check with their child's program or healthcare provider for required vaccines.
- A child 18 months or older entering Preschool, Child Care, or Head Start needs:
 - 4 Diphtheria/Tetanus/Pertussis (DTaP)
 - 3 Polio
 - 1 Varicella (chickenpox)
 - 1 Measles/Mumps/Rubella (MMR)
 - 3 Hepatitis B
 - 2 Hepatitis A
 - 3 or 4 Hib
- A student entering Kindergarten or Grades 1-6 needs*
 - 5 Diphtheria/Tetanus/Pertussis (DTaP)
 - 4 Polio
 - 1 Varicella (chickenpox)
 - 2 MMR or 2 Measles, 1 Mumps, 1 Rubella
 - 3 Hepatitis B
 - 2 Hepatitis A
- A student entering Grades 7-12 needs*
 - 5 Diphtheria/Tetanus/Pertussis (DTaP)
 - 1 Tdap
 - 4 Polio
 - 1 Varicella (chickenpox)
 - 2 MMR or 2 Measles, 1 Mumps, 1 Rubella
 - 3 Hepatitis B
 - 2 Hepatitis A

***At all ages and grades, the number of doses required varies by a child's age and how long ago they were vaccinated. Other vaccines may be recommended. Exemptions are also available. Please check with your child's school, child care or healthcare provider for details.**

40TH ANNUAL FUN RUN

The Public Health Department extends an enormous **thank you** to every volunteer who helped during the Fun Run this year; all of your contributions towards this event are greatly appreciated!

The Fun Run and Summer Safety Fair had a great turnout from the community, and it would not have been possible without our volunteers' time, support, and dedication. The event was well attended and there was steady engagement at the Summer Safety Fair booths. There were 138 individuals signed up for the Fun Run races.

Thank you again to our volunteers, staff and community who helped create a successful event.

We look forward to next year!

Thank you

CO-ED

Softball Nights

play

OPEN TO COMMUNITY

ALL AGES WELCOME

AUGUST 1 - OCTOBER 24
EXCEPT FOR HOLIDAYS & ROUND-UP WEEK MONDAY

MONDAY'S | 5:30 - 7:30 PM

BRING YOUR GEAR & WATER. LIMITED LOANER GLOVES AVAILABLE FOR DAY USE. BATHROOM ACCESS AT REC. GYM.

JULY GROUNDS

YELLOWHAWK
TRIBAL HEALTH CENTER
PUBLIC HEALTH
COMMUNITY WELLNESS

541.240.8411

BACK TO SCHOOL & OHP



It is August already! School is just around the corner and it is time to make sure your Oregon Health Plan (OHP) is up to date.

- *If you need to get your OHP renewals completed, we can help!*
- *If you don't have current health coverage, allow us to help you in applying for OHP, or another form of suitable coverage!*
- *If you have questions related to OHP coverage please let staff know!*

For help or more information contact Mariah Watchman, Outstation Outreach Worker (OSOW) at 541.240.8703.

Note: Please update your contact information with our Eligibility Coordinators and OSOW.

PRC DENIALS & APPEALS

Purchased Referred Care (PRC) Denials

If payment for a medical bill is denied, you will be notified by Yellowhawk.

The most common reasons for denial are:

- *Ineligibility because of failure to prove you are of American Indian/Alaska Native descent*
- *Ineligibility because you do not reside within the Yellowhawk Service Area*
- *Refusal to apply for and/or use alternative insurance*
- *Visited an Emergency Room (ER) or Urgent Care for non-emergent services; did not notify Yellowhawk within 72 hours of ER visit; or did not follow-up with healthcare provider as requested after ER visit*
- *Failure to provide required documents to Yellowhawk (i.e. proof of insurance or other documents)*
- *Failure to get preauthorization for services to an outside provider and/or facility*



Purchased Referred Care (PRC) Appeals

If you would like to appeal a payment denial you must provide a written response to the Yellowhawk Resource Management Committee (RMC) within 30 days of the date of the denial letter.

PURCHASED REFERRED CARE STAFF

CASSIE HALL 541.240.8737

LAURIE ALEXANDER 541.240.8738

TALIA MCLAUGHLIN 541.240.8739

Emergency Preparedness Kit Distribution



Sponsored by Yellowhawk Public Health Department

**August 11, 2022
4 - 7 pm**

**During Community
Picnic at July Grounds**

Backpacks for families and individuals available for Yellowhawk eligible patients and families.



Yellowhawk Tribal Health Center
46314 Timíne Way | Pendleton, OR 97801
P 541.966.9830 | F 541.240.8753
www.yellowhawk.org

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

INFO@YELLOWHAWK.ORG

YELLOWHAWK.ORG/EVENTS

Upcoming Events

*REGISTRATION/RSVP REQUIRED

Month of August	Breastfeeding/Chestfeeding & Immunization Awareness Month
Monday's in August	Problem Gambling Class 3 - 4 pm Yellowhawk
Monday's Aug. 1 - Oct. 24	Co-Ed Softball 5:30 - 7:30 pm July Grounds (except Holidays & Round-Up week Monday) All welcome!
Tuesday's until August 23	Family Bowling Night 6 to 8 pm Wildhorse (last event on 8.23)
Thursday's in August	Nicht-Yow-Way Sr. Center Group Fitness 10:30 - 11 am Senior Center
August 3 & 17	Cay-Uma-Wa Headstart Physicals 8 am - 4 pm Yellowhawk Medical Team
August 5	Yellowhawk Closed - Employee Appreciation Day
August 9	Indian Lake Trip with Family Strength Team 10 am leave Yellowhawk*
August 10, 17 & 18	Tentative Huckleberry Picking with Family Strength Team (if berries are ready!)*
August 11	Community Picnic & Emergency Preparedness Kit Distribution 4 - 7 pm July Grounds
August 12 & 19	Farmer's Market Shuttle 3:45 - 6 pm Nicht-Yow-Way Senior Center*
August 15	Back to school Grab & Go Noon until supplies last Wetlands Park
August 15	Day 1 - Caṭoḡwáakoʔš qíʔyáawníh hiteemenwéeš/Dried Corn Preservation Class 3 - 5 pm Mission Longhouse*
August 16	Day 2 - Caṭoḡwáakoʔš qíʔyáawníh hiteemenwéeš/Dried Corn Preservation Class 8 - 11 am Mission Longhouse*
August 17	Breastfeeding/Chestfeeding Celebration 2 - 3:30 pm Yellowhawk Laxsimwit*
August 18	Diabetes Support Group 10:30 - 11:30 am Senior Center
August 22	Back to School for NCS!
August 22-24	Wallowa Lake Trip with Family Strength Team 9 am leave Yellowhawk - return Wednesday 4:30 pm*
August 23 & 25	Walk-in Childhood Immunization Clinic 8 am - 3:30 pm Yellowhawk Public Health (appointments available)
August 26	2nd Annual Scholarship Golf Scramble 9 am Golf Course at Birch Creek*
August 30	Back to School for Pendleton School District!
August 31	Cay-Uma-Wa Headstart Physicals 1 - 4 pm Yellowhawk Medical Team