



December 2022
Volume 1
Issue 12



NEW YEAR'S EVE POW WOW RETURNS!

The Yellowhawk Tribal Health Center Chemical Dependency Prevention Program is proud to be hosting our annual New Year's Eve Sobriety Pow Wow! The event will be on December 31, 2022 at 5 pm at the CTUIR, Mission Longhouse. We have had to cancel the event due to the global pandemic the last couple years and this year we are extremely excited to be able to allow our community this amazing alternative for a substance free New Year's Eve.

This event was imagined by our New Beginnings Coalition back in 2010. The event consisted of mainly Tribal elders who were interested in helping to celebrate the New Year's Eve event in a healthy way and allowing for people in recovery to join with their families in a comfortable atmosphere. This sober pow wow is an alternative approach to promote an alcohol and drug free lifestyle in our community away from substance during these triggering times.

We aim to provide a family-fun, sober activity for community to gather, eat, have a lot of fun, dance, and drum. We end the night with a Sobriety Countdown wherein volunteers provide the length of their recovery - the summation of those in attendance results in hundreds of years!

As part of our celebration, we like to do a raffle for door prizes and a cake walk for those in attendance. **If you are willing to donate please contact Fabian Spencer at 541.240.8425.** We are also allowing vendors free entrance with the donation of a raffle item. This event has typically had an audience of over 100 participants in previous years and we want to bring it back with a bang! We strive to make each year bigger and better and we cannot do that without our community.

Tribal
Health
Commission

Althea Huesties-Wolf
Chair

Denise Wickert

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Dara Williams-Worden
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Members:

Shawna M. Gavin

Robin Turk

Dorothy Cyr

Sandra Sampson

BOT Representative

NEW YEAR'S EVE SOBRIETY POW WOW

DECEMBER 31, 2022
5 PM TO 10 PM | MISSION LONGHOUSE

HEALTHY HOBBIES – CROSSFIT

A new program to support Tribal members to prevent addiction, begin recovery, stay in recovery, and achieve wellness.

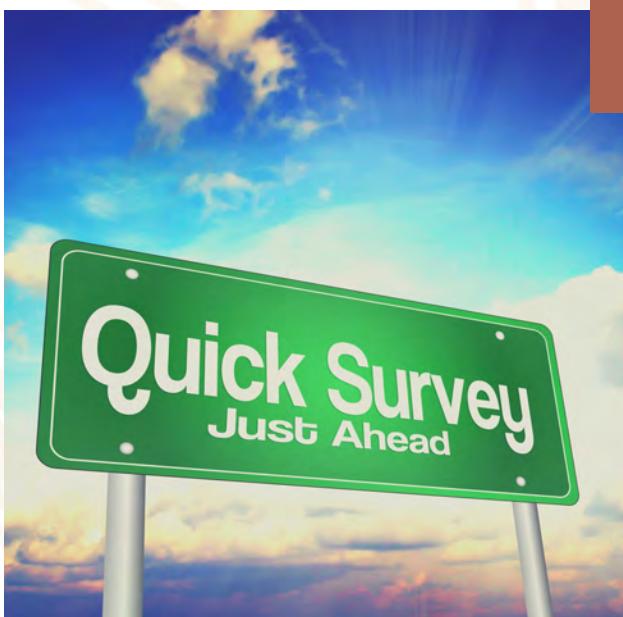
Clients must be pre-authorized for this program through our Behavioral Health Department. If you would like to be considered for this program, please contact our Chemical Dependency program at 541.240.8670.

For programming and scheduling information contact Friday Bracher at 1910 Crossfit directly. Participants must be Yellowhawk eligible. Culture is Prevention, Recovery, Wellness!

"Exercise is a way of recovery - movement is medicine".
– LORASA JOSEPH



FRIDAY BRACHER: 1910 CROSSFIT
421 SE 6TH STREET
PENDLETON, OREGON 97801
541.379.1895
1910CROSSFIT@GMAIL.COM



WE WANT YOUR FEEDBACK!

We are seeking your feedback regarding our newsletter. Please take our QUICK survey online and let us know how we are doing.

Go online to:
www.surveymonkey.com/r/YellowhawkNewsletter

Scan the QR Code to the **right** with your smartphone camera!



WHAT IS TELEHEALTH?

Telehealth or telephone visits are appointments with your provider that are scheduled ahead of time for a specific day and time. These visits are conducted remotely either by telephone or remote applications such as zoom. Providers will bill for these appointments. Please call and notify your referral coordinator of every outside appointment, whether it's an in person visit or telephone visit. By contacting your referral coordinator you are verifying your authorization is in place. If you don't receive the referral/authorization in the mail prior to your appointment, please call and request a copy from your referral coordinator.

LaShay Miller – 541.240.8655 (Team Winde)

Carrie Walker – 541.240.8562 (Team Alford)

Carrie Campbell-Turk – 541.240.8639 (Team Sieders)



HANDWASHING AWARENESS WEEK

DECEMBER 5 – 11, 2022

5 SUPER CLEAN FACTS ABOUT HAND HYGIENE

1. Handwashing equals happiness

- a. According to the Centers for Disease Control (CDC) and Prevention, hand washing can prevent 1 in 3 diarrhea-related illnesses and 1 in 5 infections, including the flu.

2. Beware the twin killers for kids

- a. About 1.4 million children under age 5 die from diarrheal diseases and pneumonia – the two most deadly afflictions for children worldwide.

3. The dirty secret of public restrooms

- a. The CDC also reports that only 31 percent of men and 65 percent of women washed their hands after using a public restroom.

4. Handwash your way to health

- a. Using antibiotics creates antibiotic resistance. Hand washing prevents many sicknesses, so people need less antibiotics. Therefore, less antibiotic resistance.

5. Sneezes are mini hurricanes

- a. A typical human sneeze exits the body at about 200 miles per hour and emits around 40,000 droplets into the air.



The lifespan of a germ depends on both the type of germ and where it ends up on your hands. If the germs are in a place that rarely touches other surfaces, they can remain there for days. But if they're on your fingers, you're likely to transmit them to another person or surface before that much time goes by.

Very contagious viruses like the common cold can stay on hard surfaces for days. If you touch the surface and then your nose or eyes, you're much more likely to contract the illness. The same is true for the more contagious strains of the COVID-19 virus.

WET. LATHER. SCRUB. RINSE. DRY.

WASH YOUR HANDS



HOW LONG CAN GERMS SURVIVE ON YOUR HANDS?



Some germs can survive on your hands for 3 hours, while others can survive for several days.



Flu viruses can survive on hard surfaces for 3 days after being touched by your hands.

THE 4 PRINCIPLES OF HAND AWARENESS

1. Wash your hands when they are dirty and before eating.
2. DO NOT cough into your hands.
3. DO NOT sneeze into your hands.
4. Above all, DO NOT put your fingers into your eyes, nose, or mouth.

If you can't wash, use an alcohol-based hand sanitizer that contains at least 60% alcohol.

SORRY, WRONG NUMBER!



We want to ensure our patients receive a high level quality care, customer service and overall experience at Yellowhawk. Please make sure your contact information is current so our staff are able to get in contact with you.

Here are some reasons we may call you.

- Appointment reminder
- Reschedule appointment
- Referral updates
- Patient care information or test results
- General updates
- Clinic closures (especially in the winter months!)

RSV in Infants and Young Children

Respiratory syncytial virus, or RSV, is a common virus that affects the lungs and breathing passages

Each year in the United States, an estimated 58,000–80,000 children younger than 5 years old are hospitalized due to RSV infection. Those at greatest risk for severe illness from RSV include:

- Premature infants
- Infants, especially those 6 months and younger
- Children younger than 2 years old with chronic lung disease or congenital (present from birth) heart disease
- Children with weakened immune systems
- Children who have neuromuscular disorders, including those who have difficulty swallowing or clearing mucus secretions

Early Symptoms of RSV

RSV may not be severe when it first starts. However, it can become more severe a few days into the illness. Early symptoms of RSV may include:

- Runny nose
- Decrease in appetite
- Cough, which may progress to wheezing or difficulty breathing

Call your healthcare provider if your child is having difficulty breathing, not drinking enough fluids, or experiencing worsening symptoms.

Severe RSV Infection

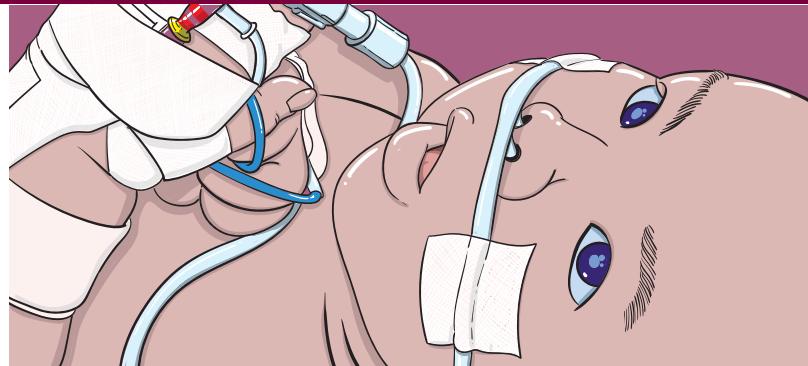
Virtually all children get an RSV infection by the time they are 2 years old. Most of the time RSV will cause a mild, cold-like illness, but it can also cause severe illness such as:

- Bronchiolitis (inflammation of the small airways in the lung)
- Pneumonia (infection of the lungs)

One to two out of every 100 children younger than 6 months of age with RSV infection may need to be hospitalized. Those who are hospitalized may require oxygen, IV fluids (if they aren't eating and drinking), and/or mechanical ventilation (a machine to help with breathing). Most improve with this type of supportive care and are discharged in a few days.

Medication for Babies at High Risk

There is a medicine that can help protect some babies at high risk for severe RSV disease. Healthcare providers usually give this medicine (called palivizumab) to very



premature infants and young children with certain heart and lung conditions as a series of monthly shots during RSV season. If you are concerned about your child's risk for severe RSV infection, talk to your child's healthcare provider.

RSV in Very Young Infants

Infants who get an RSV infection almost always show symptoms. This is different from adults who can have few or no symptoms with RSV infection. In very young infants (less than 6 months old), the only symptoms of RSV infection may be:

- Irritability
- Decreased activity
- Decreased appetite
- Apnea (pauses in breathing more than 10 seconds)

What you should do if your child is at high risk for severe RSV infection

RSV season in most regions of the U.S. starts in the fall and peaks in the winter. If you have contact with an infant or young child, especially those who were born prematurely, have chronic lung or heart disease or a weakened immune system, you should take extra care to keep the infant healthy by doing the following:

- Wash your hands often
- Keep your hands off your face
- Avoid close contact with sick people
- Cover your coughs and sneezes
- Clean and disinfect surfaces
- Stay home when you are sick



**Centers for Disease
Control and Prevention**
National Center for Immunization
and Respiratory Diseases

Older Adults are at High Risk for Severe RSV Infection

Respiratory syncytial virus, or RSV, is a common virus that affects the lungs and breathing passages

RSV infections can be dangerous for certain adults. Adults at highest risk for severe RSV infection include:

- Older adults, especially those 65 years and older
- Adults with chronic heart or lung disease
- Adults with weakened immune systems

Each year, it is estimated that between 60,000–120,000 older adults in the United States are hospitalized and 6,000–10,000 of them die due to RSV infection.

Severe RSV infection

When an older adult gets RSV infection, they typically have mild cold-like symptoms including runny nose, sore throat, cough, and headache. But RSV can sometimes lead to serious conditions such as:

- Pneumonia (infection of the lungs)
- More severe symptoms for people with asthma
- More severe symptoms for people with chronic obstructive pulmonary disease (COPD) (a chronic disease of the lungs that makes it hard to breathe)
- Congestive heart failure (when the heart can't pump blood and oxygen to the body's tissues)

Older adults who get very sick from RSV may need to be hospitalized. Some may even die. Older adults are at greater risk than young adults for serious complications from RSV because our immune systems weakens when we are older.



Scientists are working to develop vaccines

There is no vaccine to prevent RSV infection yet, but scientists are working hard to develop one. If you are concerned about your risk for RSV, talk to your doctor.



How to protect yourself and loved ones

RSV circulation starts in the fall and peaks in the winter. If you are at high risk for severe RSV infection, or if you interact with an older adult, you should take extra care to stay healthy:

- **Wash your hands often**
Wash your hands often with soap and water for 20 seconds. If soap and water are not available, use an alcohol-based hand sanitizer. Washing your hands will help protect you from germs.
- **Keep your hands off your face**
Avoid touching your eyes, nose, and mouth with unwashed hands. Germs spread this way.
- **Avoid close contact with sick people**
Avoid close contact, such as kissing, and sharing cups or eating utensils with people who have cold-like symptoms.
- **Cover your coughs and sneezes**
Cover your mouth and nose with a tissue when coughing or sneezing. Throw the tissue in the trash afterward.
- **Clean and disinfect surfaces**
Clean and disinfect surfaces that people frequently touch, such as doorknobs. When people infected with RSV touch surfaces and objects, they can leave behind germs. Also, when they cough or sneeze, droplets containing germs can land on surfaces and objects.
- **Stay home when you are sick**
If possible, stay home from work, school, and public areas when you are sick. This will help protect others from catching your illness.





The flu, COVID-19 and RSV: What you need to know

Older people and people with weaker immune systems are at-risk of becoming seriously ill from the flu, COVID-19 and respiratory syncytial virus (RSV). Young children can also become seriously ill from RSV.

Protect yourself and others as we spend more time together indoors:

- Get vaccinated. There are vaccines for both COVID-19 and the flu. There is no vaccine for RSV.
- Stay home when sick.
- If possible, avoid contact with people who are sick.
- If caring for someone who is ill, wear a mask and wash your hands frequently.
- Keep your hands away from your or your child's face.
- Wash your hands regularly for at least 20 seconds.
- Clean surfaces that are often touched, such as doorknobs and electronic devices.
- Wear a mask if you can in crowded indoor settings and around people who have weaker immune systems.
- If you cannot wear a mask, avoid crowded settings, both indoors and outdoors.

The flu, COVID-19 and RSV are all caused by viruses

These viruses can spread when:

- An infected person talks, coughs or sneezes around other people.
- Someone touches a surface or object with one of these viruses on it and then touches their own mouth, nose or eyes.

The flu, COVID-19 and RSV can cause similar symptoms, including:

- | | |
|--|--|
| <ul style="list-style-type: none">• Fever• Cough• Sore throat• Runny/stuffy nose• Muscle or body aches | <ul style="list-style-type: none">• Tiredness• Headache• Vomiting or diarrhea (flu, more commonly in children)• Loss of taste or smell (COVID-19) |
|--|--|

Document accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the COVID-19 Communications Unit at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsoha.state.or.us.

Upcoming Events

*REGISTRATION/RSPV REQUIRED

Thursday's	Nicht-Yow-Way Sr. Center Group Fitness 10:30 - 11 am Senior Center
Wednesday's	Nov 30 - Dec. 21 Zero Point Tai Chi* 4:30 - 5:30 Yellowhawk/Zoom
TU/TH	Fitness is Fun 12 - 12:45 pm Weekly Yellowhawk Public Health
M/W/TH	Water Aerobics 9:30 - 10:30 am Wildhorse Resort Pool
December 5-11	Handwashing Week!
	New Year's Rez Challenge Registration Open*
December 6-8	Longhouse Attire Sewing Class* Hider & Leggings 4:30 pm Yellowhawk
	Ornament & Cookie Decorating 4:30 - 7 pm Yellowhawk
December 13-15	Longhouse Attire Sewing Class* Trade Cloth Dress & Underdress 4:30 pm Yellowhawk
	Yellowhawk Closed for Employee Banquet
December 16	Cookie Decorating 3 - 5 pm Yellowhawk Families welcome!
	Christmas Grab & Go 4:30 - 6 pm, until supplies last Yellowhawk entrance
December 19	Diabetes Support Group 10:30 - 11:30 am Nicht-Yow-Way Sr. Center
	Christmas Break Bowling Wildhorse 11am - 2 pm Food & Beverages Provided
December 20	Yellowhawk Closed for Christmas Holiday
December 21	December 21 Christmas Break Bowling Wildhorse 11am - 2 pm Food & Beverages Provided
December 23	Yellowhawk Closed for Christmas Holiday
December 26	Yellowhawk Closed for Christmas Holiday
December 31	Yellowhawk New Year's Eve Pow Wow 5 - 10 pm Mission Longhouse



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

HEALTH COMMISSION MEETS 2ND & 4TH TUESDAY MONTHLY AT YELLOWHAWK

Yellowhawk will be

CLOSED

Friday, Dec. 23 & Monday, Dec. 26, 2022

Merry Christmas

Don't forget medication refills prior to our closure!



STEPS TO WASH HANDS PROPERLY

1. Wet your hands with clean running water (warm or cold), turn off the tap, and apply soap.
2. Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
3. Scrub your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song 2x.
4. Rinse your hands under clean, running water.
5. Dry your hands using a clean towel or air dry them.

How Well Do People Really Wash Their Hands?



Only **66%** of Americans wash their hands after using the restroom.



Men are less likely to wash their hands than women; **only 60% of men** say they always wash their hands after the restroom.



Less than half of people use soap when they wash their hands.



Only **5%** of people wash their hands for the recommended 20 seconds.