



October 2024
Volume 3
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OCTOBER IS BREAST CANCER AWARENESS MONTH

Information provided by Mystie Haynie from Public Health

October is Breast Cancer Awareness Month. We would like to bring you information from the American Indian Cancer Foundation (AICF) on ways to prevent and improve your breast health. Any person, male or female, with breast tissue can develop breast cancer. However, statistically breast cancer is the second leading cause of death in Native Women.

CHECK YOUR BREAST!

A breast self-exam is an early detection tool you can use to physically and visual check your breast once a month. Doing a monthly breast self-exam allows you to know what is normal for you. If you find changes you can then report them to your health care provider. It should not take the place of regular mammograms.

HOW SHOULD A BREAST SELF-EXAM BE PERFORMED?

1. In The Shower

- With the pads/flats of your 3 middle fingers, check the entire breast and armpits area, pressing down with light, medium, and firm pressure. Check both breasts each month, feeling for any new lumps, thickenings, hardened knots, or any other breast changes.

2. In Front of a Mirror

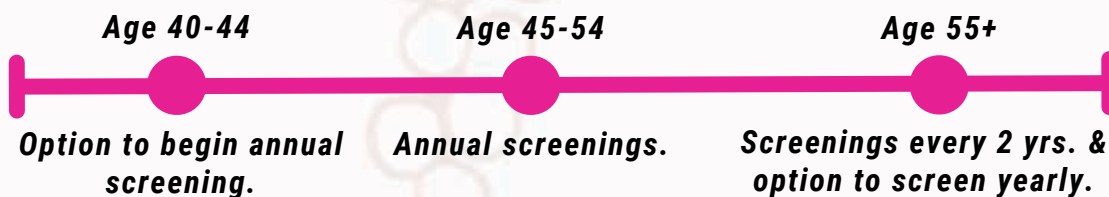
- With your arms at your sides, visually inspect your breasts, looking for any changes in the contour of shape of the breasts, any dimples, swelling, or other skin irregularities on or around the breasts, or any changes in the nipples.
- Next, rest your palms on your hips and press firmly to flex your chest muscles. Look for any dimples, puckering, or other changes, particularly on one side. Note that the left and right breasts will not exactly match-few women's breasts are symmetrical.

3. Lying Down

- When lying down, the breast tissue spreads out evenly along the chest wall. Place a pillow under your right shoulder and put your right arm behind your head. Using your left hand, move the pads of your 3 middle fingers around your right breast, covering the entire breast area and armpit.
- Use light, medium, and firm pressure to feel for any new lumps, thickenings, hardened knots, or any other breast changes. Also squeeze the nipple to check for discharge. Repeat these steps on your left breast.

WHEN SHOULD I BEGIN SCREENING FOR BREAST CANCER?

Breast cancer usually does not have any symptoms and is most treatable when the tumor is small. There is not a time to get screened, but here are some recommendations from the American Indian Cancer Foundation for guidance:



If you feel like you may have or are at risk for *breast cancer*, talk to your healthcare provider today to talk about your options. For more information, visit americanindiancancer.org.

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PURCHASED REFERRED CARE DENIALS & APPEALS

If payment for medical bill is **denied**, you will be notified by Yellowhawk Tribal Health Center. The most common reasons for **denials** are:

- Ineligibility because of failure to prove you are of American Indian/Alaska Native descent.
- Ineligibility because you do not reside within the Yellowhawk Service Area.
- Refusal to apply for and/or use alternative insurance.
- Visited an Emergency Room (ER) or Urgent Care for non-emergent services; did not notify Yellowhawk within 72 hours of ER visit; or did not follow-up with healthcare provider as requested after ER visit.
- Failure to provide required documents to Yellowhawk (i.e. proof of insurance or other documents).
- Failure to get preauthorization for services to an outside provider and/or facility.



Appeals

If you would like to appeal a payment denial you must provide a written response to the Yellowhawk Resource Management Committee (RMC) within 30 days of the date of the denial letter. Your appeal should identify the reasons you believe the healthcare visit should be paid for and any circumstances you believe should be considered as relevant.

Yellowhawk's Purchased Referred Care (PRC) staff are available to assist patients in writing letters of appeal. All relevant supporting documentation should also be included in the letter.

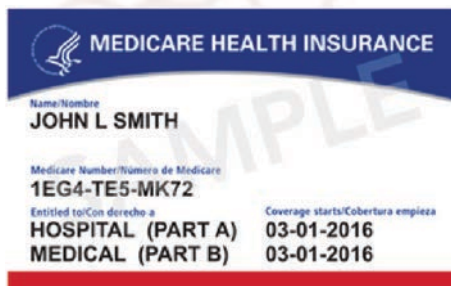
Talia McLaughlin 541.240.8739 | Laurie Alexander 541.240.8738 | Cassie Hall 541.240.8737

EACH AND EVERY TIME!

- Check in at **Patient Registration**, just inside of Yellowhawk's main entrance for EVERY visit!
- Bring in your insurance cards every time you check in with you Eligibility Coordinators at Yellowhawk.
- If you are employed by a Tribal entity you will have two cards. One card will cover your Dental and Vision benefits, the other one is for your medical benefits.

When you are referred out by a Yellowhawk provider you must request authorization through your Referral Coordinator each and every time you have any appointment outside Yellowhawk Tribal Health Center.

Carrie Walker 541.240.8562 | Julianne Davis 541.240.8639 | LaShay Miller 541.240.8655



NEED DIAPERS?

October 2 | 10 AM - 2 PM | Front Entrance of Yellowhawk

FREE diapers and pull-ups are available to everyone within CTUIR and the surrounding area. If you are interested in joining the Diaper Program or receiving a one-time distribution please contact Alisa Portley-White.

Alisa can be reached at **541.240.8521** or you can send her an email at **alisaportley@yellowhawk.org**.



OPEN ENROLLMENT

OCTOBER 15 - DECEMBER 17

MEDICARE OPEN ENROLLMENT FOR 2025 COVERAGE

OPEN
ENROLLMENT
MEDICARE



Have Medicare questions? *SHIBA* can help. Senior Health Insurance Benefits Assistance (*SHIBA*) program offers Medicare help to people with Medicare and their families. This is free and confidential!

- Call 800-722-4134 to find help near you.
- Visit SHIBA.Oregon.gov to learn more.
- Scan the QR code with your smartphone camera to visit the SHIBA website.

For assistance contact Yellowhawk's Public Services Coordinator at 541.240.8701.



DIABETES EDUCATION & SUPPORT GROUP

October 16 | 10:30 - 11:30 AM | Public Health Conference Room

Come join Seth Alford, FNP, as he explains how diabetes can be managed through problem solving.

Gain support. Share knowledge. Open to all.

For more information contact Chelsey Minthorn at 541.240.8443 or chelseyminthorn@yellowhawk.org.

READY SET GLOW!

October 17 | Kick Off 5:45 PM | Nicht-Yow-Way Senior Center

Join us on an evening walk to celebrate Indigenous Pink Day! Dress your pink-best, grab your flashlight and other light accessories.

Golf Cart seats will be available for Elders on first come, first serve basis.

For more information or questions please contact Tina Haynie at 541.240.8465 or tinahaynie@yellowhawk.org.



ACTING TOGETHER – OPIOID SUMMIT

**OCTOBER 25 | 5-8 PM
YELLOWHAWK LAXSIMWIT**

Hosted by Yellowhawk Behavioral Health Chemical Dependency Prevention

Topics will consist of updates on Fentanyl in Indigenous lands, similar products like NARCAN and their effectiveness, problem solving how to get community solutions and dealing with the addiction issues on the Reservation.

The Opioid Summit is open to all and dinner will be provided for those who attend.

For more information contact James Rinehart at 541.240.8680 or jamesrinehart@yellowhawk.org.

Mike Bricker
CADC-II
NCAC-2
LPC



Dr. Kelly Olson



**BENT
&
Tribal
Police**



NEWSLETTERS CAN BE FOUND AT YELLOWHAWK.ORG/NEWSLETTER

YELLOWHAWK SCHOLARSHIP

APPLICATIONS ARE DUE NOVEMBER 22, 2024

Are you interested in continuing your education in a health-related field, and a CTUIR member? We welcome you to apply for the Yellowhawk Scholarship!

You can find the Yellowhawk Scholarship on our website at yellowhawk.org/scholarship. Complete applications must be received by **4 PM** (Pacific) on the date of the deadline.

Contact Yellowhawk HR at hrrecruiter@yellowhawk.org for more information.



FARMERS MARKET SHUTTLE

OCTOBER 11

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

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

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



YELLOWHAWK
TRIBAL HEALTH CENTER

Call Chelsey Minthorn 541.240.8443

Registration not required but encouraged to save your spot.

Homemade comfort OVEN-ROASTED FRIES

INGREDIENTS:

- 4-5 medium potatoes (any variety)
- 1 Tbsp. olive oil
- 1 tsp. garlic powder
- 1/2 tsp. onion powder
- 1 tsp. paprika
- 1/2 tsp. salt
- 1/4 tsp. pepper

DIRECTIONS:

1. Scrub the potatoes and rinse well.
2. Cut the potatoes into wedges (Method: Place a potato flat on its side. Use a sharp knife to cut the potato in half lengthwise then cut the half into halves into quarters. Slice each quarter piece length-wise to make a thin wedge. Each potato should be cut into 8 wedges.).
3. Pat the potato wedges to dry and add them to medium-sized bowl.
4. Add oil and seasonings; Toss to coat.
5. Transfer the seasoned wedges to a baking tray. Arrange in a single layer with spaces in between them.
6. Bake wedges in preheated oven at 400F for 35-40 minutes (turning once during cooking) or until browning on the edges and fluffy inside.

Makes approximately 6 servings



For nutrition questions or additional recipe ideas, please contact:

Dusty Dressler, RDN
DustyDressler@yellowhawk.org
541.240.8524



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