



March 2024
Volume 3
Issue 3

Tauts Tum Time



OREGON HEALTH PLAN INFORMATION

Check in with Mariah Watchman or Rosetta Minthorn as Oregon Health Plan (OHP) community assistors to make sure case information is correct.

Notify Community Assistor of Reportable Changes when:

- Significant increase or decrease in income
- Pregnancy
- Adding or removing household members from your current case
- Reporting any other health insurance policies or TPL to your OHP case
- Update or confirm OHP contact information such as address and phone number

Please be sure to sign an updated OHP consent form with Mariah, Rosetta, or our Eligibility Coordinators.

Please respond to calls or letters from our assistors aiming to help you submit Requests for Information (RFI) on your OHP case to prevent potential lapses in coverage.

Reminder that an OHP annual screen is a requirement for Purchased and Referred Care (PRC) coverage through our facility.

Update your contact information with our Eligibility Coordinators to ensure your receiving correspondence from our assistors.

You can use the Oregon ONE Mobile app to manage your current benefits, view messages, upload documents and more. If you need help with the mobile app, call 833.978.109 (Monday to Friday from 7 am to 6 pm PST).

**Tribal
Health
Commission**

Althea Huesties-Wolf
Chair

Shawna M. Gavin
Vice Chair

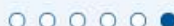
Dorothy Cyr
Secretary

Members:
Dorothy Cyr
Dara Williams-Worden
Carrie Sampson-Samuels

Alan Crawford
BOT Representative

DOWNLOAD THE MOBILE APP

Download the Oregon ONE Mobile app to access your ONE online account from your phone.



Mariah Watchman | 541.240.8703 | MariahWatchman@yellowhawk.org
Rosetta Minthorn | 541.240.8742 | RosettaMinthorn@yellowhawk.org

NATIONAL NUTRITION MONTH®



March is National Nutrition Month®. During March and all year long, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits. This year's theme for National Nutrition Month® inspires us to look Beyond the Table when thinking about our health and the environment. Choices we make daily, including what we're going to eat and drink, can make a big difference - both now and in the future.

School and family meals are important, but healthy choices go beyond the foods and drinks we enjoy while sitting at the lunch or dinner table. They include our snacks, breakfasts on the go, eating out with friends, and even where foods are grown and how they're prepared. Making healthy goals and taking small steps will help you develop healthy habits that last a lifetime.

Dusty Dressler, Registered Dietitian Nutritionist (RDN), can help you explore ways "Beyond the Table" to help reach your health goals. For question contact Dusty at **541.240.8524** or **DustyDressler@yellowhawk.org**.

Information provided by Yellowhawk's RDN

NATIONAL SOCIAL WORKER MONTH



Clinical Social Work is a specialty practice area which focuses on the assessment, diagnosis, treatment, and prevention of mental illness, emotional, and other behavioral disturbances. Clinical Social Workers provide individual, group and family therapy. LCSW* requires a Masters Degree in Social Work, registration through the State Social Work Board, **3500** hours of supervised clinical social work experience and passing the Association of Social Work Board Exam comprised of over **170** questions.

Matthew Useda, CSWA, Mental Health Therapist
Andrea Dunlap, CSWA, Mental Health School Based Therapist
Cindy Cecil, LCSW, Behavioral Health Clinical Director
Joy Garcia, LCSW, Mental Health Therapist
Julie Brandenburg, LCSW, Mental Health Therapist
Clint Kittrell, LCSW, Lead School Based Mental Health Therapist

(LCSW) Licensed Clinical Social Worker
(CSWA) Clinical Social Worker Associate

7,500

Over 7,500 Licensed Clinical Social Workers in Oregon in 2023

DID YOU KNOW?

In the state of Oregon you must be registered with the Board of Licensed Social Workers to call yourself a Social Worker. The title "Social Worker" is protected under Oregon Statute 675.523.

NEED NARCAN?

FREE

NARCAN (NALOXONE) COULD POTENTIALLY SAVE A LIFE

Community Distribution

+ FREE Narcan & Naloxone DrugFacts information by NIDA.

+ NO prescription, payment, or insurance required.

+ Naloxone can reverse opioid overdose. It will be distributed on a first-come, first-served basis.

+ March 20, 2024 | 5 - 7 pm | Yellowhawk Laxsimwit



For more information reach out to James Rinehart at **541.240.8680** or **JamesRinehart@yellowhawk.org**.

Early Bird Class 

Tue | Wed
6:00 - 7:00 am

Leah Harris, 541.240.8697

WATER AEROBICS



Mon | Wed | Thur
9:30 - 10:30 am

Wildhorse Resort Pool
Malia Colcord, 541.443.2300

BUT, I JUST FORGOT...

ABOVE ALL, WE ARE HERE FOR YOU, OUR PATIENTS, OUR COMMUNITY, AND WE WOULD LOVE YOU TO BE HERE FOR US.

Everyone misses an appointment at one time or another. Life happens and appointments are missed. However, have you thought about what the cost is of those missed appointments? How does that missed appointment impact other people's access to care?

Yellowhawk Tribal Health Center (Yellowhawk) is a fiscally responsible and community minded organization. Some might think that Yellowhawk can afford the cost of a few missed appointment, but those costs add up and have real consequences for the Tribe and individual Tribal members. Our Yellowhawk team estimated within our own health system, on average, missed appointments resulted in \$335.68 in lost billing and \$211.39 in funds that would have been collected.

It is considered that many clinics have about a 20% "no-show" rate, that's what your provider calls it when you miss an appointment - you become a "no-show" for that day. On average, across Yellowhawk Tribal Health Center programming and services, there is a 14% "no-show" rate. In 2023 Yellowhawk providers executed over 30,300 appointments and had over 5,100 missed appointments. The annual cost calculates to roughly \$1,719,017 in lost billing and \$1,082,528 in funds uncollected (revenue), which helps us continue to provide quality care and increase services to our community.

Revenue is not the only lost "cost" of missed appointments - most **importantly** it is that someone else can't be seen - a cousin, brother or auntie. One missed appointment, added to all the other missed appointments, means that in one year over 5,000 appointments were not utilized. When a patient misses an appointment, not only do they not get the care they need, but they have also prevented another patient from accessing that care.

If you know you cannot make your appointment, **call as early as possible**, to let us know so we can give that appointment to someone else. 541.969.9830. Make sure we have your correct contact information, especially phone number, so we can remind you of upcoming appointments. Opt in for appointment automatic reminders via call or text upon check in at your appointments or call us to request.

BAAD PREVENTION EDUCATION CLASSES

CLASSES ARE REQUIRED FOR ALL PLAYERS FOLLOWING FIRST GAME

Classes are one hour: each team as a whole will sign-in. Snacks and water will be provided. After class, youth will take a brief survey and coaches will be given the team t-shirt.

Our Prevention Education Classes will be facilitated by Yellowhawk professionals in the health field. Class schedules as follows including topics/facilitators:

- **Saturday, March 23, 9am - 3pm**, 15 - 18 year old boys and girls teams
 - **TOPIC:** Fentanyl Awareness - Chemical Dependency Team
- **Monday, March 25, 10am - 2pm**, 12 - 14 year old boys and girls teams
 - **TOPIC:** Tobacco and Vaping - Public Health Team
- **Wednesday, March 27, 9am - 1pm**, 9 - 11 year old boys and girls teams
 - **TOPIC:** Peer Pressure and Refusal Skills - Chemical Dependency Team
- **Thursday, March 28, 6:45pm - 9pm**, 6 - 8 year old co-ed teams
 - **TOPIC:** Culture - Allied Health Team
- **Friday, March 29, 8:45am - 9:30am**, 6 - 8 year old co-ed teams
 - **TOPIC:** Alcohol Effects and Movement - Allied Health Team

**MARCH
26**

**SPRING BREAK
FAMILY FUN NIGHT
& COMMUNITY
RESOURCE FAIR**



WRC - CAYUSE ROOM



3:00 - 8:00 PM

OPEN TO PUBLIC!

FREE

Yellowhawk Laxsímwit Conference Room | 46314 Timine Way, Pendleton, OR 97801

For questions about the Prevention Classes contact Wenona Scott at **541.240.8683** or **WenonaScott@yellowhawk.org**.

3.14.24

YELLOWHAWK LAXSÍMWIT

4:30 - 6:30 PM

Cody Cimmiyotti
CodyCimmiyotti@yellowhawk.org
541.240.8434

*Open to middle and high
school ages in the
community.*

**Sign up by 3.11.24 to ensure
space and supplies for all.**

**YOUTH
COOKING CLASS**

NEWSLETTERS CAN BE FOUND AT YELLOWHAWK.ORG/NEWSLETTER

T-SHIRT DESIGN CONTEST

42nd Annual Fun Run Theme

"Honoring our Tribal Mothers. Past, Present, and Future."

- Email or drop off at the **Public Health Front Desk**
- 5 Color Limit
- Thick black outline on design
- Hand drawn or computer generated
- Must be personal design, no recreations
- Open to **5th grade** and **Middle School** ages
- Include name and grade on submission



Submit by March 11 at 4 PM | Contact Leah Harris at LeahHarris@yellowhawk.org if you have questions.

FAMILY COOKING CLASS

MARCH 21 | 4:30 - 6:30 PM | LAXSIMWIT CONFERENCE ROOM



Open to individuals and families in the community. Additional ingredients will be available to participants to take home. Please register to ensure adequate space and supplies are available.

REGISTRATION BY 3.18.24

CHELSEY MINTHORN, DIABETES PROGRAM MANAGER
541.240.8443 OR CHELSEYMINTHORN@YELLOWHAWK.ORG

Sweet & Crunchy **BROCCOLI-KALE SALAD WITH POPPYSEED DRESSING**

INGREDIENTS:

Dressing:

- 1/2 cup nonfat or low-fat Greek yogurt
- 2 Tbsp. mayonnaise (or additional yogurt)
- 2 Tbsp. apple cider vinegar
- 2 tsp. honey, agave syrup, or fine sugar
- 2 Tbsp. lemon juice
- 1 Tbsp. poppy seeds
- 1/2 tsp. coarse salt
- 1/2 tsp. onion powder

Salad:

- 4 cups kale, stems removed and chopped into small pieces or shredded
- 12 ounce bag broccoli slaw (about 4 cups)
- 1/2 cup dried cranberries
- 1/3 cup pepitas (pumpkin seeds)

DIRECTIONS:

1. In a small bowl, whisk together the dressing ingredients. Ensure that sugar is dissolved, if using. Set aside.
 2. In a large bowl, combine the salad ingredients. Toss to mix, then drizzle the dressing over the salad. Toss gently to combine.
 4. Top with cranberries and pumpkin seeds.
- Add additional shredded or chopped vegetables such as shredded Brussels sprouts, carrots, onions, or peppers as desired for additional flavors, textures and colors.

Makes 8, 1-cup servings



For nutrition questions or additional recipe ideas, please contact:

Dusty Dressler, RDN
DustyDressler@yellowhawk.org
541.240.8524



YELLOWHAWK
TRIBAL HEALTH CENTER