



**YELLOWHAWK**  
TRIBAL HEALTH CENTER

# TAUTS TUM TINE NEWSLETTER



FEBRUARY, 2025

ISSUE  
**02**  
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TRIBAL HEALTH COMMISSION



*Althea Huesties-Wolf, Chair | Dorothy Cyr, Vice Chair | Shawna M. Gavin, Secretary*

*Members: Denise Wickert, Dara Williams-Worden, Carrie Sampson-Samuels | Alan Crawford, BOT Representative*

## TECHNOLOGY & RESPONSIBILITY



*Information gathered from Substance Abuse and Mental Health Services Administration (SAMHSA), We R Native and US Davis Resources*

Raise your hand if you are thankful social media and cell phones were not a part of your youth...

As parents, caretakers, teachers, aunties, uncles or guardians, we all play a vital role in supporting the social and emotional development of the youth around us. This includes understanding the role technology and social media at our fingertips plays in our daily lives.

In 2023, there were nearly 5 billion social media users worldwide. For ages 11 - 58 (Gen X, Z and Millennials) checking social media is a part of their daily routine – spending approximately 145 hours per day on social platforms. With today’s generation pressured to curate the “perfect” online presence, it’s more important than ever to be vigilant in knowing what our youth are seeing and feeling when it comes to the online world. Having the ability to see what friends are doing at the click of a button can be mentally exhausting. Ironically, social media was designed to bring people closer together, but too much can make people feel lonelier and more isolated, worsening mental health problems like anxiety and depression. It’s important to remember that technology and social media are not a replacement for real-world human connections. Human connections are a necessity, activating hormones that ease stress and make you feel happier, healthier, and more positive.

### ***Have the conversation. Set boundaries. Follow-up.***

Understanding the power of technology and social media can be exhausting. Finding the right words and time can feel impossible when it comes to starting this conversation. When you are ready, ensure you have enough time, don’t rush through it! Give your child the opportunity to provide their thoughts and input, give them ownership in the conversation. Set boundaries. Start early by setting an example for your children about appropriate use, including time limits and why it is important to have non-technological hobbies and downtime that does not include a screen.

Make sure to let them know we all see strange or upsetting stuff online now and then. Talking in a non-judgmental way shows your child it’s not their fault and they can come to you to talk about it and ask questions. If they see something upsetting, empower them to pause, block it, or unfriend someone, and report it. Everyone should know that kindness and respect is the expectation online, and cyberbullying, rudeness or violence is unacceptable. In 2020, 44% of all internet users in the U.S. said they have experienced online harassment.

### ***Be clear on you expectations and follow up on your conversations!***

A great way to decrease the negative effects of social media is to decrease daily screen time. Tips to decrease screen time include:

- ***Set time limits on social media within phone settings***
- ***Designate specific hours for social media usage***
- ***Look through friends and followers list and unfriend people whose accounts make you feel bad about yourself.***

# FEBRUARY IS NATIONAL CHILDREN'S DENTAL HEALTH MONTH

Information provided by Stacey Romaniuk, Dental Hygienist



Did you know that early childhood dental visits can set your child up for success with their overall health? Studies show that children who begin dental checkups between 6 months and 1 year of age—and continue with regular visits—experience a lower incidence of cavities and fewer missed school days.

Early dental visits benefit both children and their parents or caregivers by establishing key oral hygiene habits, including proper cleaning techniques and nutritional counseling to prevent tooth decay.

During a children's dental exam, we assess teeth and jaw development, provide nutritional counseling, offer oral hygiene instructions, and apply fluoride varnish to protect young teeth.

Give your child the gift of great oral health by starting a habit of regular dental visits today! Give Dental at call at **541.240.8698**.

## FEBRUARY IS HEART HEALTH MONTH

### **What is heart disease?**

Heart disease is a term used to describe various types of heart conditions. It can often be "silent," meaning it may not be diagnosed until someone experiences symptoms of heart failure or a heart attack.

The key risk factors for heart disease include *smoking, high blood cholesterol, and high blood pressure*. Alarmingly, nearly half (47%) of individuals in the United States have at least one of these risk factors. Other lifestyle choices and medical conditions, such as diabetes, physical inactivity, an unhealthy diet, and obesity, can further increase the risk of developing heart disease.

### **Reduce the risk**

To reduce the risk of heart disease, it is important for people to take charge of the medical conditions they are experiencing and adopt healthier habits. Healthy habits that help prevent heart disease include eating nutritious foods and drinks, getting regular exercise, and maintaining a healthy weight.

If individuals have diabetes, high blood pressure, or high cholesterol, there are steps they can take to lower the risk of heart disease. These steps include knowing their blood pressure numbers and carefully monitoring blood sugar levels.

It is also important to work with your healthcare team to regularly discuss any treatment plans or medications that may help reduce the risk.

*Information gathered from the CDC: Centers of Disease Control and Prevention (Prevention Heart Disease and About Heart Health)*



**WEAR RED DAY  
FEBRUARY 7TH**

## EMERGENCY ROOM AND URGENT CARE VISITS

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

Please remember to notify our Purchased Referred Care team within 72 hours of an emergency room or urgent care visit.

### **Purchased Referred Care Staff:**

Cassie Hall - 541.240.8737

Laurie Alexander - 541.240.8738

Talia McLaughlin - 541.240.8739





## WATER AEROBICS



## UPCOMING EVENTS

- Feb. 3 New Year's Rez Challenge Starts!
- Feb. 7 Wear **RED Day** for Heart Health
- Feb. 10 BAAD Team Sponsorship Closes
- Feb. 11 CHR Wellness Table
- Feb. 11 Heart Health Outreach
- Feb. 18 Fatherhood/Motherhood is Sacred
- Feb. 19 Heart Healthy Cooking Class
- Feb. 20 CHR Wellness Table
- Feb. 21 BAAD Sobriety Nomination Closes
- Feb. 26 CHR Wellness Table
- Feb. 28 Yellowhawk Scholarship Spring Term Deadline



SCAN ME



WEAVING  
WEDNESDAY



### PHYSICAL WELLNESS OPPORUNITIES

### WEEKLY/MONTHLY CLASSES

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

### UPCOMING CLOSURES

Monday, February 17, Presidents' Day

## GOT MAIL?

When you receive mail from your insurance company please bring to Yellowhawk. You can utilize the drop box outside of the clinic or bring the paperwork into our *Eligibility Coordinator's*. Our staff will ensure they are routed to the correct department.

### OPEN ALL INSURANCE MAIL!

Do not throw away or shred insurance mail until you have looked at it closely!

Do you have questions about your insurance information? Give our Business Office a call at **541.240.8745**.

## NEW YEAR'S EVE SOBRIETY POWWOW

It was wonderful to see the community gathered for dancing, weaving baskets, participating in the cake walk and sobriety countdown. **Huge thank you to the donors for the amazing prizes!**

- Átawishamataš Program
- Arrowhead Travel Plaza
- Bi-Mart
- Big Johns Pizza
- Cayuse Holdings
- Country Charm Creations
- D&B Supply
- Dutch Bros Coffee
- Great Pacific
- Hines Meat
- Iron Birdie Golf
- Joes Fiesta
- Moe Mart
- Moe Pho
- Moe's Tea
- OMG Burgers
- Pendleton Bottling Co.
- Pendleton Round-Up
- Safeway
- Sorbenots Coffee
- Walmart
- Wildhorse Resort & Casino



**JOIN US!**

**YELLOWHAWK 5th ANNUAL CAREER FAIR**

**8 AM - 12 PM**

**4.15.25**

Open to Middle School, High School, & current College students.  
Yellowhawk & College Booths!

**MORE INFORMATION**

**Tramaine Moses**  
TramaineMoses@yellowhawk.org | 541.240.8509  
46314 Timine Way, Pendleton, Oregon 97801

**YELLOWHAWK**  
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Heart Healthy

# FIESTA STUFFED PEPPERS

## INGREDIENTS:

- 6 bell peppers, tops cut off and seeds removed
- 1 cup dry (uncooked) quinoa
- 2 cups vegetable broth
- 1 cup black beans, drained and rinsed
- 1 cup corn kernels
- ½ cup diced tomatoes (canned, drained)
- 2 teaspoons ground cumin
- 2 teaspoons chili powder
- 1 teaspoon onion powder
- 2 teaspoons garlic powder
- ½ teaspoon salt
- ¼ teaspoon pepper (or to taste)
- 1 cup shredded cheese (optional)

## DIRECTIONS:

1. Preheat oven to 375°F.
2. In a medium saucepan, bring quinoa and vegetable broth to a boil on medium-high heat.
3. Once boiling, reduce heat to low and simmer until quinoa is fully cooked and fluffy and there is no liquid remaining, about 15 minutes.
4. While quinoa is simmering, combine the black beans, corn, diced tomatoes, cumin, chili powder, onion powder, garlic powder, salt, and pepper.
5. Add the cooked quinoa to the bowl and mix thoroughly.
6. Stuff each bell pepper with the quinoa mixture and place in a baking dish.
7. If using cheese, sprinkle it on top of the stuffed peppers.
8. Cover the baking dish with foil.
9. Bake for 25-30 minutes, or until the peppers are tender.
10. Remove the foil and bake another 10-15 minutes until the tops are slightly browning.

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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## FATHERHOOD/MOTHERHOOD IS SARED®

### PRESENTED BY PUBLIC HEALTH, ÁTAWIŠAMATAŠ PROGRAM

Classes begin on **February 18** from **5 - 7 pm**. The Átawišamataš Program is inviting ALL community members to register to attend these classes. This class is not specifically for fathers and mothers, but can include guardians, aunts, uncles, grandparents, or older siblings raising younger siblings. These classes are created and designed by *Native American Fatherhood & Families Association (NAFFA)*, specifically for caregivers using a Native American approach.

The goal of the program is to strengthen families through responsible parenting. NAFFA teaches caregivers to connect with their heritage as they become actively involved in the lives of their families. There will be two celebrations to acknowledge the classes milestones of the course.

- **Session 1:** Introduction to the Program
- **Session 2:** Laying the Foundation
- **Session 3:** The Creator
- **Session 4:** Choice
- **Session 5:** Essential Part of Choice
- **Session 6:** Teachable
- **Session 7:** Barriers to Being Teachable
- **Session 8:** Wisdom
- **Session 9:** Service
- **Session 10:** Self Identity
- **Session 11:** Relationships
- **Session 12:** Nurturing Celebration!

**\*Class dates will be announced & are subject to change!**

**Must attend all 12 classes | Make up opportunities for missed classes available.**

Please join us on this amazing journey to explore ideas and solve problems within families and communities.

**Thank you for your commitment to a 12 course class.** Participants must attend all 12 classes to receive their certificate.

**REGISTER NOW!**

**maternalchildhealth@yellowhawk.org or 541.240.8697**

**Childcare and/or transportation available upon request. Dinner included!**



Native American Fatherhood  
& Families Association



Yellowhawk Tribal Health Center | 46314 Timíne Way | Pendleton, OR 97801 | 541.966.9830 | [www.yellowhawk.org](http://www.yellowhawk.org)

**NEWSLETTERS CAN BE FOUND AT [YELLOWHAWK.ORG/NEWSLETTER](http://YELLOWHAWK.ORG/NEWSLETTER)**