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**YELLOWHAWK**  
TRIBAL HEALTH CENTER

**February 2024**  
**Volume 3**  
**Issue 2**

**Tauts Tum Time**



## FEBRUARY IS AMERICAN HEART MONTH

Visit the [Million Hearts](https://millionhearts.org) website for more information.

When you have high blood pressure or high cholesterol, regularly monitoring your blood pressure and if necessary taking medications prescribed by your provider, can help give you the freedom to keep doing what you love. Check out these common myths about cardiovascular medications. **Are any of these holding you back?**



**Myth #1:** I've heard that the side effects of medications for high blood pressure and high cholesterol are not worth it.

**Fact:** Any medication can cause side effects, but many people do not experience negative effects from taking medication for high blood pressure or high cholesterol. For those that do, the side effects are often mild. If you're worried or are experiencing side effects, talk to your healthcare provider. They can help you choose a medication that works for you, so you can keep going strong for the ones you love.

**Myth #2:** I feel fine, so I can stop taking my medication.

**Fact:** For your medication to work properly, you should always take it as prescribed. Never stop taking medication without first talking to your healthcare provider and always remember to follow the recommendations of your healthcare team.

**Myth #3:** I'm taking my medication, so I can eat whatever I want.

**Fact:** Taking medication does not eliminate the need for a healthy lifestyle. While medication can help control your high blood pressure or high cholesterol, it's important to eat healthy and enjoy regular physical activity as well. Consider grilling or baking instead of frying, eat fresh fruits and vegetables, and check nutrition labels to find foods with 140 mg or less of sodium. Above all, always remember to follow your healthcare provider's advice.

**Myth #4:** I eat healthy and exercise, so I don't need to or can eventually stop taking my medication.

**Fact:** High blood pressure or high cholesterol can be lifelong issues. Healthy eating and exercise can make a difference, but these changes may not always be enough to control high blood pressure or high cholesterol. If you need medication, taking it as prescribed can reduce your chance of having a heart attack or stroke. Remember to talk to your healthcare provider about your personal health history and what's right for you.

**Myth #5:** I've never had a heart attack or stroke, so I don't need to make lifestyle changes.

**Fact:** Just because you've never had a heart attack or stroke doesn't mean that you won't. Don't wait for symptoms. Talk to your healthcare provider and getting your blood pressure and cholesterol checked regularly.

### Do you know your blood pressure numbers?

Act now and reduce your risk for heart disease and stroke by enrolling our self-measured blood pressure program today! Regularly monitoring your blood pressure, with support from Yellowhawk's Pinášukwat, can help lower your risk for heart disease and stroke. **Contact Lillian Picard, Public Health Integration Specialist at 541.240. 8442.**

Information provided by Yellowhawk's Pinášukwat (Knowing Yourself) Program

**Tribal  
Health  
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**FEBRUARY IS HEART HEALTH MONTH**  
**02.02.24**

# AMERICAN HEART MONTH



## KNOWING YOURSELF MEANS KNOWING YOUR BLOOD PRESSURE NUMBERS

Did you know nearly half of adults have hypertension, defined as systolic blood pressure greater than 130 MMHG or a Diastolic Blood Pressure greater than 80 MMHG.

Regularly monitoring your blood pressure, with support from Yellowhawk's Pinášuk<sup>w</sup>at (*Knowing Yourself*) program, can help lower your risk for heart disease and stroke.

## VISIT US AT OUR WELLNESS TABLES TO LEARN MORE ABOUT PINÁŠUK<sup>w</sup>AT PROGRAM

- Feb. 2 @ NGC, 12:30 - 3:30 PM
- Feb. 12 @ Mission Market, 11:30 AM - 1:30 PM
- Feb. 22 @ Senior Center, 11 AM - 1 PM
- Feb. 22 @ NCS, 3 - 7 PM
- Feb. 28 @ Yellowhawk, 11 AM - 1 PM

Yellowhawk eligible patients who enroll and complete our program will receive a program apparel item of their choice.



## HANDS ONLY CPR



### WHY LEARN HANDS ONLY CPR?

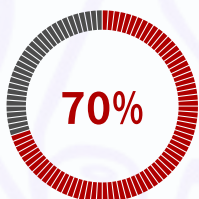
Cardiac Arrest - an electrical malfunction in the heart that causes an irregular heartbeat (arrhythmia) and disrupts the flow of blood to the brain, lungs and other organs.

According to the American Heart Association, about **90%** of people who suffer out-of-hospital cardiac arrests die. CPR, especially of performed immediately, can double or triple a cardiac arrest victim's chance of survival.

*When a person has a cardiac arrest, survival depends on immediately receiving CPR from someone nearby.*

## BE THE DIFFERENCE FOR SOMEONE YOU LOVE

Over **70%** of out-of-hospital cardiac arrest happen in homes.



Only about **40%** of people who experience an out-of-hospital cardiac arrest receive the immediate help that they need before professional help arrives.



**Hands-Only CPR has been shown to be as effective in the first few minutes as conventional CPR for cardiac arrest at home, at work or in public.**

Hands-Only CPR has just two easy steps, performed in this order:

- Step 1 - Call **911** if you see a teen or adult suddenly collapse.
- Step 2 - Push hard and fast in the center of the chest to the beat of a familiar song that has **100 to 120** beats per minute.

**TU/THUR | 12 - 12:45 PM**

**Kick off February 13, 2024  
Yellowhawk Fitness Room  
Chelsey Minthorn, 541.240.8443  
No registration needed!**



**6 WEEKS  
LEAP INTO SPRING BOOT CAMP  
FITNESS CHALLENGE**



# FEDERAL BLUECROSS/BLUESHIELD

## HAVE YOU RECEIVED A BLUECROSS/BLUESHIELD CHECK?



Those who receive a check from Federal BlueCross/BlueShield may 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 BlueCross/BlueShield.

***If you cashed that check, please follow the instructions in their letter.***

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

## HEALTHY HABITS FOR HEALTHY SMILES

### FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH!

Here are some smile tips:

- Brush your teeth **2x/day** with fluoride toothpaste.
- Eat healthy foods and limit sugar beverages.
- Clean between your teeth daily.
- See you dentist at least **TWICE** a year!



**DENTAL  
DEPARTMENT  
541.240.8698**

## RED CROSS BLOOD DONATION DRIVE

### IT'S IN YOUR **BLOOD** TO SAVE LIVES!

American Red Cross Blood Donation Drive will be on **Friday, March 1, 2024** from 10 AM to 3 PM in the Laxsimwit Conference Room.

Please call 1.800.Red Cross (1.800.733.2767) or visit RedCrossBlood.org and enter: **Yellowhawk** to schedule an appointment.

For questions, please contact Public Health at **541.240.8697**.

**American Red Cross** Give blood. Help save lives.

## THANK YOU!

Yellowhawk Tribal Health Center's Behavioral Health, Yellowhawk Suicide Prevention program would like to express our deepest gratitude towards Nixyáawii Community School student, Symon Picard and Stanfield Athletic Director, Lorena Woods for their generous donation to the Yellowhawk Suicide Prevention program. Your donation makes a big difference.

**Go Golden Eagles!**

-Yellowhawk Behavioral Health

THANK  
☺️ YOU

**5 - 7:30 PM**

**February 15, 2024**

Wildhorse Family FunPlex

Registration Requested

CodyCimmiyotti@yellowhawk.org

PIZZA | DRINKS  
BOWLING | ARCADE

**BOWLING**  
Night



NEWSLETTERS CAN BE FOUND AT [YELLOWHAWK.ORG/NEWSLETTER](http://YELLOWHAWK.ORG/NEWSLETTER)

## ANNUAL CAREER FAIR

### SAVE THE DATE!

The Yellowhawk Annual Career Fair will be held on **Tuesday, April 9, 2024**, from 8 AM to 12 PM. We look forward to welcoming Middle School, High School, and College students! Our goal is to allow as many youth as possible to attend this event and learn more about careers at Yellowhawk. Please help us spread the word and share our social media - all area schools are welcome.

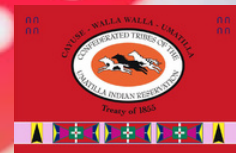
For more information, please contact Tramaine Moses at 541.240.8509 or [TramaineMoses@yellowhawk.org](mailto:TramaineMoses@yellowhawk.org).



YELLOWHAWK  
TRIBAL HEALTH CENTER

## Healthy Family Meals

# LET'S GET COOKING



**FEBRUARY 29, 2024 | 4:30 - 6:30 PM | LAXSIMWIT ROOM**

*Open to individuals and families in the community.*

*Additional ingredients will be available to participants to take home.*

**LEARN COOKING SKILLS. MAKE A NUTRITIOUS MEAL. HAVE FUN WITH YOUR FAMILY.**

**Registration by 02.26.2024 | Space is limited | [ChelseyMinthorn@yellowhawk.org](mailto:ChelseyMinthorn@yellowhawk.org) or 541.240.8443**

# Sweet Valentine DARK CHOCOLATE BLACK BEAN BROWNIES

### INGREDIENTS:

- 15.5 oz. black beans, rinsed and drained
- 1 teaspoon baking powder
- 1/4 cup honey
- 1/4 cup dark cocoa powder
- 2 large eggs
- 2 tablespoons olive oil
- 1 teaspoon vanilla
- 1/2 teaspoon salt
- 1 teaspoon instant coffee granules
- 1/4 cup walnuts, chopped, optional
- 1/3 cup dark chocolate chips

### DIRECTIONS:

1. Preheat oven to 350 degrees F. Place parchment paper in the bottom of an 8x8" baking pan.
2. Place all the ingredients except chocolate chips and walnuts in a food processor or blender and pulse thoroughly until smooth and well combined.
3. Transfer the batter to the prepared baking dish and spread into an even layer. Top with nuts and chocolate chips. Bake on center rack of preheated oven for 30-35 minutes or until the center of brownies have set up (appears dry) and edges begin to pull away from the baking dish. (Note: The center of the brownies will not test clean when poked with a tooth pick - this is normal for these brownies.)
4. Allow brownies to rest at least 1 hour before cutting.



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



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Makes 12 brownies