



YELLOWHAWK
TRIBAL HEALTH CENTER

TAUTS TUM TINE NEWSLETTER



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TRIBAL HEALTH COMMISSION



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CERVICAL CANCER AWARENESS: PROTECTING WOMEN'S HEALTH

Information provided by Eryn Griffin, RN, Public Health



As January marks **Cervical Cancer Awareness Month**, it's an important time to shed light on a disease that affects thousands of women each year and to emphasize the life-saving steps we can take to prevent it. Cervical cancer is a type of cancer that begins in the cervix, the lower part of the uterus that connects to the vagina. Once one of the most common causes of cancer death among women, cervical cancer rates have significantly decreased due to advances in prevention and early detection. However, it remains a serious health concern, particularly for underserved populations.

Causes and Risk Factors

Cervical cancer is primarily caused by persistent infection with high-risk strains of human papillomavirus (HPV), a common virus transmitted through intimate skin-to-skin contact. While most HPV infections resolve on their own, persistent infections can lead to abnormal cell changes in the cervix over time. Risk factors include having multiple sexual partners, a weakened immune system, smoking, and a lack of regular screenings.

Prevention

The good news is that cervical cancer is largely preventable. Here's how:

- 1. HPV Vaccination:** The HPV vaccine is safe, effective, and recommended for boys and girls starting at age 9 through 26. For those unvaccinated, adults up to age 45 may still benefit. The vaccine protects against the types of HPV most commonly linked to cervical cancer.
- 2. Regular Screenings:** Routine Pap smears and HPV tests can detect abnormal cervical cells early, often before they turn into cancer. Women should begin Pap testing at age 21 and continue based on their healthcare provider's recommendations.
- 3. Lifestyle Choices:** Avoiding smoking and practicing safe sex can help reduce the risk of HPV infection and cervical cancer.

Signs and Symptoms

In its early stages, cervical cancer often has no symptoms, underscoring the importance of regular screenings. As it progresses, symptoms may include abnormal vaginal bleeding, unusual discharge, or pain during intercourse. These symptoms should not be ignored and warrant immediate medical attention.

Our Commitment

As part of our commitment to women's health, Yellowhawk offers HPV vaccinations and cervical cancer screenings. Together, we can protect our *mothers, aunties, daughters, sisters, and friends* from this preventable disease. To schedule a screening or learn more, contact us at **541.966.9830** or visit **www.yellowhawk.org**.

This January, let's honor *Cervical Cancer Awareness Month* by spreading the word, supporting prevention, and encouraging action. Together, we can create a future **free** of cervical cancer.

GLAUCOMA AWARENESS MONTH

Information provided by Daniel Creviston,
Optometry Manager

Glaucoma is like a sneaky bandit targeting your optic nerve, gradually robbing you of your peripheral vision. Left unchecked, this condition can escalate to severe vision loss, including tunnel vision, and in late stages, total blindness. Dubbed the "Silent Thief" of sight, glaucoma's stealthy progression and lack of pain or discomfort make it particularly deceptive.

If you have a family history of glaucoma, are diabetic, or have hit the 60-year milestone, you are at a higher risk of encountering this sneaky culprit. Early detection is your best defense against permanent vision loss and why glaucoma is one of the many conditions routinely checked during comprehensive eye exams at Yellowhawk Optometry.

For those diagnosed with glaucoma, a typical treatment plan might include regular check-ups, eye drops to control eye pressure, and straightforward laser procedures to enhance fluid flow within the eye. Our Yellowhawk Optometry boasts cutting-edge technology, enabling our optometrists to handle most cases on-site. In some instances, advanced cases may require referrals to specialized ophthalmological glaucoma experts.

Regular eye exams are crucial for catching glaucoma early and safeguarding your vision. Don't let this silent thief get away with your sight! Give *Optometry* a call at **541.240.8565** if you would like to schedule your annual eye exam.



FROSTBITE & HYPOTHERMIA: KNOW WHAT TO DO!

If you think someone has frostbite or hypothermia, get medical help immediately.

- Move the person to a warm place.
- Take off any wet clothing.
- Warm them up with dry blankets or clothing.
- Soak the frostbitten skin in warm (not hot) water.

Caution About Frostbite: Do not use fireplaces or heating devices in the affected area, as this can cause more damage. Do not rub or press on frostbitten skin; this can worsen and slow healing.

Information provided by Kila Solomon, Public Health Emergency Preparedness Coordinator

FIRST STOP AT YELLOWHAWK...ELIGIBILITY COORDINATOR!



Please continue to check in prior to any of your appointments at Yellowhawk.

Annual updates are needed for each patient. Ensuring your personal information is up to date is vital in keeping your records current. We may need verification and/or updated documents, please stop and see the Eligibility Coordinators to verify your information is current and accurate. You may call at any time to update your information!



SENIOR FITNESS GROUP

UPCOMING EVENTS

- Jan. 7 CHR Wellness Table
- Jan. 8 Medicaid Programs in 2025
- Jan. 10 Breathe Easy, Relaxation & Mindfulness
- Jan. 11 Wingdress Making Class
- Jan. 12 Wingdress Making Class
- Jan. 16 CHR Wellness Table
- Jan. 22 CHR Wellness Table
- Jan. 23 Diaper Distribution
- Jan. 23 Family Cooking Class
- Jan. 31 New Year's Rez Challenge Sign-Up Due



PHYSICAL WELLNESS OPPORTUNITIES

WEEKLY/MONTHLY CLASSES

- Monday Elders Movie Matinee - 2 PM
- Weaving Wednesday at SC - 9 AM
- Tu/Th Lunchtime Fitness Class - 12 PM
- Thursday Senior Fitness Class - 10 AM
- Diabetes Support Group - 3rd Wednesday

UPCOMING CLOSURES

- Wednesday, January 1, New Year's Day
- Monday, January 20, Martin Luther King Jr. Day
- Monday, February 17, Presidents' Day



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NEW YEAR'S REZ CHALLENGE

2025

REGISTRATION CLOSES **JANUARY 31**

Open to public. Personal Challenge.

CREATE HEALTHY HABITS

2 GOALS
8 WEEKS

FEBRUARY 3 - MARCH 28

REGISTER HERE!

SCAN HERE



Weekly Raffle:
Submit a picture of yourself working on one of your goals each week.
OR
Submit a written check-in by email.

Grand prize at end of challenge!

Leah Harris, Health Promotion Projects Lead
541.240.8729 or leahharris@yellowhawk.org

WINTER STORM PLANNING TIMELINE:

Information provided by Kila Solomon, Public Health Emergency Preparedness Coordinator

Be prepared - know the weather headed your way. A few days before the storm, start preparing.

- Gather emergency supplies for your home and car.
- Check your smoke and carbon monoxide alarms.
- Refill your fuel for your car and heating sources.
- Ensure you have enough non-perishable *food, water, and medication* for at least three days.
 - Yellowhawk Pharmacy Refill Line at **541.240.8690**.

The day before the storm: Keep checking the weather forecast for updates.

- Change your personal plans, if necessary.
- Have multiple ways to receive weather alerts.
- Bring pets inside and give them water.

During and after the storm: Stay alert and informed. Drive only if you must.

- Check on your neighbors and family.
- Ventilate emergency heat sources properly.
- Keep generators at least 20 feet away from your home.
- Take breaks when shoveling snow.

Make sure contact information is current so Yellowhawk staff are able to get in contact with you regarding appointment updates and closures. Call **541.240.8746** or **541.240.8622** to update your information.

Follow our Yellowhawk social media pages.



Other weather sources:

- Pendleton Weather Station: <http://www.weather.gov/pdt>
- Oregon Trip Check: <http://www.tripcheck.com>

Low & Slow CROCKPOT TACO SOUP

INGREDIENTS:

- 1 pound lean ground beef or turkey
 - 1 large onion, diced
 - 1 can (15.5 oz.) pinto beans, drained/rinsed
 - 2 cans (15.5 oz. each) black beans, drained/rinsed
 - 1 can (15.5 oz.) diced tomatoes with green chilis (do not drain)
 - 1 can (15.5 oz.) crushed tomatoes (do not drain)
 - 1 can (15 oz.) corn, or 1 1/2 cups fresh or frozen
 - 2 cup low sodium chicken broth
 - 2 bell peppers or any color, diced
 - 2 tsp. cumin
 - 1 tsp. chili powder
- *Optional toppings: tortilla chips, avocado, sour cream, shredded cheese, onion, jalapeños, & cilantro

DIRECTIONS:

1. In a medium saucepan, brown the ground meat along with the diced onion.
2. Transfer the cooked meat to crockpot. Add the remaining ingredients. Stir.
3. Cover and cook on low 6-8 hours or on high 3-4 hours until peppers are tender.
4. Serve with a green salad and your favorite optional toppings for a satisfying meal.

Notes:

- Use any combination of beans you prefer. Feel free to use dry beans that have been soaked.
- If you prefer slightly thickened soup, whisk in 1 Tablespoon of cornmeal and let it cook 15 minutes or stir together 1 Tablespoon of corn starch and 1 Tablespoon cold water and let it cook at least 10 minutes to thicken.
- Instead of ground meat, you can add 2 uncooked chicken breasts to the crockpot with all ingredients. Before serving, shred chicken with 2 forks and stir into the soup.
- You can use a packet of taco seasoning or 2 Tbsp. homemade taco seasoning instead of cumin and chili powder.

Makes approximately 8 servings



For nutrition questions or additional recipe ideas, please contact:

Dusty Dressler, RDN
DustyDressler@yellowhawk.org
541.240.8524



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MEDICAID PRESENTATION

On **January 8**, starting at 11 am at the Nicht-Yow-Way Senior Center, there will be a **Medicaid** presentation explaining long-term care assistance, home assistance, care options, and application processes.

Medicaid provides long-term care and home assistance to eligible individuals, including:

- Long-Term Care Services

Medicaid covers long-term care in nursing homes, adult foster care homes, assisted living facilities, and memory care units.

- Home-Based Services

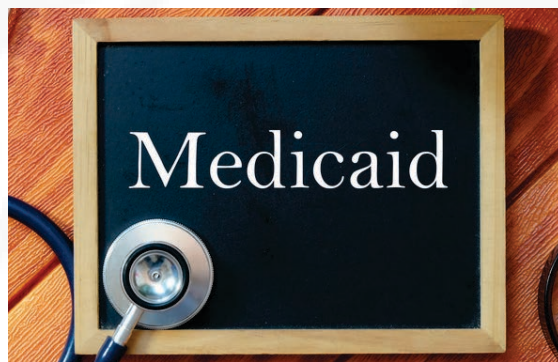
Medicaid offers a variety of long-term care services in the home, including:

- Home Health Care
- Non-medical assistance with activities of daily living (ADLs), such as eating, dressing, bathing, and mobility.
- Personal Emergency Response Systems
- Home modifications to accommodate aging or disability challenges
- Laundry and Cleaning Support
- Case Management
- Care Planning and Coordination Services

These services help beneficiaries and families navigate the health system and ensure that the proper providers and services are in place.

Eligibility for Medicaid long-term care varies by state and Medicaid program, and not everyone who is eligible is guaranteed to receive assistance. For example, in Oregon, Medicaid applicants must undergo a five-year financial review to ensure they have not given away assets. They must also meet certain medical criteria, such as requiring a Nursing Facility Level of Care (NFLC).

Contact **Medicaid in Oregon** by calling **800.699.9075**, Monday through Friday, 7 am - 6 pm. For more information about the Medicaid presentation, contact Carrie Campbell-Turk at **541.240.8426**.



Yellowhawk Tribal Health Center | 46314 Timine Way | Pendleton, OR 97801 | 541.966.9830 | www.yellowhawk.org

NEWSLETTERS CAN BE FOUND AT YELLOWHAWK.ORG/NEWSLETTER