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YELLOWHAWK
TRIBAL HEALTH CENTER

Tauts Tum Time



June 2023
Volume 2
Issue 6

ORAL HEALTH TIPS

June is Oral Health Month! Achieving healthy teeth takes a lifetime of care. It is crucial to take the right steps every day to take care of them and prevent future problems. This involves using the right oral care products, scheduling regular dental visits and being mindful of your daily habits. Here at Yellowhawk, our dental team put together their top 10 tips for oral health care.

1. *Don't go to bed without brushing your teeth - It's not a secret - brush at least twice a day, especially brushing at night. Brushing before bed gets rid of the germs, sugar bugs and plaque that accumulate throughout the day.*
2. *Brush properly - The way you brush is equally important – in fact, doing a poor job of brushing your teeth is almost as bad as not brushing at all. Take your time, moving the toothbrush in gentle, circular motions to remove plaque. Unremoved plaque can harden, leading to calculus buildup and gingivitis (early gum disease).*
3. *Don't neglect your tongue - Plaque can also build up on your tongue. Not only can this lead to bad mouth odor (bad breath), but it can lead to other oral health problems. Gently brush your tongue every time you brush your teeth.*
4. *Use fluoride toothpaste - When it comes to toothpaste, no matter which version you choose, make sure it contains fluoride. Fluoride works by fighting germs that can lead to decay, as well as providing a protective barrier for your teeth.*
5. *Flossing is important too - Flossing is not just for getting little pieces of food or candy that may be getting stuck in between your teeth, it's really a way to stimulate the gums, reduce plaque, and help lower inflammation in the area. Flossing once a day is usually enough to reap these benefits. Flossing can be difficult, especially for young children and older adults with arthritis. Rather than give up, look for tools that can help you floss - like ready-to-use dental flossers from Yellowhawk Dental!*
6. *Mouthwash Matters - Advertisements make mouthwash seem necessary for good oral health, but many people skip them because they don't know how they work. Mouthwash helps in three ways:*
 - i. *It reduces the amount of acid in the mouth*
 - ii. *Cleans hard-to-brush areas in and around the gums*
 - iii. *Remineralizes the teeth - Ask our team for specific mouthwash recommendations. Certain brands are best for children, and those with sensitive teeth. Prescription mouthwash is also available.*
7. *Drink more water - Water continues to be the best beverage for your overall health – including oral health. Also, as a rule of thumb, it is recommended to drink water after every meal. This can help wash out some of the negative effects of sticky and acidic foods and beverages in between brushes.*
8. *Eat crunchy fruits and vegetables - Eating fresh, crunchy produce not only contains more healthy fiber, but it's also the best choice for your teeth. Try to avoid the overly mushy processed foods, stop cutting foods into tiny pieces and get those jaws working!*
9. *Limit sugary and acidic foods - Ultimately, sugar converts into acid in the mouth, which can then erode the enamel of your teeth. These acids cause cavities. Acidic fruits, teas, and coffee can also wear down tooth enamel. While you don't necessarily have to avoid such foods altogether, it doesn't hurt to be mindful and limit intake.*
10. *Come see us - Your daily habits are crucial to overall oral health. Even the most dutiful brushers and flossers need to see a dentist regularly, we recommend seeing your dentist/hygienist for cleanings and checkups twice a year. Not only can a dentist/hygienist remove calculus and look for cavities, but they will also be able to spot potential issues and offer treatment solutions.*

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YELLOWHAWK DENTAL APPOINTMENTS 541.240.8698

WHAT IS A HEALTH INSURANCE CARD?

A health insurance card is a valuable wallet size card that contains the information you will need to utilize your health insurance plan effectively. Exactly what is contained on the card will vary by insurance company and plan. This is a piece of information you will want to keep as safe as any credit card or photo identification. Keep this card with you for all visits to medical facilities, including Yellowhawk Tribal Health Center and even the pharmacy!

What information may be contained on a health insurance card?

- Your name
- Insurance company name and contact information
- Your policy number

Depending on your company and policy, your card may also contain any or all of the following:

- Group number if your health plan is provided through your employer
- Co-pay information
- Primary Care physician's name
- Name of plan enrollee (if different from yourself)
- Number to contact for prior authorization of services or if admitted to a hospital
- Dental plan information
- Vision plan information
- Prescription drug plan information – Look for the RX symbol

BRING YOUR CARD TO EVERY VISIT!



HAVE YOU UPDATED YOUR INFORMATION WITH US?

Moving can be an exciting time!

No matter what your eligibility status is at Yellowhawk, there are times staff will need to notify you through the mail or phone. Having a current phone number and address on file is critical for staff to be able to reach you.

If you have moved or changed your phone number please notify our Eligibility Coordinators. Forms are available on our website below, or you can update information with the Eligibility Coordinators directly at the clinic.

Alexandra Vazquez, 541.240.8746, AlexandraVazquez@yellowhawk.org

Sharon Johnson, 541.240.8622, SharonJohnson@yellowhawk.org

WWW.YELLOWHAWK.ORG/HOW-TO-BECOME-A-PATIENT



6.16 – FARMERS MARKET SHUTTLE

6.21 – FATHER'S CELEBRATION & DIABETES SUPPORT GROUP

6.29 – FAMILY COOKING CLASS

SPECIAL DIABETES PROGRAM FOR INDIANS (SDPI)

The Yellowhawk Special Diabetes Program for Indians (SDPI) along with Yellowhawk's Nutrition, Fitness and WIC programs are planning some family fun summer events for our community.

Join our team for our monthly Diabetes Support Group where this month we will discuss oral health and your diabetes. We are happy to be bringing back the Farmers Market shuttle for our Elders and their families. Meet us at the Senior Center Friday, June 16th for our first outing. Celebrating the fathers and father-like figures in our lives – we are planning a celebration in honor of those special men in our lives; dad, uncle, grandpa or special person, we want to honor you for Father's Day on June 21st. Rounding out the month is another healthy cooking learning experience with a Family Cooking class on June 29th which includes ingredients to take home.

WHEN ^{TO GO} WHERE

TO GET THE BEST CARE

PRIMARY CARE PROVIDER OR EMERGENCY ROOM

PRIMARY CARE PROVIDER (PCP)

- Chronic Care, Illness & Injury
- Check-Ups & Regular Screenings
- General Medical/Behavioral Health Questions
- Medication Management
- Questions Concerns about Medications
- Cold/COVID/Flu Like Symptoms
- Mild Fevers
- Mild to Moderate Pain or Discomfort
- Management of Chronic Conditions
- Hospital Discharge Follow Up
- Sports Physicals
- Telephone Consults

SAME DAY CARE*

- Primarily Illness & Injury
- Sprains & Strains
- Mild Allergic Reactions
- Mild Asthma/COPD Symptoms
- Minor Cuts & Wounds
- Mild to Moderate Pain or Discomfort
- Mild Burns
- Animal or Insect Bites
- Urgent Care/Emergency Room Follow Up
- Cold/COVID/Flu Like Symptoms
- Short Term Medication Refill**
- Sports & Head Start Physicals

EMERGENCY ROOM

- Infants and Children needing Emergent Care
- Significant Breathing Difficulty
- Broken Bones
- Chest Pain
- Severe Pain in the Stomach
- Severe Burns
- Possible Drug or Alcohol Overdose or Poisoning
- Mental Health Crisis
- Thoughts of Self-Harm, Wanting to Hurt Others, or Suicide



YELLOWHAWK
 TRIBAL HEALTH CENTER
 MEDICAL DEPARTMENT
541.240.8499

**EVERY EFFORT WILL BE MADE TO SCHEDULE YOU WITH YOUR ASSIGNED PCP PRIOR TO BEING SCHEDULED WITH AN ACUTE CARE/SAME DAY PROVIDER. ** ONE TO TWO WEEK PRESCRIPTION SUPPLY UNTIL ABLE TO BE SEEN BY PCP*

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

ELDERS GARDEN GUILD

Get involved! What type of vegetables should be grown at the Senior Center Garden this year?

The Nicht-Yow-Way Senior Center is teaming up with the Good Health and Wellness in Indian Country (GHWIC) team and want to hear from our Elders. The input and guidance is valued to ensure the viability of the garden and to support the needs of our community. The Garden team will meet the 2nd & 4th Thursday of each month at the Nicht-Yow-Way Senior Center at 1pm - all are welcome to attend this group.

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*Garden
Greens*

MEDITERRANEAN SKILLET BEANS AND GREENS

INGREDIENTS:

- 1 Tbsp. extra virgin olive oil
- 1 large onion diced (about 1 1/2 cups)
- 1/2 cup sun dried tomatoes in oil
- 2 cloves garlic, minced
- 2 15 oz. cans no-added-salt cannellini beans, drained and rinsed
- 1 (14.5 oz) can no-added-salt diced tomatoes
- 1 (14.5 oz) can artichoke hearts, drained and roughly chopped
- 2 cups fresh kale, chopped
- 1 tsp. dried basil
- 1 tsp. dried thyme
- 1/8 tsp. crushed red pepper (or to taste)

DIRECTIONS:

1. On medium heat, warm olive oil in skillet. Add onion and cook for 3-4 minutes, until slightly softened. Add sun-dried tomatoes and garlic and cook for about 1 minute stirring to make sure garlic doesn't burn.
2. Stir in beans, diced tomatoes, and artichoke hearts. Cover pan and cook for about 5 minutes.
3. Uncover the skillet and add the chopped kale and herbs/seasoning, stir and cook over medium heat until kale has wilted.

NOTES:

- You can substitute other leafy greens such as spinach for the kale as desired.
- The sundried tomatoes and artichoke hearts can be high in sodium, if you need reduced sodium rinse these ingredients or omit them.
- Cooked chicken or other lean meat could be easily added to this to add more protein.
- Get creative and add more vegetables as your heart desires!



For nutrition questions or
additional recipe ideas, please
contact Dusty Dressler, RDN
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Makes approximately 4 servings