



**YELLOWHAWK**  
TRIBAL HEALTH CENTER

# TAUTS TUM TINE NEWSLETTER



MARCH, 2025



TRIBAL HEALTH COMMISSION



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## PROTECTING CHILDREN FROM POISONING

*Information gathered from Consumer Product Safety Commission (CPSC)*

Unintentional poisoning deaths among children under five have sadly increased by **66%**. This alarming rise is largely linked to drugs and other harmful substances. In just one year, deaths in this category nearly doubled, increasing from **33 in 2021** to **59 in 2022**.

As we observe National Poison Prevention Week (**March 16-22, 2025**)— celebrating 63 years —the urgency to address these risks has never been greater. Pediatric poisoning deaths in the U.S. have steadily risen since 2019, following a historic low of **17 deaths in 2018**, the lowest recorded since the *Consumer Product Safety Commission* (CPSC) was established in 1972.

Beyond fatalities, emergency department visits for poisoning-related injuries in children under five also increased— with an estimated **68,600 cases in 2022**, up nearly **10%** from 2021. With nearly **70%** of poisonings occurring in the home, CPSC urges families and caregivers to identify potential hazards and ensure dangerous substances are stored securely—**out of sight and reach of children**. Prevention is key to keeping our children safe.

### Safety Tips for Parents and Caregivers

Over the Counter and Prescription Medications:

- Store all medications in a locked cabinet or box, out of children’s reach.
- Keep medicines in their original child-resistant containers; never transfer them to unsecured containers.
- Properly discard any unfinished or unused medications. **Yellowhawk patients can safely dispose of unused medications in our BLUE drug return receptacle located by the Pharmacy.**

Laundry Packets:

- Store laundry packets in their original containers, out of children’s sight and reach.
- Never allow children to handle laundry detergent packets.

Household Cleaning Supplies:

- Store chemicals and cleaning supplies in a locked cabinet or box, out of children’s reach.
- Keep household chemicals in their original child-resistant containers.

Button Cell or Coin Batteries:

- Keep products with accessible batteries away from children if the battery compartment lacks a screw closure or is damaged.
- Check household toys to ensure battery compartments are securely fastened.
- Never allow children to play with or handle button cell or coin batteries.

**Be Prepared,  
Save the Poison  
Help Line  
1-800-222-1222**

**Poison Help is Here for You.**

### **POISON HELP IS AVAILABLE 24/7**

If you suspect poisoning or need guidance, call the Poison Help Line at **1.800.222.1222**.

Save the number in your phone today! Quick action can save a *life*.



# TIPS FOR USING PURCHASED REFERRED CARE (PRC)

**NOTIFY:** You need to tell your Referral Coordinator about **each and every appointment** and get a new authorization each time.

**72-HOUR NOTIFICATION:** Contact PRC within 72 hours of any/all emergency room or urgent care visits.

**UNDERSTAND INSURANCE:** If you have insurance, PRC can only pay after your insurance. Present your insurance cards at each and every visit.

**UPDATE INFO:** You must update your info yearly or if anything changes, like your name, address, or insurance. You can do this with any of the Eligibility Coordinators at check-in.

**BILLING STATEMENTS:** Please bring or drop off any billing statements to PRC staff or place them in the PRC drop box for timely processing.

## Purchased Referred Care Staff:

Cassie Hall - 541.240.8737 | Laurie Alexander - 541.240.8738 | Talia McLaughlin - 541.240.8739



# MARCH IS NATIONAL NUTRITION MONTH®

**National Nutrition Month®** is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

This year's theme is "**Food Connects Us.**" Food is a connecting factor for many of us. Food connects us to our *cultures*, our *families* and our *friends*. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.



*Information gathered from Academy of Nutrition and Dietetics and Indian Health Service*

Good nutrition is vital to healthy growth, development, and wellness throughout the lifespan. Healthy eating reduces the risk of chronic diseases, such as obesity, diabetes, heart disease, and some cancers. Healthy eating means consuming nutrient-dense foods and beverages from all food groups, including traditional foods.

For more detailed information on nutrition, healthy eating, and dietary guidelines, visit the official website of the Academy of Nutrition and Dietetics at [www.eatright.org](http://www.eatright.org).

# MARCH IS NATIONAL SOCIAL WORKER MONTH

**Clinical Social Work** is a **specialty** practice area of social work which focuses on the assessment, diagnosis, treatment, and prevention of mental illness, emotional, and other behavioral disturbances. Clinical Social Workers provide individual, group and family therapy. Social workers who provide these services are required to be licensed or certified at the clinical level in their state of practice.



People enter the social work profession because they genuinely care about other people. However, social workers have the education, training, and expertise to empower people so they can live to their full potential.

Yellowhawk recognizes the important work our Clinical Social Workers do for the community. Thank you Behavioral Health Team for your hard work and dedication!

- **Cindy Cecil, LCSW**
- **Joy Garcia, LCSW,**
- **Andrea Dunlap, CSWA**
- **Julie Brandenburg, LCSW**
- **Becky Greear, LCSW**
- **Amy Ashton-Williams, LCSW**
- **Andrew Laffie, CSWA**
- **Keri Kusbesh, CSWA**

**Compassion + Action = Social Work**





## UPCOMING EVENTS

- Mar. 1 Fun Run Logo Contest Ends
- Mar. 4 Fatherhood/Motherhood is Sacred
- Mar. 12 Nutrition Education
- Mar.16-22 Poison Prevention Week
- Mar. 17 Men's Talking Circle
- Mar. 17 CHR Wellness Table
- Mar. 18 Diaper/Pull-Up Distribution
- Mar. 18 Fatherhood/Motherhood is Sacred
- Mar. 19 Diabetes Education & Support
- Mar. 20&21 Beyond Addiction Group
- Mar. 20 Healthy Cooking Class
- Mar. 21 Sobriety is BAAD Recognition & Dinner
- Mar. 22-28 BAAD Tournament Prevention Classes
- Mar. 24 Men's Talking Circle
- Mar. 25 Family Fun Night & Community Resource Fair
- Mar. 26 CHR Wellness Table
- Mar. 28 New Years Rez Challenge Ends



## 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

### SAVE THE DATE

- Blood Drive - April 25
- Empowering Our Youth Powwow - May 7
- Fun Run - May 17

DO YOU HAVE RESOURCES OR SERVICES TO OFFER? SIGN UP FOR A RESOURCE BOOTH AT THE QR CODE!

## SPRING BREAK FAMILY FUN NIGHT & COMMUNITY RESOURCE FAIR

**FREE & OPEN TO THE PUBLIC!**

WILDHORSE RESORT & CASINO  
CAYUSE ROOM

3:00 - 8:00 PM

## ACTIVITIES

- Community Resource Booths
- Bouncy House
- Youth Activities & Games

In collaboration with the Umatilla County Tobacco Coalition

JAY STANLEY, TRIBAL TOBACCO PREVENTION PROGRAM COORDINATOR  
541.240.8575 OR JACINTHASTANLEY@YELLOWHAWK.ORG

Honor the SACRED  
Atamaysa anatiun iwa awtni

## HAVE YOU GOT A CALL FROM ELIGIBILITY COORDINATOR FROM YELLOWHAWK?

Yellowhawk is required to show documentation that each patient is eligible for services. Yellowhawk has been auditing charts for several months and continues to have incomplete patient charts.

The Federal Government requirements for each chart includes Tribal picture identification or Certificate of Enrollment, and a copy of the patients' social security card.

There also may be times when a copy of a State Birth Certificate may be requested. The Eligibility Coordinators have sent numerous letters and are making phone calls to those that have deficiencies in their charts. We would appreciate your quick action if you get a letter or phone call.



### Contact Info:

- Tyler Rodriguez - 541.240.8746
- Sharon Johnson - 541.240.8622
- Aubry Woods - 541.240.8527

## YELLOWHAWK FITNESS CLASSES CANCELED SPRING BREAK WEEK

# MARCH 22-28, 2025

- WATER AEROBICS
- LUNCH-TIME FITNESS CLASS
- SENIOR CENTER GROUP FITNESS

FOR MORE INFORMATION CONTACT PH FRONT DESK AT 541.240.8697



# POPEYE'S SUPER SMOOTHIE

Spring Greens

## INGREDIENTS:

- 1 cup unsweetened almond milk (or water or other milk of choice)
- 1/2 cup plain Greek yogurt
- 1 teaspoon honey or maple syrup (optional)
- 3 cups loosely packed baby spinach or kale leaves
- 1 medium frozen banana
- 1 small apple or pear, cored and sliced
- 1 cup frozen pineapple chunks

Optional add-ins: 1/2 cup frozen berries, 1/2 juiced lemon, ice cubes, 1 Tbsp. chia seeds, 2 Tbsp. ground flax, 1-2 Tbsp. nut butter or vanilla protein powder.

## DIRECTIONS:

1. Place ingredients in blender in listed order (softest to hardest).
2. Cover with blender lid and blend until smooth. If your blender isn't blending easily, you may have more success by using the pulse feature. Pulse 3-4 times, stir, cover and pulse another 3-4 times. Repeat until smooth. Add more milk or water as needed to achieve desired consistency. Ice can be added to make the smoothie thicker if desired.
3. Serve immediately.
4. If you prefer to drink this smoothie at a later time, you can store in refrigerator for up to 3 days. The ingredients will settle and separate, and you will end up with a more liquified smoothie. Shake or re-blend to reincorporate ingredients.

Makes 3 servings. Nutrition Facts per serving (with chia seed add-in): 171 Calories, 2.7gm Total fat, 0gm Saturated fat, 98 mg Sodium, 33gm Total Carbohydrate, 6 gm Fiber, 4 gm Added Sugar, 7 gm Protein, 884 mcg Vit A, 38mg Vit C, 278 mg Calcium, 2.2mg Iron, 526 mg Potassium



For nutrition questions or additional recipe ideas, please contact:

Dusty Dressler, RDN  
DustyDressler@yellowhawk.org  
541.240.8524



YELLOWHAWK  
TRIBAL HEALTH CENTER

## ARE YOU PREPARED FOR POTENTIAL FLOODING?

### AS WARMER WEATHER APPROACHES, THE RISK OF SERVE FLOODING MAY HAPPEN IN OUR AREA.

Make a plan for your home, so everyone knows what to do, where to go, and the plan to protect yourselves from flooding. Don't forget to include your pets!

#### Remember your Emergency Preparedness Backpacks!

- Water and non-perishable food for several days
- Flashlight and extra batteries
- Whistle to signal for help
- Dust mask or face mask
- Waterproof Poncho
- Emergency Survival Blanket
- First Aid Kit



#### Add to your Emergency Preparedness Backpacks:

- Prescription medication list
- Infant formula, diapers, feminine supplies and personal hygiene products
- Pet food, water and supplies for your pet
- Copies of important family documents (insurance policies, list of emergency phone numbers and identification) in a waterproof container
- Cash and change
- Complete change of clothing for each member
- Paper, pencils, books, games, puzzles or other activities for children
- Extra cell phone battery or charge

#### Precautions to take during floods:

- Evacuate low laying areas if advised by authorities
- Disconnect and place electrical appliances above ground level
- Boil water before drinking or use chlorinated water
- Avoid food that may have come in contact with floodwater
- Avoid walking or driving through flooded areas

Refer to your Incident Command Guide for further knowledge about flood safety and other possible threats!



Follow CTUIR and Yellowhawk social media pages and websites for updates.



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

NEWSLETTERS CAN BE FOUND AT YELLOWHAWK.ORG/NEWSLETTER