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YELLOWHAWK
 TRIBAL HEALTH CENTER

Tauts Tum Time



February 2023
 Volume 2
 Issue 2

HEART HEALTH AWARENESS MONTH

By Austin Ancheta, Community Health Representative

More information can be found at the National Heart, Lung & Blood Institute or the CDC websites

Many know the heart is an important organ that resides in the center-left side of our chest. But, how important is our heart to our bodies? If I were to say "incredibly important" that would be an understatement. Oxygen, nutrients and hormones are only a few of the contents our heart helps circulate through our body's cardiovascular system. The heart also helps filter waste from the cells in our body and moves our cells around to fight bacteria and viruses. Next time you beat the flu or see a wound healing, know that your heart was working overtime pumping cells around your body to fight the virus and close that wound.

Up to 2,353 deaths daily are related to cardiovascular disease. In most cases these deaths are preventable. Daily tasks can easily effect the way our hearts act and factors such as tobacco, fast food and stress can impact our heart health. Some find health issues can come sooner than expected and cause lifelong issues, both directly and indirectly. 1 out of every 5 smoking related deaths are due to heart disease. Being a smoker does not mean you have not put others at risk. **Second hand smoke causes nearly 34,000 deaths from heart disease a year in the U.S.** It is never too late to quit smoking, almost immediately benefits can include an increased ability to smell and taste. Another example that can end up leaving your heart in an unhealthy situation is consistently eating junk food and/or fast food. Though we all get that craving for some less than ideal snacks and meals, there lies an increased risk factor and eating fast food one day a week can raise the risk of heart disease by 20% and anything more, may raise that to nearly a 50% risk factor! Overall, be mindful of how often you partake in the drive-thru line.

Many heart related issues can be preventable. Perhaps that 'reward' turned into a bad habit. Or maybe you find yourself losing time or motivation and tend to eat more fast food than recommended. Prevention and breaking the cycle can be easier than you think. Start with day 1 - make the decision. "Time is a choice." Make that choice to change the way your habits control you. Look into cessation (quitting) methods. Find ways to gather your thoughts and make them work for you rather than work against you. It all starts with asking for help. If you are seeking help, please reach out to a Yellowhawk Community Health Representative, we are here for our community.

**Heart Disease is the leading cause of death in the United States for both women and men.
 It is also the most preventable.**

Tribal
 Health
 Commission

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 Robin Turk
 Denise Wickert
 Dara Williams-Worden

Sandra Sampson
 BOT Representative

Wear
Red
 Day

02.03.23
 February is Heart Health Month

DID YOU KNOW?

Senior Center menu is posted online each month at yellowhawk.org/senior-center, we also add it to our social media pages!

Details about each of our events are listed on our website events page at yellowhawk.org/events.

Weapons are not allowed inside our Yellowhawk properties.

Patient Rights & Responsibilities are posted throughout our clinic: patient room, lobby areas, lobby tvs, intake and on our website.

Pharmacy drive-thru and inside window are open until 5 pm Monday - Friday when open.

DID YOU KNOW



PREPARING YOUR GARDEN FOR 2023 SEASON

By Adrienne Berry, Community Gardener

The Yellowhawk Garden team is excited to get started on the planning process for 2023. This year we are planting around 20 plant varieties, both returning plants and new varieties of squash, corn and beans. We look forward to providing quality produce and opportunities for garden education. We wanted to share some tips we use in preparing our community garden with our community members!

When planning a garden site, many variables are considered. Crop rotation, soil health, soil and compost building, irrigation layouts, planting dates, frost free dates, harvest dates, spacing of plants, and expected plant yield. This year our team will be planting by the moon phases and utilizing organic gardening practices.

When to Plant: Planting Zones and Frost Dates

When planning your garden, it is best to know what growing zone you live in as we have many micro-climates here in the Pacific Northwest. The USDA Plant Hardiness Zone Map, found on their website is a great resource. Pendleton is considered 7a, and Mission 6b, frost dates will differ slightly. These numbers will help us know what plants will thrive in our area and when we should start planting, which normally is around Mother's Day. Another resource is the first and last frost calculator that can be found on the Farmer's Almanac website. There you can gather information about our region's altitude, the last spring frost, first fall frost, and how many growing days there are in each growing season. This is helpful when choosing varieties of plants and seeds.

It is very tempting to start buying plants and placing them in the ground when stores start selling them. However, sun/heat loving plants are normally the plants that do not tolerate frost well, so if you buy them, keep them indoors until the last spring frost. The estimated last frost for the Pendleton area is May 18, 2023.

Starting Seeds

Some plants like carrots, squash, corn, and beans do well when you direct seed them in the ground and some plants like tomatoes, peppers, broccoli, and cabbage do well when starting them indoors and then transplanting them when danger of frost has passed. To estimate the time for starting seeds indoors, try counting back 4 weeks from the last frost date. When starting seeds indoors you will need some supplies, like specific seed starting soil, pots and a well-lit window sill. Planting can be inexpensive by re-using plastic containers with holes in the bottom for drainage. Or you can invest and purchase containers for growing seedlings at the local garden center.

Utilizing Resources

Yellowhawk will be hosting a gardening class for all levels of gardening expertise. Experienced gardeners are welcomed to share their stories and beginning gardeners are encouraged to join to learn great ways to work with the land and grow food for themselves or their families!

Local extension offices such as the Master Gardener Program are also experienced volunteers. You can contact the Umatilla County Extension Office, 541.278.5403 to talk with and Master Gardener about your gardening questions.

If you have any questions about the Yellowhawk Garden Program and our garden sites, don't hesitate to reach out. Contact Adrienne Berry at 541.240.8575 or email AdrienneBerry@yellowhawk.org.

UNDERSTANDING YOUR EXPLANATION OF BENEFITS (EOB)

Knowing how to read an EOB is helpful in understanding your health insurance plan.

What is an Explanation of Benefits?

An EOB is a statement from your health insurance plan describing what costs it will cover for medical care or products you've received. The EOB is generated when your provider submits a claim for the services you received.

The insurance company sends you EOBs to help make clear:

- The cost of the care you received
- Any money you saved by visiting in-network providers
- Any out-of-pocket medical expenses

Is my Explanation of Benefits a bill?

No. It is simply a statement of the medical services you received and details on how you and your plan will share costs. You will not use this to pay any outstanding bill.

How do you read an EOB?

Remember that EOBs state the costs associated with your care, but they are not bills. These documents are fairly standard among insurance companies.

Purchased Referred Care Staff

Cassie Hall | 541.240.8737

Laurie Alexander | 541.240.8738

Talia McLaughlin | 541.240.8739

OUR REFERRAL COORDINATORS

If you are not sure who to speak with, all of our friendly Referral Coordinators (RC) can assist you with your referral needs and questions.

Your initial appointment, any tests and all follow-up appointments will need a referral prior to the date of service.

LaShay Miller

541.240.8655

Schedules for

Outside Referrals

For Dr. Winde's

Patients

Carrie Campbell-Turk

541.240.8639

Schedules for

Outside Referrals

For Liz Sieder's

Patients

Carrie Walker

541.240.8562

Schedules for

Outside Referrals

For Seth Alford's

Patients

All RC's handle referrals that are generated from Optometry & Dental departments too!



EXPLANATION OF BENEFITS

Patient Name Member ID: 0000000000
Group: HEALTHY PREFERRED HDHP PPO

1

Claim Information

Reference Number: ABC-0000000

Date: 1/1/19

Provider: Provider Name

Service location: No Location/POS specified

Paid to: Hospital

Total cost of services	150.00
Plan Savings	-129.70
Covered by this plan	-10.30
Total expected cost	10.00

2

Service Details

Date	Service	a. Billed	b. Allowed	c. Not Covered	d. Copay	De ductible Insurance	Co Insurance	e. Reason Code	Patient Total
1/1/19	Established patient office or other outpatient visit, Level I	150.00	20.30	0.00	10.00	0.00	0.00	C	10.00
Claim Totals:		150.00	20.30	0.00	10.00	0.00	0.00		10.00

Code Summary

C - Contracted Rate Payment

1 - ACCOUNT SUMMARY

Lists your account information with details like the patient's name, date/s, and claim number.

2 - CLAIM DETAILS

A list of the dates we provided the service and a description of the service

3 - AMOUNTS

- Amount billed: Cost of the services provided
- Allowed amount: The amount your insurance has agreed to pay per their contract with the provider/facility, this reflects any money you saved by accessing care or medical products from within your plan's network of providers. This can usually be seen in section 4 as well.
- Amount not covered: What costs your health plan did not cover
- Copayment/Deductible/Coinsurance amounts: What you are responsible to pay toward these service, according to your plan.
- Reason Code: Describes the type of payment made or a reason for a denial.

4 - AMOUNT OF RESPONSIBILITY

You may be responsible to pay a portion of the charges/service costs to the provider or facility. This may include copay, coinsurance, deductible or non-covered charges.

EXAMPLE

Heart Healthy QUINOA SALAD

INGREDIENTS:

- 1 cup quinoa, uncooked
- 1 cup red pepper, chopped
- 1, 15-ounce can chickpeas, drained and rinsed
- 2 cups fine chopped spinach (kale or arugula optional substitutes)
- 1 cup diced tomato
- 1 cup diced cucumbers
- ½ cup chopped artichoke hearts (optional)
- 3 tablespoon lemon juice
- 3 tablespoon extra-virgin olive oil
- 1 teaspoon Dijon mustard
- 1/4 teaspoon salt
- 1/4 teaspoon ground black pepper

Optional: add cooked chicken or pork for more protein. Add sprinkle of feta cheese for a pop of flavor!



DIRECTIONS:

1. Cook quinoa according to package directions. Drain quinoa and let cool.
2. In a large bowl, combine the pepper, chickpeas, spinach, tomatoes, cucumbers, artichoke hearts and cooled quinoa.
3. In a small bowl, make your lemon vinaigrette. Whisk together the lemon juice, olive oil, Dijon, salt and pepper. Pour onto the salad and toss to coat.

Note: Store in airtight container in the refrigerator for up to 4 days.

Makes approximately 8 servings

For nutrition questions or additional recipe ideas, please contact Dusty Dressler, RDN
DustyDressler@yellowhawk.org
541.240.8524



YELLOWHAWK
TRIBAL HEALTH CENTER

WELLNESS OPPORTUNITY

Hosted by Yellowhawk Public Health

Are you at risk for diabetes?

- 45 years of age or older
- Overweight
- A family history of type 2 diabetes
- Physically active **fewer** than 3 times per week
- Had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

Are you interested in learning how to:

- Eat a balanced diet
- Manage stress
- Be active
- Stay motivated
- Reduce risk for chronic disease
- Achieve a healthy weight

The PreventT2 lifestyle change program can help! If you have prediabetes or other risk factors for type 2 diabetes, now is the time to take charge of your health and make a change.

What to expect: PreventT2 is a year-long program with weekly meetings for the first 6 months then meetings once a month for the second 6 months. You will work with a trained lifestyle coach and other participants to learn the skills you need to make lasting changes.

CLASS DETAILS:

Start Date: Wednesday, February 15, 2023
Time: 12 - 1 pm in Laxsimwit Conference Room

TO REGISTER:

Contact Leah Harris at 541.240.8729 or leahharris@yellowhawk.org



YELLOWHAWK
TRIBAL HEALTH CENTER

Upcoming Events



MONTH	Heart Health Awareness Month
Tuesday's	Weaving Tuesday's 9 - 11 am Nicht-Yow-Way Sr. Center
Tuesday's	Grief & Loss Support Group 4:30 - 5:30 pm Yellowhawk
Thursday's	Nicht-Yow-Way Sr. Center Group Fitness 10:30 - 11 am Senior Center
TU/TH	Fitness is Fun 12 - 12:45 pm Yellowhawk Public Health
M/W/TH	Water Aerobics 9:30 - 10:30 am Wildhorse Resort Pool
February 3	Wear Red Day in Support of Heart Health Month!
Feb. 6 13 27	Tribal Family Preservation Training* 8:30 am - 4 pm Yellowhawk
February 9	Healthy Cooking Challenge* 4:30 - 6:30 pm Yellowhawk (MS/HS Ages)
February 13	Story Telling Dinner 5 - 8 pm Yellowhawk
February 15	Diabetes Support Group 10:30 - 11:30 am Nicht-Yow-Way Senior Center
February 15	PreventT2 Program begins* 12 - 1 pm Yellowhawk
February 20	Presidents Day Yellowhawk Closed
February 23	Bowling Night 5 - 7 pm Wildhorse (middle/high school ages)



PROTECT YOUR TIMÍNE

You can do a lot to take care of your heart and work to prevent heart disease. Try one new thing each day for a month, then make your favorites a part of your regular healthy routines. Little changes can add up to BIG results for a healthy future!

Start with day 1

1 Commit to a healthy heart.	2 Make a heart healthy snack. Traditional foods are heart healthy.	3 WEAR RED Friday, February 3, 2023 is National Wear Red Day.	4 Schedule your annual physical. Discuss your heart health goals with your provider.	5 Make today a salt-free day. Use herbs for flavor instead of salt.	6 Squat it out. Do 1 minute of squats or wall-sits.	7 Visit smokefreeoregon.com to take the first step to quit smoking.
8 Get your blood pressure checked.	9 Walk an extra 15 minutes today.	10 Aim for 30 minutes of physical activity today.	11 Practice a relaxation technique to reduce stress	12 Plan your heart healthy menu for the week.	13 March in place during commercial breaks to get your heart going.	14 Protect your sweetheart's heart. Plan a heart healthy date.
15 Swap the sweets for a piece of fruit for dessert.	16 Stress less. Practice mindful meditation for 10 minutes.	17 Head to bed with enough time to get a full 7-8 hours of sleep.	18 Add a stretch break to your day to increase your flexibility.	19 Focus on eating more vegetables today. How many colors can you consume?	20 Dance for 15 minutes to your favorite music.	21 Share a funny joke or video that makes you laugh.
22 Park farther away from your destination to take a few extra steps today.	23 See how many push-ups you can do in 1 minute.	24 Call a relative to ask about your family health history.	25 Fill half your plate at lunch and dinner with fruits and vegetables.	26 Ask a family member or neighbor to join you for a walk.	27 Get a tape measure and find out the size of your waist.	28 Go for a walk or hike and identify plants and animals.



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**FEBRUARY 3, 2023
IS NATIONAL WEAR RED DAY**

Wear red and show your support for heart health



**PROTECT
YOUR
TIMÍNE**