



September 2024
Volume 3
Issue 9



SEPTEMBER IS NATIONAL PREPAREDNESS MONTH

Information provided by Public Health Emergency Preparedness Coord., Kila Solomon

September is National Preparedness Month, and being ready for emergencies is crucial. Being prepared means putting together an emergency kit! The kit should include:

- **Water**
- **Whistle**
- **Cell phone charger**
- **Non-perishable food**
- **Dust mask**
- **Extra medication**
- **Flashlight**
- **Can opener**
- **Pet food, water, and supplies for your pet**
- **First aid kit**
- **Local maps**
- **Personal hygiene items**

Consider having enough supply for each family member for **72 hours**. In the kit, keep copies of essential documents like insurance cards, in a waterproof container such as a Ziploc® (resealable) bag. Make sure your family knows where the emergency kit is located, and consider having kits in various places, like at work and in your vehicles. An emergency kit is valuable if you are required to evacuate quickly.

Planning for potential disasters is vital, especially if your family is not together when one occurs. Create a plan with your household members for how you will communicate and where you will meet if you are separated. Choose a family meeting place that everyone knows and establish a support network of family, friends, and others who can help you during an emergency. Create the plan and practice it with them. Ensure that at least one person in your support network has an extra key to your home and knows where you keep your emergency supplies. If you receive regular treatments from a clinic or hospital, find out about their emergency plans and work with them to identify alternative service providers. Also, remember your pets or service animals. Since not all shelters accept pets, planning for alternatives is essential. It is a good idea to contact loved ones or friends outside your immediate area to see if they can help with your animals in an emergency and practice the plan.

Take these steps to create an emergency plan:

Step 1: Plan with your family, friends, or household by discussing these questions to start your emergency plan:

- What is my evacuation route?
- What is my family/household communication plan?
- Do I need to update my emergency preparedness kit?

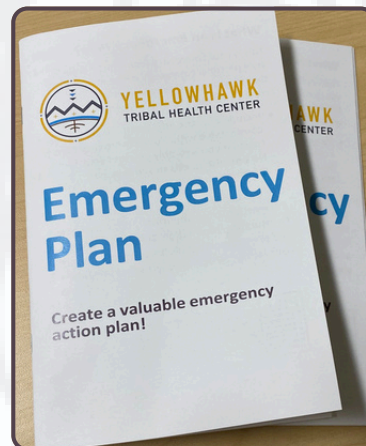
Step 2: Consider specific needs in your household and create a personal network for assistance. Factors to consider when developing your plan:

- Different ages of household members
- Responsibilities for assisting others
- Dietary and medical needs
- Disabilities or access needs
- Pets or service animals

Step 3: Create an Emergency Plan using our fillable form at the Public Health front desk and placing the complete form into your emergency kit.

Step 4: Practice your plan with your family/household.

*An emergency can occur anytime, make sure you and your family are prepared! For additional information on emergency preparedness, visit **Ready.gov**.*



Stop by the Public Health front desk and asked for an Emergency Plan booklet!

*For more information, contact Kila Solomon at **541.240.8741** or kilasolomon@yellowhawk.org*

Tribal Health Commission

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TELEHEALTH



Telehealth is an appointment with your provider that is scheduled ahead of time and conducted remotely either by telephone or online applications. Providers will bill for these appointments, so Yellowhawk needs to be notified of each and every visit with an outside provider.

Call to notify your referral coordinator of every outside appointment, whether it is an in person visit or telehealth. By contacting a referral coordinator you are verifying your authorization is in place. If you don't receive the referral/authorization in the mail prior to your appointment, please call and request a copy.

Carrie Walker 541.240.8562 | Julianne Davis 541.240.8639 | LaShay Miller 541.240.8655

MEET THE ÁTAWIŠAMATAŠ HOME VISITORS

ABOUT THE PROGRAM

Átawišamataš (A-t aᵱ-wee-shum-uh-tush) means, "I love you all". Our staff offer home visits and parenting education opportunities focused on health and cultural connections, social engagement, and cultural activities to support family and community connections. We want to encourage, support, and promote stronger, healthier families. Átawišamataš staff want to embed themselves in the community – collaborate with community stakeholders to engage wraparound care for patients and families.

WHAT DO WE DO?

"I LOVE YOU ALL"

HOME VISITS

Átawišamataš staff are certified Health Educators in Family Spirit Curriculum that can be offered beginning at 28 weeks gestational for expectant mothers/families. This curriculum offers child and family education up to the age of 4 years old. It also includes family planning and overall general health education for healthier families.

EARLY-CHILDHOOD DEVELOPMENT SCREENING

Trained Administrators for Ages & Stages Questionnaires® (ASQ®) for childhood reliable, accurate developmental and social-emotional screening for children between *birth* and *age 6*. This service is offered to draw on parents' knowledge and is specifically designed to pinpoint developmental progress and catch delays in young children – paving the way for meaningful next steps in learning, intervention, or monitoring.

PARENTING EDUCATION

Certified facilitators in the Fatherhood Is Sacred® | Motherhood Is Sacred® curriculum that is a practice-based curriculum from Native American Fatherhood & Families Association (NAFFA). Classes are offered throughout the year, ask for a schedule! NAFFA Mission: To strengthen, keep and reunite families by responsibly involving fathers and mothers in the lives of their children, families, and communities.

CULTURAL EDUCATION OPPORTUNITIES

Átawišamataš staff are open and willing to hear patients' and families' ideas in regards to any needs for cultural practices. Our program would like to offer cultural learning opportunities such as how to make a baby board, hand drums, ribbon shirt and skirt, necklace making, weaving, and turtle shell rattles. Other ideas are welcome if feasible.

WHAT CAN WE DO?

Átawišamataš enrolled families may utilize additional resources such as transport that is related to food security and connections to resources outside of Yellowhawk, pre-planned, scheduled trips to grocery shopping, food distribution, social security office and other agencies necessary for patients' and/or families' well-being. This may include exercise classes or groups to support the families' needs. Medical appointment support may be offered but must be scheduled in advance.



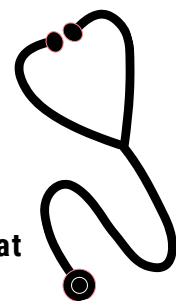
ÁTAWIŠAMATAŠ STAFF

Left to right

- Lilitana Sanguino
- Nicol Byram, RN
- Jennifer Cross

Public Health Cares

to contact please call our team at 541.240.8697



LAWTIWAAMA



Culture is

PREVENTION | RECOVERY | WELLNESS

**SEPTEMBER, 11 2024 - SOBRIETY FRIENDSHIP DANCE
PENDLETON ROUND-UP AT ROY RALEY PARK**

The Sobriety Friendship Dance will be on **Wednesday, September 11** at Roy Raley Park starting at **5 PM**.

A Culturally Specific Recovery Service brought to you by Yellowhawk's Chemical Dependency Program. For more information contact *Wenona Scott* at **541.240.8683** or wenonascott@yellowhawk.org.

WEAR TEAL – SEPTEMBER 18, 2024

WEAR TEAL FOR SUICIDE PREVENTION AWARENESS MONTH

When a suicide-related crisis occurs, friends and family are often caught off-guard, unprepared and unsure of what to do. The behaviors of a person experiencing a crisis can be unpredictable, changing dramatically without warning.

There are a few ways to approach a suicide-related crisis:

- Talk openly and honestly. Don't be afraid to ask questions like: **"Do you have a plan for how you would kill yourself?"**
- Remove means such as guns, knives or stockpiled pills.
- Calmly ask simple and direct questions, like, **"Can I help you call your psychiatrist?"**
- Don't debate whether suicide is right or wrong.
- Express support and concern - be patient.



Text/Call - **988** | Text **"NATIVE"** for 24/7 support - **741741** | Non-Crisis Community Warm Line - **541.969.0010**.

HEALTHY COOKING CLASS

SEPTEMBER 19 | 4:30 - 6:30 PM | YELLOWHAWK LAXSIMWIT

The Healthy Cooking Class is opened to individuals and families in the community! Join us to prepare zucchini lasagna!

Please sign-up by **September 16** to ensure adequate space and supplies.

If you have questions or would like to sign-up, please contact *Chelsey Minthorn* at **541.240.8443** or chelseyminthorn@yellowhawk.org.



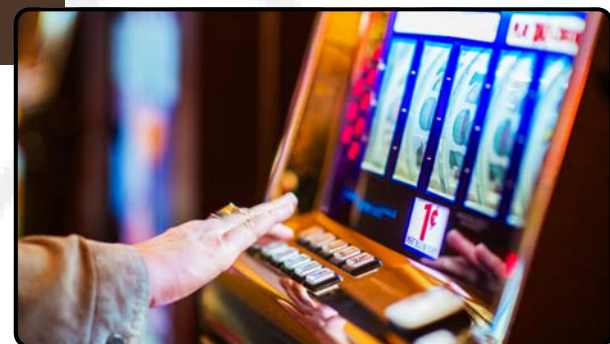
PROBLEM GAMBLING HELP

GAMBLING RESPONSIBLE MEANS KNOWING YOUR LIMITS & STICKING TO THEM.

Gambling includes any activity involving bets. Bingo, lottery games, slot machines, Mahjong, Poker, Roulette, other table games, fantasy sports, and many new online games involving spending money and time.

ALWAYS PLAY RESPONSIBLY

- Gamble only for fun!
- Set a money and/or time limit and stick to it.
- Accept losing as part of the game.
- Don't borrow money to gamble.
- Don't let gambling interfere with family, friends, or work.
- Don't gamble to win back losses.
- Don't gamble to cope with emotional or physical pain.



WHEN GAMBLING BECOMES A PROBLEM, THERE'S HOPE... **HELP STARTS HERE!**

For more information contact *James Rinehart* at **541.240.8670** or jamesrinehart@yellowhawk.org.

NEWSLETTERS CAN BE FOUND AT YELLOWHAWK.ORG/NEWSLETTER

RED CROSS BLOOD DONATION DRIVE

SEPTEMBER 27 | 10 AM - 3 PM | YELLOWHAWK LAXSIMWIT

Every 2 seconds someone in the U.S. needs blood and/or platelets. One donation can help save more than one life.

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

Scan the QR Code with your smartphone camera to schedule! For questions please contact *Public Health* at 541.240.8697.



American Red Cross Give blood. Help save lives.

FARMERS MARKET SHUTTLE



YELLOWHAWK
TRIBAL HEALTH CENTER

SEPTEMBER 20 & 27

Transportation for Yellowhawk eligible Elders & families to shop at the Pendleton farmers market!

PICK UP: 3:30 PM
RETURN: BY 6:00 PM

Registration not required but encouraged to save your spot.

Meet Location at 51 Umatilla Loop
Nicht-Yow-Way Senior Center

Call Chelsey Minthorn 541.240.8443



Garden Fresh

SUMMER ZUCCHINI SAUTÉ

INGREDIENTS:

- 1 Tablespoon olive oil
- ½ cup onion, chopped
- 1 large yellow squash chopped
- 1 large zucchini chopped
- 3 cloves garlic chopped
- 1 cup grape/cherry tomatoes
- ½ teaspoon salt
- ¼ teaspoon pepper
- ½ teaspoon dried thyme
- ¼ cup shredded parmesan cheese, optional
- Favorite vinaigrette dressing, optional

DIRECTIONS:

1. Heat the olive oil in a large nonstick skillet over medium-low heat. Add onion and cook gently until the onions begin to brown, about 10 minutes. Add the yellow squash, zucchini, garlic, salt, pepper, and thyme.
2. Increase heat to medium. Continue to cook, stirring occasionally, until the zucchini and yellow squash are just cooked through and beginning to brown, about 10 minutes.
3. Add in the garlic and tomatoes and cook for 2 to 3 minutes, gently stirring, or until vegetables are crisp-tender and tomatoes are about ready to burst.
4. Sprinkle with parmesan if desired and drizzle with vinaigrette if using. Enjoy immediately!



For nutrition questions or additional recipe ideas, please contact:

Dusty Dressler, RDN
DustyDressler@yellowhawk.org
541.240.8524



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Makes approximately 6 servings