



March 2023
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CHANGES COMING TO OREGON HEALTH BENEFITS

The Oregon Health Authority (OHA) wants Oregon Health Plan (OHP) members to know that health coverage renewals will resume on April 1. While most people will continue to qualify for existing benefits, OHA is required to review eligibility for all 1.47 million OHP members by June 2024. Members will receive a notice between April 2023 and January 2024.

What is happening:

During the COVID-19 public health emergency (PHE), the federal government extended health coverage, services and supports for people with disabilities and older adults, and provided extra food benefits. Some of these flexibilities and temporary programs will end as the federal COVID-19 PHE phases out.

Oregon is planning for how these changes will affect people, with a goal of keeping as many people as possible connected to benefits and covered by a health plan.

What you can do now:

Please keep your contact information up to date so you get important messages about keeping the benefits you qualify for.

Watch for and open ALL mail from the state and respond to any requests for information quickly.

**Courtesy Notice: OHP and Medicare Savings Program (MSP) members should have received a courtesy notice in the Fall of 2022 asking them to make sure their contact information is correct. If you did not receive a letter at the end of October 2022, we do not have your most up to date contact information.*

Yellowhawk staff are prepared to help you through the end of the COVID Public Health Emergency as it pertains to your current OHP coverage. We have assisters in clinic to help you through these changes, and updates! Learn how this might affect your OHP coverage.

Please contact us to update:

- Your contact information (mailing address, phone number, email)
- Update your Oregon consent form so we can check on your updates and benefits
- Current OHP information and make reportable changes

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HEALTH COMMISSION SCHOLARSHIP IS OPEN!

Eligibility

In order to be considered for the Yellowhawk Scholarship, the applicant must meet the following eligibility requirements:

1. Must be a CTUIR enrolled tribal member.
2. Must be a current senior in high school, or a current college or university student.
3. Current college or university students must have and maintain a 2.5 grade point average (GPA).
4. Applicant must be pursuing a degree in a healthcare, business, finance, accounting, facilities management, risk management, or a degree that would apply to Yellowhawk operations.

Submission

Please submit completed applications to the Yellowhawk Human Resources Department, in person, via mail at Yellowhawk Tribal Health Center, 46314 Timíne Way, Pendleton, OR 97801, or via email at hrrecruiter@yellowhawk.org.

Reminder! Please include the following as part of the scholarship application packet:

- Copy of High School Diploma or GED, if you're a current high school student, a copy will be needed after you graduate prior to release of scholarship funds, if you've been awarded a Yellowhawk scholarship.
- Copy of Tribal ID or Certificate of Indian Blood
- Official College Transcripts, if you're a current college student.
- High School applicants will need to submit an acceptance letter from the college or university. College students will need to submit an acceptance letter if they've transferred to a different school.

Questions? If you have any questions, please feel free to contact us via phone at 541.240.8509 or via email at hrrecruiter@yellowhawk.org

If you are interested in continuing your education in a health related field, and are a CTUIR Member, we welcome you to apply for a Yellowhawk Scholarship.

Applications due
April 28, 2023

yellowhawk.org/scholarship



be
happy ♥



INTERNATIONAL DAY OF HAPPINESS

By Chelsea Hallam, Public Health Department

March 20 is International Day of Happiness! The General Assembly of the United Nations (UN) began observing this day in 2013 as a way of "recognizing the relevance of happiness and well-being as universal goals and aspirations in the lives of human beings around the world." While happiness brings its own value to our lives, the UN and other researchers have been studying the impact it has on our health as well.

One of the longest running studies related to happiness began in 1938 at Harvard, when scientists decided to collect data on the health of 268 sophomores throughout their lifetime. Over the 85 years since, the study has expanded to include children and other groups in other locations. Throughout the studies, they were surprised to find that "Close relationships, more than money or fame, are what keep people happy throughout their lives . . . Those ties protect people from life's discontents, help to delay mental and physical decline, and are better predictors of long and happy lives than social class, IQ, or even genes." Quality, positive relationships, they found, were a great predictor of physical health later on in life.

In honor of the International Day of Happiness, and the importance of strong relationships in our lives, we hope you take the time to engage in some social fitness! If you are looking for a place to start, try "The 7-Day Happiness Challenge," taken from the New York Times article by Jancee Dunn. Call a relative, walk with a friend, or drop-in on a Yellowhawk event and practice building those connections!

ABOUT ALTERNATE RESOURCES

Using alternate resources stretches the limited funding to extend Purchased Referred Care Contract Health Services (PRC/CHS) to more American Indians and Alaska Natives. Patients have the responsibility to comply with PRC/CHS requirements including using alternate resources.

- Examples of alternate resources:
 - An IHS or Tribal facility that is available and accessible to an individual but not in his/her area of residence.
 - Medicare
 - Medicaid
 - Vocational Rehabilitation
 - Children's Rehabilitation Services
 - Private insurance
 - State Programs
- An individual is required to apply for an alternate resource if there is reasonable indication that the individual may be eligible for the alternate resource.
- An individual is NOT required to expend personal resources to meet alternate resource eligibility or to sell valuables or property to become eligible for alternate resources.
- Refusal to apply for alternate resources when there is a reasonable possibility, or refusal to use an alternate resource, requires the denial of PRC/CHS eligibility.

Questions, please contact Eligibility Coordinators 541.240.8747 or Purchased Referred Care (PRC) 541.240.8737.

LITERACY NIGHT
MARCH 15
4:30 – 6 PM
YELLOWHAWK

LAUNCH EVENTS IN MARCH

Literacy Night is a Family Engagement Activity in collaboration with Yellowhawk Dental and Optometry. We will read a book out loud during the event and also have a family photo opportunity. There will be limited dental screenings available and vision screenings by Yellowhawk department staff.

SAFE SITTER CLASS
MARCH 28, 29, OR 30
9 AM – 3 PM
WILDHORSE

REGISTER NOW!

Safe Sitter is Babysitting Classes and Safety Training, it is a non-profit organization dedicated to teaching youth life and safety skills for when they are home alone or babysitting. The program is designed to be highly interactive. Students will be engaged and focused on learning the skills that will be provided. Contact Nikki Woods for more information about these opportunities, 541.240.8440.

NUTRITION & YOUR BODY

March is National Nutrition Month®! During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme, "Fuel for the Future," highlights the importance of fueling our bodies at every age and eating with the environment in mind.

Practice gratitude for your body by giving it the fuel it needs with sustainable foods! Our Registered Dietitian Nutritionist, Dusty Dressler, can teach you how nutrient needs may change with age, and give you personalized nutrition information to meet your health goals.



The flyer features a central illustration of various kitchen items including a stack of colorful bowls (yellow, blue, orange), a yellow pot, a blue spatula, a green whisk, a blue-handled knife, and a frying pan with a browned patty. The background is a soft-focus image of hands holding a bowl. The text is arranged as follows:

YELLOWHAWK TRIBAL HEALTH CENTER

COOKING CLASS
QUICK & HEALTHY MEALS

THURSDAY, MARCH 9, 2023 | 4:30-6 PM
YELLOWHAWK LAXSIMWIT KITCHEN

SIGN UP BY MARCH 6, 2023
Chelsey Minthorn, Diabetes Program Manager
541.240.8443 or ChelseyMinthorn@yellowhawk.org

Yellowhawk Tribal Health Center
46314 Timine Way
Pendleton, OR 97801
541.966.9830
www.yellowhawk.org

Remove your address by emailing:
info@yellowhawk.org



GO ELECTRONIC @ YELLOWHAWK.ORG/NEWSLETTER



American Red Cross

Give blood. Help save lives.

Blood Donation Drive

March 10, 2023 | 10 am to 3 pm

Yellowhawk Laxsimwit Conference Room

Please call 1-800-RED CROSS (1-800-733-2767)
or visit RedCrossBlood.org and enter:
Yellowhawk to schedule an appointment.



Scan the QR Code with your smartphone
to schedule! Questions, call Public
Health Front Desk 541.240.8697.



SAVE THE DATE

National Children's Mental Health Awareness Day

MAY 5, 2023

CHILDREN'S MINI POWWOW

5 PM DINNER | LONGHOUSE



Going Green

SPINACH MINI-QUICHE

INGREDIENTS:

- 10 ounces frozen spinach OR 1 pound fresh spinach
- 5 eggs, beaten
- 2/3 cup cottage cheese
- 2/3 cup grated parmesan cheese
- 1/4 tsp. garlic powder
- 1/4 tsp. each salt and pepper, or to taste



DIRECTIONS:

1. Preheat oven to 400 degrees F. Coat 12-cup muffin-tin with cooking spray or grease with oil/butter.
2. *If using fresh spinach: Chop spinach. Heat large skillet to medium high heat and add 1 Tbsp. oil. Saute spinach until just wilted, about 2-3 minutes. *If using frozen spinach: thaw spinach and squeeze out excess water.
3. In a medium-sized bowl, combine eggs, spinach, cheeses, garlic powder, salt and pepper.
4. Divide egg mixture as evenly as possible between the 12 muffin cups.
5. Bake, uncovered, until puffed and set, about 30 minutes.
6. Let cool slightly. Run a knife or small spatula around the edge of quiches to loosen before removing from the pan. Serve immediately or store in refrigerator. These can be eaten warm or cold.

Makes approximately 12 servings



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



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