



BREASTFEEDING AWARENESS MONTH

August is National Breastfeeding Awareness Month! In recognition, we want share valuable information about breast milk storage. Our staff are here to support our community as new families navigate the difficulties of infant feeding. We have specially trained staff who can assist you and answer questions about breastfeeding/chest feeding and formula feeding. Please reach out if you need assistance.

Storage can depend on the type of breast milk, which can be either freshly pumped or expressed, thawed (previously frozen), or leftovers (where baby did not finish bottle). However, some of the first and most important factors of storage begin with the following:

- Wash your hands with soap and water. If soap is not available, use an alcohol-based hand sanitizer. The sanitizer should contain at least 60% alcohol.
- If using a pump, make sure the pump kit and tubing are clean. If kit or tubing are moldy, discard immediately.
- Clearly label and date breast milk storage containers.
- If you share a pump: clean the pump dials, power switch, and countertop with a disinfectant wipe.

Guidelines for the type of breast milk:

	Storage Location and Temperatures		
Type of breast milk	Countertop: 77 degrees (F) or colder	Refrigerator: 40 degrees (F)	Freezer: 0 degrees (F) or colder
Freshly pumped or expressed	Up to 4 hours	Up to 4 days	Within 6 months is best, up to 12 months is acceptable
Thawed (previously frozen)	1-2 hours	Up to 24 hours	NEVER refreeze human milk after it thawed
Leftovers (where baby did not finish bottle)	Use within 2 hours after the baby is finished feeding. If 2 hours have passed and the breast milk has not been used, it should be discarded.		

Centers for Disease Control and Prevention

For more information on breastfeeding and breast milk, visit <https://www.cdc.gov/breastfeeding/index.htm>.

Contact Yellowhawk WIC Coordinator and Breastfeeding Specialist, Alisa at 541.240.8521

Tribal Health Commission

Althea Huesties-Wolf
Chair

Dorothy Cyr
Secretary

Members:
Robin Turk
Denise Wickert
Dara Williams-Worden
Carrie Sampson-Samuels

Sandra Sampson
BOT Representative



FIRST AID KITS



The Public Health Department will be giving out **FREE** First Aid Kits at the Community Picnic on **August 10!** Add to your Emergency Backpacks with these needed supplies. The kit includes a metal case and is designed to provide first aid care for up to 10 people. Come get one for you and your family!



The First Aid Metal Case includes:

- Adhesive Bandages
- Gloves
- Antiseptic Towelette
- Fingertip Bandages
- Splinter Removers
- Finger Splint/Tongue Depressor
- Butterfly Closure
- Tweezers
- Cotton Tip Applicator
- Triangular Bandages
- Trauma Pad
- Tape Roll
- Gauze Pad
- Burn Cream
- First Aid Guide
- Gauze Roll
- Alcohol Pad

For questions or more information contact Kila at 541.240.8741 or kilasolomon@yellowhawk.org



FARMERS MARKET SHUTTLE FOR ELDERS & FAMILIES – FRIDAYS

Throughout the summer, our Public Health team will be offering transportation to the Pendleton Farmers Market for Yellowhawk eligible Elders & families. **Registration is not required but is encouraged to save your seat!**

When: Friday, August 11 & Friday, August 25

Pick up: 3:45 pm **Return:** Approximately 6:00 pm

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

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

Reserve your seat!
Chelsey Minthorn
541.240.8443

BICYCLE SAFETY OBSTACLE COURSE

Want to learn more about bicycle and pedestrian safety? The Public Health Department and the Umatilla Tribal Police Department are hosting an obstacle safety course at the CTUIR Community Picnic!



Learning topics include:

- Bike and Helmet Safety
- Rules of the Road
- Crosswalk Safety

Educational materials and Grab & Go Bike Safety Kits will be provided – while supplies last! Bike and helmets will be available for day use.

For questions or more information, contact Leah at 541.240.8729 or leahharris@yellowhawk.org

Sponsored by: Good Health and Wellness in Indian Country & Umatilla Tribal Police Dept.

Yellowhawk invites you to join us at the CTUIR

ANNUAL COMMUNITY PICNIC

When: August 10, 2023 | 4 - 7 pm

Where: July Grounds

FOOD, FUN & MORE!



IMMUNIZATION SCHEDULE

Oregon law requires the following shots for school and child care attendance. For children 2-17 months entering Child Care or Early Education, check with child's program or healthcare provider for required vaccines.

A child 18 months or older entering Preschool, Child Care, or Head Start need:

- 4 Diphtheria/Tetanus/Pertussis (DTaP)
- 3 Polio
- 1 Varicella (chickenpox)
- 1 Measles/Mumps/Rubella (MMR)
- 3 Hepatitis B
- 2 Hepatitis A
- 3 or 4 Hib

***At all ages and grades, the number of doses required varies by a child's age and how long ago they were vaccinated.**

Other vaccines may be recommended.

Exemptions are also available. Please check with your child's school, childcare or healthcare provider for details.

Students entering Grades 7-12 need:

- 5 Diphtheria/Tetanus/Pertussis (DTaP)
- 1 Tdap
- 4 Polio
- 1 Varicella (chickenpox)
- 2 MMR or 2 Measles, 1 Mumps, 1 Rubella
- 3 Hepatitis B
- 2 Hepatitis A

Students entering Kindergarten or Grades 1-6 need:

- 5 Diphtheria/Tetanus/Pertussis (DTaP)
- 4 Polio
- 1 Varicella (chickenpox)
- 2 MMR or 2 Measles, 1 Mumps, 1 Rubella
- 3 Hepatitis B
- 2 Hepatitis A

To schedule your immunization appointments, call our Public Health Department at 541.240.1607

THANK YOU SHAWNA!

Yellowhawk extends our greatest "thank you" to Shawna M. Shillal-Gavin for her 19 years of service on the CTUIR Health Commission. Shawna has a number of accomplishments within her career where she served her community and many other outside entities - thank you for your dedication to our community.

A glance at her service on the CTUIR Health Commission:

Shawna has served on the Health Commission since 2007. Gavin served on numerous committees, including being the Northwest Portland Area Indian Health Board delegate since 2007, the Sergeant at Arms from 2011 to 2013 and Treasurer since 2013. Shawna also represented the Portland area Centers for Disease Control/Agency for Toxic Substances and Disease Registry, being a Tribal Advisory Committee delegate from 2013 to 2015. During her service Shawn was instrumental in the coordination of securing the 3 million dollars in funds to begin the process of building a new Yellowhawk facility.

"Shawna's insights, dedication, cultural knowledge and tenacity have been crucial to the success of building a better health center for our Tribal members," stated Yellowhawk CEO, Aaron Hines. "Shawna will be missed. She has a great deal of historical knowledge and I know we will always be able to rely on her to support her community!"

Among the various boards and committees Shawna has been active in, she has been the Executive Assistant to General Council (GC) since 2005. She is the GC elected Secretary and a CTUIR employee.

Shawna and her accomplishments throughout her years of service do not go unnoticed. Your community and Yellowhawk family celebrate you and appreciate your service - thank you Shawna!



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 ...EACH AND EVERY TIME!

When you are referred out by a Yellowhawk provider you must request authorization through your Referral Coordinator **each and every time** you have any appointment outside Yellowhawk Tribal Health Center.

Request authorization via email at ReferralCoordinators@yellowhawk.org

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

REFERRAL COORDINATORS

LaShay Miller
541.240.8655
Team Winde

Carrie Walker
541.240.8562
Team Alford

Julianna Davis
541.240.8639
Team Sieders

Cool & Nutritious

BLUEBERRY SPINACH SMOOTHIE

INGREDIENTS:

- 1 cup spinach (loosely packed)
- 2 cups blueberries (frozen)
- ½ cup milk or water (more as needed)
- ¾ cup plain yogurt (Greek or regular)
- 1 medium ripe banana (peeled and sliced)
- 1-2 tsp. honey (optional)
- Ice (optional)

DIRECTIONS:

1. Place all of the ingredients (spinach, blueberries, milk, yogurt, banana, honey) except the ice in a blender.
2. Blend about 30 seconds, stopping to scrape down the sides of blender pitcher a couple of times. If the mixture is too thick to blend, splash in a little water or milk, stir to move the contents of the blender around, and blend again; if it is too thin, blend in a few ice cubes.
3. Blend until smooth. Taste and add honey if needed. Pour into a glass and enjoy!

NOTES:

- Use dairy or nondairy milk of choice.
- You can use flavored yogurt, but the sugar content will likely be higher. Greek yogurt has higher protein content than most regular yogurt.
- TO MAKE AHEAD: Blend the smoothie up to 1 day in advance and store in the refrigerator in an airtight jar.
- TO MAKE AHEAD AND FREEZE: Prepare the smoothie as directed, pour into an ice cube tray, and freeze for up to 3 months. When ready to enjoy, add the smoothie ice cubes to the blender with a little water or almond milk, and blend.
 - Prepare the smoothie as directed and pour into freezer-safe mason jars. Place sealed jars in the freezer for up to 3 months. Let thaw overnight in the refrigerator before serving.
 - You can also blend the smoothie as directed and pour it into popsicle molds. Freeze for up to 3 months.

Makes 2 servings



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



YELLOWHAWK
TRIBAL HEALTH CENTER