



APRIL IS ORAL CANCER AWARENESS MONTH

What is oral cancer?

The term oral cancer may include cancers of the mouth and the pharynx (the back of the throat).

What puts someone at risk for developing oral cancer?

Tobacco and alcohol use. Most cases of oral cancer are linked to cigarette smoking, heavy alcohol use, or the use of both tobacco and alcohol together. Using tobacco plus alcohol poses a much greater risk than using either substance alone.

HPV. Infection with the sexual transmitted human papillomavirus (specifically the HPV 16 type) has been linked to a subset of oral cancers.

Age. Risk increases with age. Oral cancer most often occurs in people over the age of 40.

Sun exposure. Cancer of the lip can be caused by sun exposure.

Diet. A diet low in fruits and vegetables may play a role in oral cancer development.

What are the possible signs and symptoms of oral cancer?

- A sore, irritation, lump or thick patch in the mouth, lip, or throat.
- A white or red patch in the mouth.
- A feeling that something is caught in throat.
- Difficulty chewing or swallowing.
- Difficulty moving the jaw or tongue.
- Numbness in the tongue or other areas of the mouth.
- Swelling of the jaw that causes dentures to fit poorly or be uncomfortable.
- Pain in one without hearing loss.

A person who has any of these symptoms for more than 2 weeks should see a dentist or doctor for an oral cancer exam. Most often, symptoms like those listed above do not mean cancer. An infection or another problem can cause the same symptoms. But it's important to have the symptoms checked out - because if it is cancer, it can be treated more successfully if it's caught early.

What is the oral cancer exam?

An oral cancer examination can detect early signs of cancer. The exam is painless and takes only a few minutes. During the exam, a dentist or doctor checks the face, neck, lips, tongue, mouth, and the back of the throat for possible signs of cancer.

Our Dental department can be reached at **541.240.8698** if you would like to schedule an appointment. Visit **adanews.ada.org** for additional information about oral cancer.

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



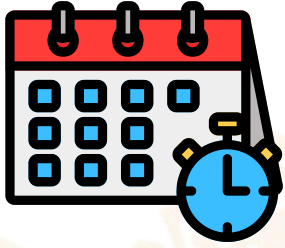
K'USIINMÍ TAWTNÚKT "HORSE MEDICINE"

CULTURE IS PREVENTION, RECOVERY, AND WELLNESS

K'usiinmí Tawtnúkt "Horse Medicine" involves engaging in various activities and tasks with a horse. These tasks may include walking (leading), grooming, and/or feeding horses, CTUIR Horse History and Culture.

These activities will always be under the supervision of a Behavior Health staff member who is certified in Becoming One with the Spirit of the Horse, LLC, with Jon Eagle Sr.

Register with Behavioral Health counselors and mentors. From **April to November**, this is available to Yellowhawk patients. For more information reach out to Behavioral Health department at **541.240.8670**.



ANY AND ALL OUTSIDE APPOINTMENTS

Every time you have an appointment outside of Yellowhawk, please make sure you bring along your authorization for that date of service. If you don't have it in hand, please contact your Referral Coordinator!



Carrie Walker
541.240.8562
CarrieWalker@yellowhawk.org
Schedules for Outside Referrals
Team Alford



LaShay Miller
LaShayMiller@yellowhawk.org
541.240.8655
Schedules for Outside Referrals
Team Winde



Julianne Davis
541.240.8639
JulianneDavis@yellowhawk.org
Schedules for Outside Referrals
Team Sieders

PREVENT T2 WELLNESS PROGRAM

PREVENT T2 IS HOSTED BY THE YELLOWHAWK DIABETES PREVENTION PROGRAM AND GHWIC

Are you at risk for diabetes?

- 45 years of age or older
- Overweight
- A family history of type 2 diabetes
- Physically active fewer than 3 times per week
- Had diabetes while pregnant (gestational diabetes) or gave birth to a baby that weighed more than 9 pounds

Are you interested in learning how to:

- ☒ Eat a balanced diet
- ☒ Manage stress
- ☒ Be active
- ☒ Stay motivated
- ☒ Reduce risk for chronic disease
- ☒ Achieve a healthy weight

The PreventT2 lifestyle change program can help! If you have pre-diabetes or other risk factors for Type 2 diabetes, now is the time to take charge of your health and make changes.

What to expect: PreventT2 is a year-long program with weekly meetings for the first 6 months then meetings once a month for the second 6 months. You will work with a trained lifestyle coach and other participants to learn the skills you need to make lasting changes.



CLASS DETAILS

Start Date: Wednesday, April 10, 2024

Meet every **Wednesday**

Time: 4:15 - 5:15 pm

Location: Laxsimwit Craft Room

For Yellowhawk Eligible Patients | Space is Limited | Register by April 9
Participants will receive \$25 gift card for every class attended

To register please contact Leah Harris at 541.240.8729 or LeahHarris@yellowhawk.org

PUBLIC HEALTH WEEK
APRIL 1-7, 2024

Thank you!
to our dedicated
Public Health staff!

ELDER'S GARDEN GUILD

ALL ARE WELCOME!

Nicht-Yow-Way Senior Center in partnership with Good Health and Wellness in Indian Country (GHWIC) presents the Elder's Garden Guild. The Elder's Garden Guild will meet bi-weekly on Thursdays at the Senior Center during the primary growing season.

The kick off will be on April 4!

For more information reach out to Carrie Campbell-Turk at CarrieCampbell-Turk@Yellowhawk.org or 541.969.5897 or 541.240.8426.

YOUTH COMPETITION FAMILY GAME NIGHT

FAMILY FRIENDLY - ALL WELCOME! ALCOHOL AND DRUG FREE EVENT.

On **April 22** at the Nixyáawii Community School gym and commons from **6 to 9 pm** will be the Youth Competition Family Game Night.

This event is hosted by Yellowhawk Chemical Dependency Prevention in collaboration with various entity departments and volunteers. **Thank you volunteers!**

Video games will be supervised by a volunteer to ensure safety and sportsmanship. **All ages are welcome!**

PLAYSTATION, GAMING, BOARD GAMES, DOOR PRIZES, AND FOOD!

Youth Competition Family Game Night Rules:

1. No personal/outside game controllers allowed – controllers will be provided for the event.
2. Food will be provided along with drinks. **No food or drinks in the Gym.** Items may be in the commons area where tables will be set up.
3. Games will be played for three minutes or first person to score three points.
4. There will be two different categories based on ages. This will allow the novice to have a chance to win as well. The age groups will be 8-11 years old (Minecraft) and 12-17 years old (Fortnite).
5. Games will be single elimination-once eliminated you are out of the competition. Those that win advance to the next round.
6. There will be three prizes per age category 1st, 2nd, and 3rd.
7. Door prizes will be given out throughout the evening, open to all attendees.
8. Children under the age of 8 will have games available to play and will have supervision in each of the game areas.
9. Children **under the age of 12** must be accompanied by an adult!

ALCOHOL AND MARIJUANA PREVENTION EDUCATION WILL BE PROVIDED AND WILL BE AGE SPECIFIC.

Nixyáawii Community School | 46250 Timine Way, Pendleton, OR 97801

RSVP by **April 15**, please contact James Rinehart at 541.240.8680 or JamesRinehart@yellowhawk.org.

Thank You!

**Medical Laboratory
Professionals Week
April 14-20, 2024**

NEWSLETTERS CAN BE FOUND AT YELLOWHAWK.ORG/NEWSLETTER

EMPOWERING OUR YOUTH POWWOW

FORMERLY KNOWN AS THE CHILDREN'S POWWOW

The Empowering Our Youth Powwow will be on **May 17** at the Mission Longhouse (Káatnam). Dinner will be served at **5 PM** with Grand Entry to follow.

This event is a collaboration with Yellowhawk and CTUIR programs.



Mission Longhouse | Confederate Way, Pendleton, OR 97801

For more information reach out to Sierra Quaempts at 541.240.8677 or SierraQuaempts@yellowhawk.org.



8 AM - 12 PM

YELLOWHAWK 4TH ANNUAL

save the date
CAREER FAIR
04.09.24

Open to Middle School, High School, & current College students!

Tramaine Moses, 541.240.8509
TramaineMoses@yellowhawk.org

Easy Sheetpan Dinner

BALSAMIC ROAST CHICKEN WITH GREEN BEANS

INGREDIENTS:

- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 2 teaspoons Dijon mustard
- 1 Tablespoon Italian Seasoning (or 1 tsp. each parsley, basil and oregano)
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon each salt and black pepper
- 2 pounds boneless, skinless chicken tenderloins (or chicken breasts sliced lengthwise into 2-inch strips)
- 1-2 cans green beans (15.5 ounces each), well-drained
- 1 (10-ounce) carton grape tomatoes, halved (optional)
- 1/4 cup grated Parmesan cheese (optional)
- 2 tablespoons finely minced fresh parsley (optional)

Makes approximately 6 servings

DIRECTIONS:

1. Preheat oven to 425° F. Line a large sheet pan with parchment paper and set aside.
2. In a small bowl, whisk together oil, balsamic vinegar, mustard, garlic powder, onion powder, Italian seasoning, salt, and pepper together.
3. Place the chicken in a large bowl or zip-top bag. Pour 3/4ths of the seasoning mixture over the top and mix or shake to combine. (You can allow the mixture to marinate for a few hours if you'd like).
4. Place the seasoned chicken in the center of the prepared sheet pan making sure none of the chicken is overlapping.
5. Roast for about 15 minutes in the preheated oven. While chicken is roasting, toss the green beans and tomatoes, if using, with the remaining prepared marinade.
6. After roasting for about 15 minutes, remove the sheet pan from the oven and carefully add the green beans and tomatoes to the sheet pan around the chicken. Sprinkle with Parmesan cheese if desired. Cook the chicken and vegetables for another 10 minutes.
7. The chicken should be cooked through to 165°F using an instant read thermometer and the vegetables should be starting to brown. Broil for 2-3 minutes to add a bit more browning to the chicken and vegetables if desired.
8. Garnish with fresh herbs as desired, and serve.



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



YELLOWHAWK
TRIBAL HEALTH CENTER