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THE GREAT AMERICAN SHAKEOUT

THEO GONE, CHR/COMMUNITY HEALTH REPRESENTATIVE

The great American shakeout is annually held October 20th throughout the United States at 10:20 am. The drill originated in southern California to prepare those around the San Andréa's fault area back in 2008 and since then it has influenced surrounding areas in the Pacific Northwest to participate. The Great American Shakeout is a good way to help prepare our community and be aware of what steps to take when an earthquake occurs. Here are the 3 steps to remember.

DROP where you are, onto your hands and knees. This position protects you from being knocked down by shaking and reduces your chance of being hit by falling or flying objects.

COVER your head and neck with one arm and hand.

- If a sturdy table or desk is nearby, crawl underneath for shelter
- If no shelter is nearby, crawl next to an interior wall
- Stay on your knees; bend over to protect vital organs



HOLD ON until the shaking stops.

- Under shelter: hold on to it with one hand; be ready to move with your shelter if it shifts
- No shelter: hold on to your head and neck with both arms and hands.

Tribal
Health
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If you are using a walker or wheelchair you can lock the device and get as low as possible. Other important things to remember if you are in an Earthquake emergency:

- If you are unable to get under a table or desk, protect your head and body from falling debris by any means necessary and close your eyes and cover your ears.
- After the initial shock, evaluate the situation and if emergency help is necessary, call 911.
- Protect yourself at all times and be prepared for aftershocks.
- Do not use elevators as they may have been damaged; buildings with two floors have "evacuation chairs" to assist individuals from second floor areas.
- Once outside, move to a clear area at least 500 feet away from any structure (or 2.5 times the height of the building).
- Keep streets, fire lanes, hydrants and walkways clear for emergency responders.

If outdoors - Move quickly away from buildings, utility poles and other structures and always avoid power or utility lines as they may be energized.

If at the coast - Move to higher ground immediately; follow tsunami evacuation and instructions.

If in an automobile - Stop as soon as possible in the safest place available, preferably away from structures, power lines and trees. Stay in the vehicle for shelter.

Join Yellowhawk Tribal Health Center in the Great American Shakeout on October 20, 2022 at 10:20 by practicing Drop, Cover and Hold On. Take a selfie and post it to our Yellowhawk Public Health Facebook page!

BREAST CANCER AWARENESS MONTH

A PERSONAL ACCOUNT BY ADAM WHITE, YELLOWHAWK PUBLIC HEALTH RN & HUSBAND OF BREAST CANCER SURVIVOR

I'll never forget the morning my wife, Daisy called with the news, "it's cancer." It feels like forever ago and also, just yesterday. It was late 2019 but in COVID-years that was 9 lifetimes ago. It's all a little blurry but the next few weeks went something like this: jaws dropped, heads spun, calls were made, families notified, friends were leaned on, appointments attended, plans hatched, specialists consulted, priorities shifted (real quick), and literally, our lives changed.

Mostly we had questions. Lots of questions. For us, here are some of the answers that helped the process and understanding the most:

The term "Cancer" refers to a group of diseases where cells divide abnormally and uncontrollably, invading and destroying nearby tissues initially, but then potentially spreading to the rest of the body too. The term "Breast Cancer" refers to when this abnormality forms in the cells of the breast. It is much more common in women but can happen to men as well.

Symptoms of breast cancer include things like a lump or thickening that feels different from the tissue around it, changes in the size, shape, or appearance of the breast, changes to the skin over the breast (such as dimpling), changes to the nipple (such as inverting), changes to the skin around the nipple (the areola) like peeling, scaling, crusting, or flaking, or redness or pitting of the skin of the breast, similar to the skin of an orange.

Diagnoses and treatments depend on the specifics of the situation, but often start with things like breast exams, mammograms, breast ultrasound, biopsy (where a small sample of tissue is removed from the mass for testing), or powerful imaging, like MRI's. These tools help guide decisions around treatment. Specific treatments can include things like surgery to remove as much of the mass (lump) as possible, chemotherapy to infuse medications that kill the cancer cells, radiation therapy that uses high powered energy beams to kill the cancer cells, immune therapies that help your body's immune system recognize cancer cells and attack them, hormone therapies that either block or remove hormones that are fueling cancer growth, or targeted drug therapies that interrupt specific processes in cancer cells and kill them.

Prevention and early diagnosis are our easiest and most powerful tools against breast cancer. Prevention includes things like asking your doctor about routine screenings (like breast exams and mammograms), avoiding alcohol or drinking only in moderation, exercising most days of the week, limiting hormone therapies after menopause, maintaining a healthy weight, and eating a healthy diet. Getting routine screenings for breast cancer greatly increases the odds that if something abnormal begins to develop, that it is caught and addressed quickly.

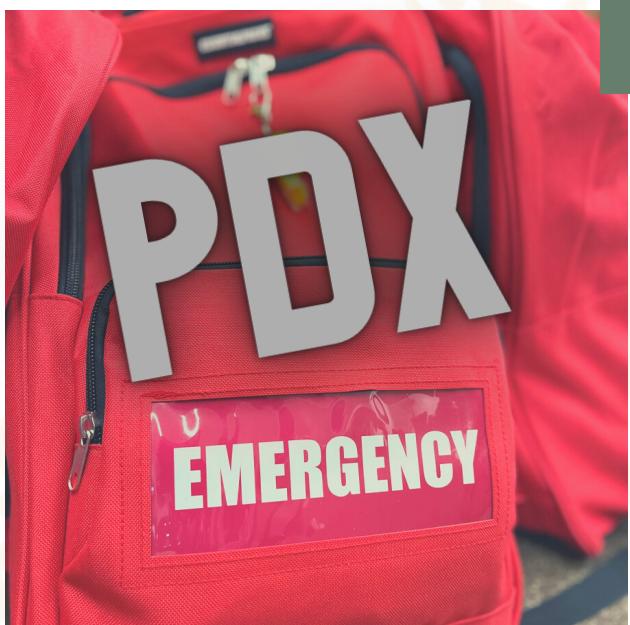
People sharing their stories with one another may be the most powerful tool we have at our disposal. Speaking about the basics and encouraging self-checks and annual checks ups are critical.

Three years later, I am delighted to share that my wife Daisy is doing great. She is still working with her primary care and oncology team as she finishes the last of her treatments, spends a lot of time with friends and family, tries to stay active and healthy, and recently joined a breast cancer survivor's support group where she can share her story and listen to the stories of others who have been through this as well. She laughs, hikes, skates, bakes, travels, rests, listens to music, and spoils our dog on the regular. We were lucky in many ways and we are grateful every day. Not all outcomes are always as good with breast cancer, but thankfully they are getting better.

We honor those fighters and survivors, and we honor those who we lost. Together we can beat it - I encourage you as both an RN and spouse of a survivor - annual check-ups and early detection can make the difference.



EMERGENCY KITS TO PDX



Yellowhawk Tribal Health Center is headed to the Portland Metro area for dissemination of the FREE Emergency Preparedness kits for our tribal members - help spread the word!

Find us in Portland area October 6 & 7, 2022

Thursday afternoon, from 1 to 6 pm

Columbia River Inter-Tribal Fish Commission

729 NE Oregon Street, Portland, OR 97232

(WHERE THE CTUIR SUBSISTENCE FISH DISTRIBUTIONS ARE HELD)

Friday 8 am to 12 pm

NARA Child and Family Building

620 NE 2nd Street, Gresham, OR 97030

CELEBRATE RED RIBBON WEEK & A DRUG FREE YOU

DID YOU KNOW?

About Red Ribbon Week: Our mission is to lead and support our nation's families and communities in nurturing the full potential of healthy, drug free youth.

Children of parents who talk to their teens regularly about drugs are 42% less likely to use drugs than those who don't; yet, only a quarter of teens report having these conversations. Red Ribbon Week® is the oldest and largest drug prevention campaign in the nation, and is your opportunity to get the ongoing conversation started.

Need tips for talking to your kids about drugs? Call your Yellowhawk team or visit the Red Ribbon Week® website. The life you save may be that of your own child or a dear friend.



PURCHASED REFERRED CARE (PRC) DROP BOX

Not only for our PRC needs, but for all of Yellowhawk patients. Drop off a payment, insurance information or other paperwork in the PRC drop box!

Located at the front of Yellowhawk!

Any care provided at Yellowhawk is called a Direct Care Service. The PRC program is for care provided **away** from Yellowhawk, including services such as:

- medical
- dental
- behavioral health
- mental health
- and more!



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

1 NEWSLETTER PER ADDRESS. GET THE NEWSLETTER VIA EMAIL – LET US KNOW BY EMAILING US AT:
INFO@YELLOWHAWK.ORG

EMPLOYER PRIVATE INSURANCE OFFERED

Are you employed with any of these entities - Yellowhawk, CTUIR or Wildhorse? If so and you have missed their sign up times to be able to receive free of charge Medical, Dental and Vision insurance, open enrollment will begin in November. There are a lot of choices for your insurance coverage, so please contact your employers benefits coordinator to set up a time to choose which insurance company that best fits your needs.

Pfizer Bivalent Booster Now Available 12+

Call our Public Health Department to get scheduled 541.240.8733

***REGISTRATION/RSPV REQUIRED**



Upcoming Events

October Until Oct. 24 Thursday's Tues. & Thurs.	Breast Cancer & Domestic Violence Awareness Month Co-Ed Softball Monday's 5:30 - 7:30 pm July Grounds (except 10.10.22) Nicht-Yow-Way Sr. Center Group Fitness 10:30 - 11 am Senior Center Fitness is Fun Yellowhawk Public Health 12 - 12:45 pm Weekly
October 4	Youth Game Night 5 - 7 pm Yellowhawk Middle/High School ages
October 5	#PutTheNailInIt - Vow to end Domestic Violence 1 - 4 pm Outside Yellowhawk Front Entrance
October 6	NCS "Pink Out" Volleyball Game in celebration of Breast Cancer Awareness Month 5 pm
October 10	Yellowhawk <u>Closed</u> in honor of Indigenous Peoples Day
October 11	Good Day to be Indigenous Grab & Go Noon until supplies last Wetlands Park
October 14	Drive-Thru Flu Shot Clinic 12 - 6 pm Front of Yellowhawk Yellowhawk Eligible Patients Only
October 14	Farmer's Market Shuttle* 3:45 - 6 pm Nicht-Yow-Way Senior Center
October 14	Pumpkin Patch Trip* Bellingers Farm in Hermiston 12:30 pm 11 & Under
October 16-22	National Pharmacy Week
October 18 TBA	Breast Cancer Awareness Glow Walk 6:30 - 7:30 pm Wetlands Park
October 19	The Great Pumpkin Giveaway Check Social for more info to come!
October 20	Diabetes Support Group 10:30 - 11:30 am Nicht-Yow-Way Senior Center
October 20	Indigenous Pink Day Wear Pink & Post Photos using #IndigenousPink on social media
October 20	Breastfeeding/Chestfeeding Celebration 10 am - 2 pm Yellowhawk Public Health Narcan Booth + Shortcake on a Stick!
October 20	Youth Basket Weaving with Avary Mckay* 4:30 - 7 pm Yellowhawk
October 21	Spooky Movie Night & Pumpkin Decorating 6:30 pm Wetlands Park
October 23-31	National Red Ribbon Week Theme: Celebrate Life. Live Drug Free
October 28	Field of Screams Echo Corn Maze* 6 - 9:30 pm Leave from Yellowhawk Must be 14+
October 28	Red Ribbon Week Wear Red Friday