



NATIONAL CERVICAL CANCER AWARENESS MONTH

Every year, approximately 12,000 women in the United States get cervical cancer and an estimated 196,000 women are diagnosed with cervical precancer. With regular screenings, cervical cancer is the easiest gynecologic cancer to prevent and when detected early, it is highly curable.

Almost all cervical cancer cases (99%) are caused by a common virus called the human papillomavirus (HPV). Although most HPV infections resolve spontaneously and cause no symptoms, persistent HPV infections can cause cervical cancer in women and transgender men.

TEST SCREENINGS

The HPV test and the Pap test are screening tests that can prevent cervical cancer or detect it early.

- The human papillomavirus (HPV) test looks for the virus that causes cell changes on the cervix.
- The Pap test (or Pap smear) looks for precancers, which are cell changes on the cervix that, if not treated, may develop into cervical cancer.

WHEN TO GET SCREENED

If You Are 21 to 29 Years Old

The Pap test is recommended for all women and transgender males who still have a cervix. If your Pap test results are normal, your doctor may tell you that you will not need another Pap test for three years.

If You Are 30 to 65 Years Old

You may choose a Pap test, or an HPV test, or both tests together. Talk to your doctor about which test is best for you. If both test results are normal, your chance of cervical cancer in the next few years is very low. Your doctor may then say you can wait up to five years for your next screening.

If You Are Older Than 65

Your doctor may tell you that you are no longer required to screen for cervical cancer if the following occur:

- You have had a normal Pap or HPV test for several years.
- You have had your cervix removed as part of a total hysterectomy for non-cancerous conditions, like fibroids.

VACCINATION

One of the most effective ways to protect yourself from HPV and related cancers is by getting vaccinated against HPV. The HPV vaccine is recommended for preteens (both boys and girls) ages 11 to 12 years, but can be given as early as age 9 and until age 26. The vaccine is given in a series of either two or three shots, depending on age. Yellowhawk eligible persons can call **541.240.8411** to schedule an appointment with a Public Health Nurse for a HPV Vaccine.



**CERVICAL
CANCER**
AWARENESS MONTH
january

Get screened.
Get vaccinated.

**Tribal
Health
Commission**

Althea Huesties-Wolf
Chair

Denise Wickert
Vice Chair

Dorothy Cyr
Secretary

Members:
Shawna M. Gavin
Dara Williams-Worden
Carrie Sampson-Samuels

Alan Crawford
BOT Representative



COMMUNITY WARM LINE

541.969.0010

What is a "Warm Line?" A Warm Line is a peer based phone service providing help before a crisis develops. This line is a confidential, free phone service offering behavioral health support. **Unlike a crisis line or hotline, this line is not intended for emergency situations.** A Warm Line is NOT intended to replace 911 or 988. If you are experiencing a medical emergency call 911 or go to the nearest hospital. If you are experiencing a behavioral health emergency such as suicidality please call 988 or go to the nearest hospital.

The Yellowhawk Warm Line is answered by our certified Sober Transitional Housing (STH) staff who have personal experience with behavioral health disorders. They use their experience to better understand and support callers, offering conversation, emotional support and information on local substance use and mental health services. They are knowledgeable about community services available. Warm Lines are designed to fill a gap in behavioral health services. When someone is struggling and needs someone to talk to, but is not in crisis and does not need to go to the emergency room, they can help provide support needed to help prevent a situation from escalating to a crisis.

A Yellowhawk employee who is a certified recovery mentor will be available 24/7. Do you have questions about the Warm Line? Give Cindy a call at 541.240.8684.



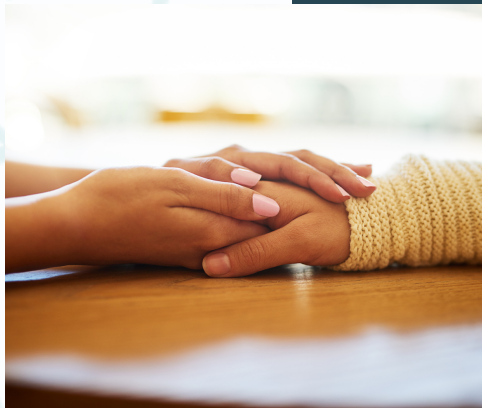
UNDERSTANDING GRIEF

A SIX-PART SERIES TO HELP YOUR UNIQUE JOURNEY WITH LOSS, GRIEF & HEALING.

You find yourself facing a major loss, adrift from your life and feeling unprepared to navigate the difficult path. Yet you must face it and adjust. Whether your loss is a loved one, a job, a role or a place. Grieving is an essential part of how you process your loss.

Supporting your grief needs, the series, will cover:

- Understanding grief and the necessity of mourning.
- The 12 freedoms of healing in grief.
- Knowing when you need additional help - signs of complicated grief.
- Where you can find help in your community.



- Common myths about grief and mourning.
- How your grief is unique.
- What you might expect on your grief journey.
- The six central needs of mourning.

When: Tuesdays, January 9 through Tuesday, February 13, 2024 | **Time:** 3:30 - 5:00 PM

Where: Nicht-Yow-Way Senior Center

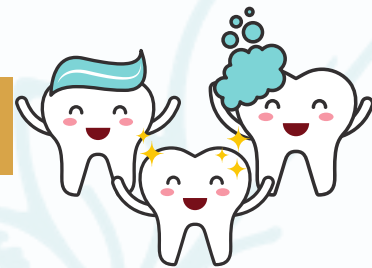
Hosted by Yellowhawk Public Health & Behavioral Health. Presented by GOBHI.

OPEN DOOR DENTAL CLINIC

AGES 0 - 2 YEARS OLD | WE CARE FOR YOUR HEALTH

Yellowhawk Dental is implementing an "open door" policy for our youngest patients, ages 0 to 2 years of age. Starting early with good dental habits will benefit long term. Parents and children can become familiar with dental staff, making dental visits as normal as seeing their primary care provider. These visits are informational visit for parents.

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|  SCREENING
Get comfortable being at the Dental Clinic |  NUTRITIONAL COUNSELING
Learn how nutrition may impact your child's dental health |
|  ORAL HYGIENE INSTRUCTION
Learn the importance of your child's oral hygiene at an early stage. |  FLUORIDE VARNISH
Prevent tooth decay and strengthen enamel |



DENTAL HOURS:
MONDAY - FRIDAY
7:30 - 11:30 AM
12 - 5 PM

Questions? Call Kylie Thorne
541.240.8457

WEDNESDAYS | 3 - 4 PM

Beginning January 3, 2024

Nicht-Yow-Way Senior Center

Wenona Scott, 541.240.8683

Every Wednesday when Yellowhawk is open!

Acudetox

FOR ELDERS



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 kind of appointment outside Yellowhawk Tribal Health Center.

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

Request authorization via email at ReferralCoordinators@yellowhawk.org.



YELLOWHAWK DUII SERVICES

To better inform our clients who have received a DUII, we have provided some information that may be helpful as you consider how to access DUII Services at Yellowhawk Tribal Health Center.

DUII WAS ON THE RESERVATION

Complete the Yellowhawk Behavioral Health Referral Form or call Behavioral Health for DUII Services **541.240.8670**. You will be assigned to a Chemical Dependency Counselor.

Complete at Intake:

- Intake Form Packet
- Submit Baseline UA
- ASAM Assessment
- Treatment Plan

You will be required to:

- Attend weekly DUII Groups, and/or other groups
- Participate in individual sessions
- Participate in consecutive days of demonstrated abstinence via random urinalysis
- Participate in Victim's Impact Panel
- Complete Relapse Prevention Plan
- Complete Personal Change Plan

Complete OHA Pre & Post Test for DUII Education Curriculum. Regarding your compliance in DUII Services, your counselor will send a monthly status report to Courts, Probation, etc.

You will achieve a Completion Certificate by Yellowhawk and Clinical recommendations for aftercare, as applicable.

DUII WAS OFF THE RESERVATION

Complete an ADSS evaluation with Janice Schreiner at Eastern Oregon Alcohol Foundation, evaluation gets sent to Yellowhawk Chemical Dependency.

Complete Yellowhawk Behavioral Health Form or call Behavioral Health for DUII Services **541.240.8670**. You will be assigned to a Chemical Dependency Counselor.

Complete at Intake:

- Intake Forms Packet
- Submit Baseline UA
- ASAM Assessment
- Treatment Plan

You will be required to:

- Attend weekly DUII Groups, and/or other groups
- Participate in individual sessions
- Participate in consecutive days of demonstrated abstinence via random urinalysis
- Participate in Victim's Impact Panel
- Complete Relapse Prevention Plan
- Complete Personal Change Plan
- Complete OHA Pre & Post Test for DUII Education Curriculum

Regarding your compliance in DUII Services, your counselor will send a monthly status report to ADSS Evaluator, Courts, Probation, etc.

You will achieve a Completion Certificate by Yellowhawk, DMV Completion Certificate, and Clinical recommendations for aftercare, as applicable.

Breath
Movement
Meditation



TUESDAY & THURSDAY

**Nicht- Yow-Way Senior Center
6 - 7 PM with Shanna Treloar
January - March**

CONTACT SHANNA TRELOAR AT 541.240.8700 OR PH DEPARTMENT AT 541.240.8697

NEWSLETTERS CAN BE FOUND AT YELLOWHAWK.ORG/NEWSLETTER

SCHOLARSHIP RECIPIENTS

Congratulations to Wenona Scott and Rebecca Winn, the 2023 Winter Term scholarship recipients!

Eligibility for Yellowhawk Scholarship:

Must be a CTUIR enrolled tribal member. Must be a current senior in high school, a current college or university student. Current college or university students must have and maintain a 2.5 gpa. 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. Must submit a complete application, with required supplemental documents.

Find the current application online at yellowhawk.org/scholarship



Wenona Scott



Rebecca Winn

SPRING TERM SCHOLARSHIP APPLICATIONS OPEN JANUARY 1 - DUE MARCH 1, 4 PM PST

FUSION FITNESS

WITH WILLA & CHRIS

The first half is a 30 minute Tabata class, which is a form of high-intensity interval training where the individual preforms as many reps as possible using various weighted items. The last half is guided postures and Yoga Nidra for a total body relaxation.

MONDAY & WEDNESDAY | 5:30 - 6:30 PM | NIXYAAWII COMMUNITY SCHOOL

Class information: Willa Wallace or Chris Schwartz via text or call 541.240.0444 or Leah Harris at 541.240.8729

Slow Cooking TUSCAN WHITE BEAN SOUP

INGREDIENTS:

- 1 Tbsp. olive oil
- 1 large yellow onion, finely chopped
- 3 cloves garlic, minced
- 1 cup carrot, diced
- 1 cup celery, diced
- 1 can (15 oz.) diced tomatoes
- 6 cups low-sodium vegetable or chicken broth
- 2 tsp. Italian Blend Herbs (or 1/2 tsp. each dried basil, dried, parsley, dried thyme and dried rosemary)
- Coarse salt and ground black pepper, to taste
- 4 cups butternut squash, cut into 1-inch pieces
- 2 cans (15 oz. each) white beans (such as cannellini or great northern), rinsed and drained
- 4 cups spinach, coarsely chopped
- Parmesan cheese (optional)

DIRECTIONS:

1. In a large frying pan, heat the oil. Add the onions and cook, stirring often until beginning to turn translucent, about 5 minutes. Add carrots and celery, cook 5-6 minutes until vegetables begin to soften. Add minced garlic, cook 1 minute, stirring to make sure it doesn't burn. (Skip sautéing these vegetables if you don't have time - add them to the crockpot with everything else. Your soup will be a little less flavorful, but it will still be fabulous!)
2. Add cooked vegetables, diced tomatoes, broth, herbs, salt, pepper, squash and beans to crock-pot.
3. Cover and cook on high for 4-5 hours or on low for 7-8 hours.
4. Stir in spinach during the last 15-20 minutes of cooking.
5. Serve with grated Parmesan cheese, if desired.

Makes about 8 servings



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



YELLOWHAWK
TRIBAL HEALTH CENTER