



## BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month. This month we want to bring information from the American Indian Cancer Foundation (AICF) to those who may need it, but don't know they do.

Breast cancer is the second leading cause of death in Native Women. Statistically, 1 in 8 women will get breast cancer in their lifetime. There are ways to prevent it and also diagnose it before it's too late. Here are some of the increased risks of breast cancer in women:

- Genetics: Having inherited DNA & possible changes.
- Gender: Being female.
- Breast density: Having high dense breasts.
- Family history: Grandmother, mother, sister, or daughter has had breast cancer.
- Age: Becoming older.

**Is there a way to prevent breast cancer?** There are often cases that are beyond control, such as inherited genetics. However, there are ways to help reduce your risk of getting breast cancer. Here are some things you can do to lower your risk:

- Regular mammograms: Women ages 40 & up should have a mammogram once a year.
- Limit alcohol use: Alcohol increases estrogen, which also increases the risk for breast cancer.
- Exercise: Exercising at least 3 days per week may lower risk.
- Breastfeeding: This reduces estrogen exposure, helping prevent breast cancer.
- Weight control: Obese or overweight women may be at higher risk.
- Regular breast exams: Talk to your healthcare provider for options.

### Tribal Health Commission

**Althea Huesties-Wolf**  
Chair

**Denise Wickert**  
Vice Chair

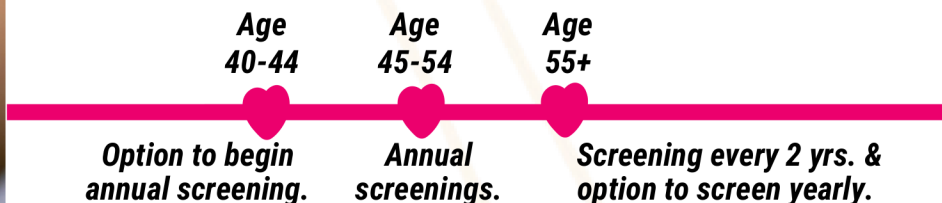
**Dorothy Cyr**  
Secretary

**Members:**  
**Robin Turk**  
**Dara Williams-Worden**  
**Carrie Sampson-Samuels**

**Sandra Sampson**  
BOT Representative



**When should I begin screening for breast cancer?** Breast cancer usually does not have any symptoms and is most treatable when the tumor is small. There is not a right time to get screened, but here are some recommendations from the AICF for guidance:



If you feel like you may have or are at risk for breast cancer, talk to your healthcare provider today to talk about your options. For more information, visit [americanindiancancer.org](http://americanindiancancer.org).

**NIGHT GLOW WALK TO SUPPORT BREAST CANCER  
AWARENESS ON THURSDAY, OCTOBER 19  
NIGHT-YOW-WAY CENTER | 5:45 PM KICK OFF**

# OPIOID SUMMIT & OPEN HOUSE

OCTOBER 25

Our upcoming Opioid Summit is Wednesday, October 25, in conjunction with our Open House Health Fair! This year's theme will be about educating our community on the dangers of Opioids, Fentanyl and Xylazine. See the schedule below:

- Open House Health Fair - 4:30 pm
- Dinner served - 5 pm
- Narcan distribution - 5:30 pm
- Keynote speaker - 6 pm
- Guests speak - 6:30 pm

Our Yellowhawk team is excited to be partnering once again with the Opioid Response Network. This year's keynote speaker Tyson J. Coriz is from the Santo Domingo Pueblo in New Mexico. He will share how opioids are affecting tribal nations. We also hope to have several law enforcement professionals to speak on what drugs they are seeing in Umatilla County and CTUIR. **Culture is prevention, recovery, wellness.**



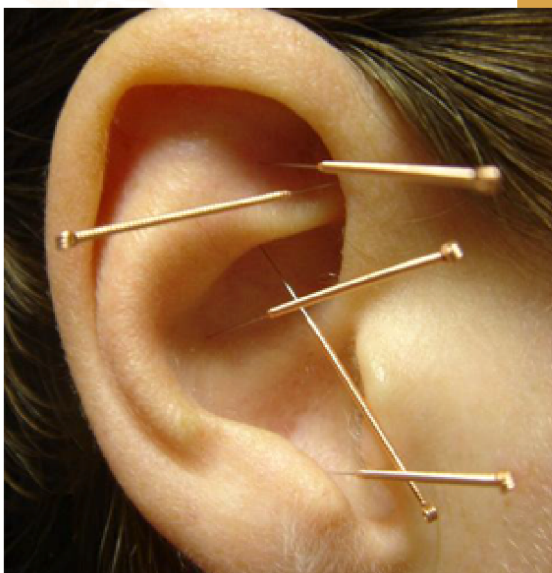
Contact our Behavioral Health Department for questions at 541.240.8670.

## FREE FIRST AID KITS

Our Public Health Department will be providing another first aid kit distribution! Add to your emergency backpacks with first aid supplies to treat up to 10 people, and a personal first aid guide. They will be distributed from the Public Health Front Desk. Here is what the first aid kit will include:

- |                       |                     |                        |                                  |
|-----------------------|---------------------|------------------------|----------------------------------|
| • Adhesive Bandages   | • Gauze Pad         | • Trauma Pad           | • Finger Splint/Tongue Depressor |
| • Fingertip Bandages  | • Gauze Roll Gloves | • Burn Cream           | • Cotton Tip Applicator          |
| • Butterfly Closure   | • Splinter removers | • Alcohol Pad          | • Tape Roll                      |
| • Triangular Bandages | • Tweezer           | • Antiseptic Towelette |                                  |

For questions, contact Kila at 541.240.8741 or [kilasolomon@yellowhawk.org](mailto:kilasolomon@yellowhawk.org)



## WHAT IS ACUDETTOX?

OCTOBER 4-6

AcuDetox is a National Acupuncture Detoxification Association protocol. It is used to treat addiction, trauma, or stress. It involves the placement of acupuncture needles in strategic spots in both ears corresponding with the aforementioned five-points. There are non-needle options available as well.

### ACUDETTOX MAY HELP

**Reduce cravings, improve energy, reduce stress, enhance sleep, reduce chronic pain, and aids with depression/anxiety, so it doesn't feel as overwhelming.**

- 8 staff to be trained as ADS, Auricular Detoxification Specialists, and treatment will be provided by these clinic staff in-training.
- No appointment necessary! This is voluntary participation which will require signed consent.
- Volunteers may drop in to receive this free service. This is open to the public - anyone may get this service during this training.
- 50 sessions per staff member are needed for training, please help our community have access to these services by volunteering in the training program.



# RETURN OF THE HOO HOOTS POW WOW

OCTOBER 31

Our Hoo Hoots Pow Wow is coming back to the CTUIR Longhouse! Join us on Tuesday, October 31 at 6 pm. We will be having a variety of activities including:

- Drumming, Dancing, Games
- Chili & Fry Bread Contest
- Cake Walk
- Thriller Dance Contest
- Costume Parade & Prizes
- Carnival of Games in Annex

Volunteers  
needed

To volunteer or participate, please contact Behavioral Health at 541.240.8670.

## CONSCIOUS DISCIPLINE OCTOBER 21

*Conscious Discipline is a proven, comprehensive approach that empowers you with skills that create a safe, connected, problem-solving environment for families. This program is recognized by the Substance Abuse and Mental Health Administration's (SAMHSA's) and the National Registry of Evidence-based Programs and Practices (NREPP). The mission of this program is to provide every adult with the inspiration, knowledge and skills to implement Conscious Discipline, improving children's lives for generations.*

*Join us for Conscious Discipline on Saturday, October 21 at Yellowhawk from 10 am - 4 pm. This event is for parents and/or caregivers. Lunch will be provided and transportation is available. Childcare provided on site!*

*\*Wynonna is an Early Intervention Behavior Assistant for the Birth to Six Program serving Tribal families of Pierce County where she was introduced to Conscious Discipline. She offers Conscious Discipline coaching for caregivers, families, and tribal community services/entities.*

Registration preferred by October 14. To register, contact Cindy Cecil at 541.240.8684.



Wynonna Toeaina comes from the Sicangu (see-chan-goo) Rosebud Lakota Sioux people

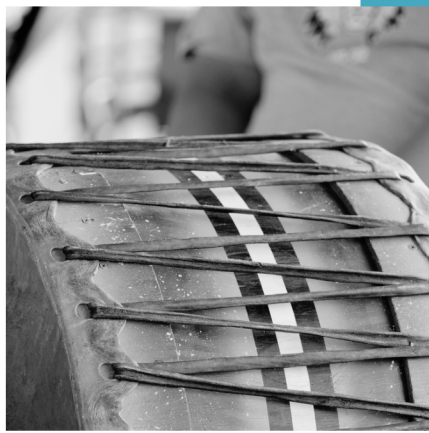
## PURCHASED REFERRED CARE (PRC) DROP BOX

Not only for our PRC needs, but for all of Yellowhawk patients. Drop off a payment, insurance information or other paperwork in the PRC drop box!

**Located at the front of Yellowhawk!**

Any care provided at Yellowhawk is called a Direct Care Service. The PRC program is for care provided **away** from Yellowhawk, including services such as:

- Medical, Dental, Behavioral Health, Mental Health
- And more!



Yellowhawk Tribal Health Center  
46314 Timíne Way  
Pendleton, OR 97801  
541.966.9830  
[www.yellowhawk.org](http://www.yellowhawk.org)

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NEWSLETTER GOING DIGITAL – SIGN UP TODAY!

SCAN ME!



Part of our goal each year is to find ways to aid in climate change and reduce our carbon footprint. Due to the resources it takes to put out a print/mail copy of the newsletter, we have decided to go digital. **We will be discontinuing mailing out newsletters as of December 2023.** If you'd like to stay up-to-date with us, please scan the QR Code to sign-up for the online newsletter. You can also email us at [info@yellowhawk.org](mailto:info@yellowhawk.org) to be added to the digital copy. The newsletter is always online at [www.yellowhawk.org/newsletter](http://www.yellowhawk.org/newsletter). Limited copies will be available at Yellowhawk and the Senior Center.

We thank you for your patience!

A vibrant collage of various food items including carrots, onions, mushrooms, and potatoes, along with kitchen tools like a knife and a wooden spoon. The text "YOUTH COOKING CLASS" is written in large, bold, red letters with a white outline, and "OCTOBER 26, 2023" is written in the same style below it. At the bottom, it says "Yellowhawk from 4:30 to 6 pm" in a smaller, white font with a red outline.

**YOUTH  
COOKING CLASS**

**OCTOBER 26, 2023**

**Yellowhawk from 4:30 to 6 pm**

For more information contact Cody Cimmiyotti 541.240.8434 or  
[CodyCimmiyotti@yellowhawk.org](mailto:CodyCimmiyotti@yellowhawk.org)



**YELLOWHAWK**  
TRIBAL HEALTH CENTER