

# EMERGENCY ROOM AND URGENT CARE VISITS

The Emergency Room (ER) is for emergencies only and using it inappropriately for routine health care and other non-emergency needs can put your health at risk and can result in possible denial of payment by Purchased Referred Care (PRC).

**Please remember to notify Purchased Referred Care within 72 hours after an emergency room or urgent care visit.**

## **Purchased Referred Care Staff**

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**YELLOWHAWK**  
TRIBAL HEALTH CENTER



**May 2024**  
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# MAY IS HIGH BLOOD PRESSURE EDUCATION MONTH

## 8 WAYS TO REACH A HEALTHY BLOOD PRESSURE

To take care of your heart, it's important to know and track your blood pressure. Millions of Americans have high blood pressure, also called hypertension, but many don't realize it or aren't keeping it at a healthy level.

For most adults, healthy blood pressure is 120/80. Blood pressure consistently above 130/80 increases your risk of heart disease, kidney disease, eye damage, dementia and stroke. Your doctor might recommend lowering your blood pressure if it's between 120/80 and 130/80 and you have other risk factors for heart or blood vessel disease.

High blood pressure is often "silent," meaning it doesn't usually cause symptoms but can damage your body, especially you heart over time. Having poor heart health also increases the risk of severe illness from COVID-19. While you can't control everything that increases your risk for high blood pressure - it runs in families, often increases with age, and varies by race and ethnicity - there are things you can do. Consider these tips from experts with the National Heart, Lung and Blood Institute's (NHLBI) The Heart Truth program:

- 1. Know Your Numbers.** Everyone ages 3 and older should get their blood pressure checked by a health care provider at least once a year. Expert advice: 30 minutes before you test, don't exercise, drink caffeine or smoke cigarettes. Right before, go to the bathroom. During the test, rest your arm on a table at the level of your heart and put your feet flat on the floor. Relax and don't talk.
- 2. Eat Healthy.** Follow a heart-healthy eating plan, such as NHLBI's Dietary Approaches to Stop Hypertension (DASH). For example, use herbs for flavor instead of salt and add one fruit or vegetable to every meal.
- 3. Move More.** Get at least 2 1/2 hours of physical activity each week to help lower and control blood pressure. To ensure you're reducing your sitting throughout the day and getting active, try breaking your activity up. Do 10 minutes of exercise, three times a day or one 30-minute session on five separate days each week. Any amount of physical activity is better than none and all activity counts.
- 4. Aim for a Healthy Weight.** If you're overweight, losing just 3-5% of your weight can improve blood pressure. If you weigh 200 pounds, that's a loss of 6-10 pounds. To lose weight, ask a friend or family member for help or to join a weight loss program with you. Social support can help keep you motivated.
- 5. Manage Stress.** Stress can increase your blood pressure and make your body store more fat. Reduce stress with meditation, relaxing activities or support from a counselor or online group.
- 6. Have a Healthy Pregnancy.** High blood pressure during pregnancy can harm the mother and baby. It also increases a woman's risk of having high blood pressure later in life. Talk to your health care provider about high blood pressure. Ask if your blood pressure is normal and track it during and after pregnancy. If you're planning to become pregnant, start monitoring it now.
- 7. Stop Smoking.** The chemicals in tobacco smoke can harm your heart and blood vessels. Seek out resources, such as smoke free hotlines and text message programs, that offer free support and information.
- 8. Work With Your Provider.** Get help setting your target blood pressure. Write down your numbers every time you get your blood pressure checked. Ask if you should monitor your blood pressure from home. Take all prescribed medications as directed and keep up your healthy lifestyle. If seeing a doctor worries you, ask to have your blood pressure taken more than once during a visit to get an accurate reading. To find more information about high blood pressure as well as resources for tracking your numbers, visit [nhlbi.nih.gov/hypertension](https://nhlbi.nih.gov/hypertension).



**Tribal Health Commission**

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**Alan Crawford**  
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Do you have high blood pressure? Monitoring your blood pressure at home can help. Contact Lillian Picard at 541.240.8442 to learn more about our self-measure blood pressure program today!

Information provided by Yellowhawk's Pinásuk<sup>wat</sup> (Knowing Yourself) Program



# TŁAWXMAMIYÁY COMMUNITY GARDEN

In 2024 Yellowhawk and the Tiichám Conservation District (Tiichám) are teaming up to ensure the garden's long-term sustainability. As part of this partnership Tiichám will lead day-to-day garden operations such as planting, harvesting crops, and offering educational workshops. In regard to produce distribution. Tiichám aims to collaborate with existing market channels in the CTUIR community, initially serving vulnerable groups like children and seniors through the Education Department and the Senior Center. Additional plans include expanding the garden to a larger land base and establishing a reciprocity program, ensuring access to fresh produce for all through a sliding-scale Community Supported Agriculture model.



*Interested in getting involved with the Tławxmamiyáy Community Garden? Contact [YellowhawkGarden@yellowhawk.org](mailto:YellowhawkGarden@yellowhawk.org) to learn more about volunteer opportunities, upcoming events, and how you can make a difference in your community garden.*



## MMIR AWARENESS WALK

### **HOSTED BY YELLOWHAWK PUBLIC HEALTH & BEHAVIORAL HEALTH**

In May 2021, President Joe Biden designated May 5th as Missing and Murdered Indigenous Persons Awareness Day to recognize American Indian and Alaska Native people who have lost their lives to violence. This and previous national acknowledgements of missing and murdered Indigenous women (MMIW) and missing and murdered Indigenous persons (MMIP) began with tribal advocates and allies who created ceremonies to honor those lost and who took action to advocate for changes to federal, state, and local policy.

*You are invited to attend the Missing and Murdered Indigenous Relatives (MMIR) Awareness Walk on Monday, **May 6 at 11:30 am** at the Yellowhawk front entrance. Contact Jay Stanley at **541.240.8575** for more information.*

## COMMUNITY SWEAT FORUMS

### **4 COMMUNITY FORUMS AND FOUR LOCATIONS!**

Yellowhawk's Tribal Tobacco Prevention Program collected community feedback to help guide our renovations of the Community Sweathouse located near St. Andrews. The overall goal is to make the Community Sweathouse safe and accessible for all Tribal members to use year-round, especially our Elders and disabled. 132 individuals offered their feedback by answering the survey. Join us in continuing the discussion!



- **Monday, May 6 at Yellowhawk 6 - 7:30 pm**
- **Monday, May 13 at NGC 3 - 4 pm**

- **Monday, May 20 at Senior Center 12:30 - 1:30 pm**
- **Tuesday, May 28 at NCS 10:50 am - 11:45 am**

*We want your honest feedback, let your voice be heard! Everyone's comments are greatly appreciated! For more information, please contact Jay Stanley at **541.240.8575** or [JacinthaStanley@yellowhawk.org](mailto:JacinthaStanley@yellowhawk.org).*

## MENTAL HEALTH AWARENESS MONTH

## COMMUNITY SMUGE

**MAY 1, 2024 | 3:30 PM | COMMUNITY ROUTE**

# NICHT-YOW-WAY CULTURAL CRAFTERNOONS

This is an Elder (and caregiver) opportunity for social time. Bring in the project you are working on, spend time learning from one another and share your skills with others. There will be people available to assist you with your projects if needed.

Projects to consider bringing: basket weaving, moccasin making, beading projects, regalia making or repairs. Sometimes we get stuck and put a project away, bring that project back. Join us from **2 pm to 4 pm** on Tuesday, **May 7, May 21, June 4, June 18, July 9 and July 23.**



For more information about the Nicht-Yow-Way Cultural Crafting Afternoons, please contact Carrie Campbell-Turk or Michael Ray Johnson at **541.240.8700.**

## HEARTS & CRAFTS

**NICHT-YOW-WAY SENIOR CENTER | 3 - 5 PM | SUPPLIES PROVIDED**

Good Health and Wellness In Indian Country presents Hearts and Crafts with Jonni Spencer! Join us for an evening of artistic expression and heart health awareness! Our adults (18+) Arts and Crafts Night offers a unique opportunity to unleash your creativity while learning valuable information about keeping your heart healthy.

**May 14, 2024**

**Craft:** Dentalium Earring and Dream Catchers

**May 28, 2024**

**Craft:** Paint along demonstration

Contact Leah Harris at **541.240.8729** or [LeahHarris@yellowhawk.org](mailto:LeahHarris@yellowhawk.org) for more information.



## PROGRAM TO ENCOURAGE ACTIVE, REWARDING LIVES

**FEELING STUCK, A LACK OF ENERGY, UNABLE TO MOVE FORWARD WITH WHAT IS IMPORTANT IN YOUR LIFE?**

We all go through highs and lows in life. If you've been noticing these signs, you may benefit from participating in a 6 week Program To Encourage Active, Rewarding Lives (**PEARLS**) class. In our time together we'll explore strategies that can help us feel better.

**PEARLS helps with the support of participants and trained facilitators to:**

- Learn and practice problem-solving techniques
- Add pleasant activities to your life
- Learn strategies to reduce anxiety and improve mood
- Get on a path toward increased physical activity
- Help yourself to live a healthy and rewarding life

 **May 14 - June 18, 2024**

 **1:30 - 3 pm**

 **Nicht-yow-way Senior Center**



Oregon  
Older Adult Behavioral Health Initiative

Contact Rod Harwood at **541.293.1755** or [rharwood@gobhi.org](mailto:rharwood@gobhi.org) or call Carrie Campbell-Turk at **541.969.5897** for more information about the PEARLS class.

# 42<sup>nd</sup> Annual FUN RUN May 11, 2024

**Honoring our Tribal Mothers. Past Present and Future.**

**10K | 8:00 AM**

**5K | 8:30 AM**

**1M | 9:00 AM**



NEWSLETTERS CAN BE FOUND AT YELLOWHAWK.ORG/NEWSLETTER

## YOUTH MENTAL HEALTH FIRST AID

ON MAY 28 & 29 | 8 AM - 12 PM

The Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, schools staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental First Aid is primarily designed for adults who regularly interact with young people. The course introduces common health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

To register for the Youth Mental Health First Aid class, contact Joy Garcia at **541.240.8687** or [JoyGarcia@yellowhawk.org](mailto:JoyGarcia@yellowhawk.org). Registration ends May 21. Class is limited to 30 participants ages 18+. This class is free and you must attend both days.

PUBLIC HEALTH PRESENTS

# Healthy Cooking Class

MAY 23, 2024 | 4:30 - 6:30 PM

**YELLOWHAWK LAXSIMWIT REGISTER BY MAY 20TH**

Please register to ensure adequate space, incentives, and supplies are available.

OPEN TO  
INDIVIDUALS &  
FAMILIES IN THE  
COMMUNITY.

✉ [CHELSEYMINTHORN@YELLOWHAWK.ORG](mailto:CHELSEYMINTHORN@YELLOWHAWK.ORG) ☎ 541.240.8443

Spring Greens

## SHAVED ASPARAGUS SALAD

### INGREDIENTS:

#### Salad

- 1 pound asparagus, woody ends trimmed
- 3 cups fresh arugula or spinach
- 2 Tablespoons chopped chives
- 1/2 cup sliced cherry tomatoes
- 1/4 cup shaved parmesan cheese

#### Dressing:

- ¼ cup olive oil
- 3 tablespoons lemon juice
- 1 tablespoon white vinegar
- 1 teaspoon honey
- 1 clove garlic, minced
- 1/4 tsp. salt
- ground black pepper to taste

### DIRECTIONS:

1. In a small bowl (or jar with lid), whisk (or shake) together the olive oil, lemon juice, vinegar, honey, garlic, salt and pepper. Set aside.
2. Cut asparagus diagonally in thin strips or use vegetable peeler to shave asparagus. (Lay an asparagus spear flat on a cutting board. Starting at the bottom end, use the vegetable peeler to shave it into long thin strips or ribbons.) Place the asparagus shavings in a large bowl and repeat with remaining asparagus.
3. Add the arugula or spinach, chives and tomatoes to the bowl of asparagus, and toss gently. Sprinkle with Parmesan and drizzle desired amount of dressing over the salad. Toss and enjoy immediately.

Notes: Try adding other greens and/or spring vegetables as desired. Most vinaigrette dressings will work very well with this salad - try your favorites. Add nuts, seeds or sliced fruits as desired to change up the flavors, textures and nutritional qualities of this salad.



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 approximately 6 servings