



OPIOID AWARENESS MONTH

July is Opioid Awareness Month! Our community's health and safety is our priority, here is some important information you need to know to protect yourself and loved ones:

Opioids, you may know them as:

- O.C.
- Monkey
- Perc's
- Lean
- Vike
- Oxy

Opioids harm your brain health –

Opioids fall under the same class of drugs like heroin and fentanyl. These drugs impact both your spinal cord and brain by reducing their pain-sign perceptions. Opioids are known to flood your brain with dopamine, which is a chemical messenger that regulates emotion, movement, and feelings of pleasure, causing euphoria (or high) in the brain.

Opioids harm your physical health –

Opioids may cause a lot of damage to your physical health. They slow down some of the most vital actions of the body, like breathing and heartbeat patterns. One single dose can cause a respiratory depression, which is the slowing/stopping of breathing, and may be fatal. Drinking alcohol while using opioids increases this risk.

Opioids are addictive –

Just because your doctor prescribed you or your family/friend opioids, does NOT mean they are safe. Incorrect or long-term use can lead to a variety of health problems and can be fatal. If you or someone you know is prescribed one of the following, talk to your prescribing provider or primary care provider if you have questions, misuse CAN lead to addiction.

• **Hydrocodone** • **Oxycodone** • **Morphine**

Opioids can kill you –

According to the CDC, in 2017, of the U.S. racial and ethnic groups, American Indians and Alaskan Natives had the second highest rate of opioid overdoses. Statistics show that American Indians had the second and third highest overdose death rates from synthetic and heroin opioids.

Millions of lives in the U.S. are currently being impacted by substance use disorders (SUDs). The CDC also writes that more than 100,000 people died from drug overdoses from April 2020 to 2021, an increase of 28.5% from the year prior. To learn more about opioid overdose, go to www.cdc.gov/opioids.

Opioid addiction can be treated –

Although opioids have powerful effects on an individual's brain and behavior, recovery from opioid addiction IS possible! Addiction and its treatment can depend on the individual's needs and can take various forms and lengths of time. Ultimately, treatment can save a life, and prevention starts with you! If you or a loved one are currently being impacted by opioid addiction, contact our Behavioral Health Department with the phone number below.

**Tribal
Health
Commission**

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Denise Wickert
Dara Williams-Worden

Sandra Sampson
BOT Representative



WILDFIRE SAFETY: BREATHING CLEAN AIR

It's wildfire season! With the continuous rising, dry temperatures, it's no surprise that we are experiencing wildfires across the country. With wildfires, also comes smoky, hazy air. That smoky air may contain various sources of particles, and when you breathe it in, **these particles can make their way into your bloodstream.**

This can turn into a serious problem for your heart and lungs, individuals with chronic lung disease and/or heart disease are at an increased risk. Pregnant women, people over the age of 65, and young children are at an even higher risk. Here are 5 quick tips from the Oregon Health Authority (OHA) to help you and your loved ones breathe clean air this fire season.



1. **LIMIT your exposure to the outdoors**
2. **Drink water, stay hydrated**
3. **Have a tightly closed, air conditioned house**
 - i. Set your A/C to recycle or recirculate
4. **Check the air quality**
 - i. Go to <http://oregonSmoke.blogspot.com/> to find the current air quality
5. **Reduce sources of indoor dust/smoke**
 - i. These include wood/propane burning stoves and furnaces, burning candles and cigarettes, and vacuuming

COMMUNITY HEALTH IMPROVEMENT PLAN FEEDBACK SESSIONS

Every five years, Yellowhawk conducts a Community Health Assessment (CHA) and creates a Community Health Improvement Plan (CHIP). The goal is to regularly examine the health and needs of our community, and to then come together to create a plan that addresses the highest priority health issues. However, we cannot do this process alone.

After we finished the CHA in December 2022, we began sharing our data with the community and searching for partners who could help us decide some of the key issues identified by the CHA. In order to begin to create our CHIP, we need feedback from the whole community to decide what issues our plan is going to focus on.



We know that health issues begin with where people are born, live, work and grow—they are influenced by environment, economics, culture, race, gender, and more. To truly address our health needs, we are hoping everyone will take the time to fill out the survey, which can be accessed by scanning the QR code with your phone's camera. We want everyone to share their perspectives on what causes our biggest health issues, and what we should do to solve them! We also invite everyone to attend our in-person CHIP Feedback Sessions, which will be held **Thursday, July 13 from 4-6 pm at the Senior Center;** and **Wednesday, July 26 from 4-6 pm at Yellowhawk.** A plan can only be effective with your feedback and support!



DID YOU GET A FEDERAL BLUE CROSS/BLUE SHIELD CHECK?

Those who received a check from Federal Blue Cross (BC), or Blue Shield (BS) will be receiving a letter from them soon. If you sign over your check to Yellowhawk, please bring in your letter so we can complete the process with BC/BS.

If you cashed that check, please follow the instructions on the letter.

P.S. Don't forget to bring in your insurance cards to each visit at Yellowhawk Tribal Health Center!

CONGRATULATIONS TO OUR SCHOLARSHIP RECIPIENTS!



Summer Wildbill



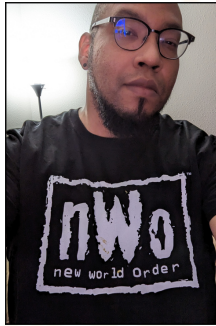
LeAnn Alexander



Quincy George



Mariah Watchman



Jorah Thompson

SCHOLARSHIP OPPORTUNITIES

Congratulations to the fall 2023, CTUIR Tribal Health Commission Scholarship recipients. This April the scholarship committee had the pleasure to review multiple applications. Due to the success of our Yellowhawk Scholarship Golf Scramble fundraiser, the committee is excited to award three bonus scholarships this term. With the additional funds, the committee is also now able to offer scholarship opportunities quarterly to our CTUIR members.

The next deadline is July 28, the final 2023 scholarship application will be due October 27, all applications are due by 4 pm Pacific.

FARMERS MARKET SHUTTLE FOR ELDERS & FAMILIES – FRIDAY

Throughout the summer, our Public Health team will be offering transportation to the Pendleton Farmers Market for Yellowhawk eligible Elders & families. Please call to reserve a seat for you and/or your family.

When: Friday, July 14, 2023

Pick up: 3:45 pm & Return: by 6:00 pm

Meet Location: 55 Umatilla Loop, Nicht-Yow-Way Senior Center

****Van will leave by 4 pm****



Questions/Reserve Seat
Call Chelsey Minthorn
541.240.8443

EMERGENCY VISITS + URGENT CARE

Emergency Room and Urgent Care visits are for emergencies only and using it inappropriately for routine health care and other non-emergent needs can put our health at risk and can result in possible denial of payment by Yellowhawk's Purchased Referred Care (PRC).

Please remember to notify our Purchased Referred Care staff within 72 hours after an Emergency Room or Urgent Care visit.

PURCHASED REFERRED CARE STAFF

CASSIE, 541.240.8737 | LAURIE, 541.240.8738

TALIA, 541.240.8739



Yellowhawk Tribal Health Center
46314 Timíne 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 IS GATHERING AT THE SENIOR CENTER

Get involved!

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 **JULY 6th & 20th** at the Nicht-Yow-Way Senior Center at 1pm - all are welcome to attend this group.

CARRIE CAMPBELL-TURK | 541.240.8426 | CARRIECAMPBELL-TURK@YELLOWHAWK.ORG

Garden Fresh ZUCCHINI SKILLET

INGREDIENTS:

- 1 Tablespoon olive oil
- 3-4 medium zucchini, sliced about ¼ inch thick (about 4-6 cups sliced zucchini)
- 1 medium onion, sliced
- 1 medium tomato cut into thin wedges
- Salt and pepper to taste
- ½ teaspoon garlic powder
- 1 Tablespoon fresh thyme or 1 teaspoon dried thyme
- 2 Tablespoons grated Parmesan cheese (optional)

DIRECTIONS:

1. Heat olive oil in medium-sized skillet over medium heat.
2. Cook onions 2-3 minutes until they begin to soften.
3. Add the zucchini to the pan in as even a layer as possible (with zucchini laying flat on the bottom of the pan). Sprinkle the garlic powder, dried thyme, salt and pepper evenly over the zucchini and onions.
4. Cook 2-3 minutes then flip to cook both sides of zucchini evenly. Cook about 4-5 minutes total, until zucchini is golden brown and crisp-tender. Add tomatoes and cook another 1-2 minutes, tossing gently.
5. Remove the pan from the heat.
6. Top with freshly grated Parmesan, if desired. Serve immediately.

NOTES:

- This recipe also works well with any summer squash with soft skin such as yellow squash. You can use a combination of yellow squash and zucchini.
- Add browned ground meat or cooked & sliced sausage for added protein if desired.

Makes approximately 6 servings



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



YELLOWHAWK
TRIBAL HEALTH CENTER