



YELLOWHAWK
TRIBAL HEALTH CENTER

TAUTS TUM TINE NEWSLETTER



APRIL, 2025



TRIBAL HEALTH COMMISSION



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APRIL IS STRESS AWARENESS MONTH

*Information gathered from the **National Institute of Mental Health** and the **American Institute of Stress***

What is stress? According to the National Institute of Mental Health, stress is the body's physical or mental response to an external cause, such as work pressure or illness. Stressors can be short-term or long-term, and prolonged exposure can lead to serious health issues.

Signs of Stress:

- Excessive Worry
- Tension
- Headaches
- Loss of Sleep
- Body Pain
- High Blood Pressure



It is important to create a practice to help manage stress. Here are some common ways to reduce and manage stress in your daily life:

- Learn what causes or triggers your stress
- Keep a journal
- Identify and challenge your negative thinking patterns
- Engage in hobbies and events that are enjoyable
- Use a relaxation or mindfulness app
- Regular exercise
- Healthy eating habits
- Create and stick to a sleep routine
- Avoid drinking excessive caffeine
- Reach out to friends and family members for support

*The **American Institute of Stress** (2025), recommend using quick relaxing techniques throughout your day, even if just for a few minutes. These techniques include:*

- Meditate
- Deep breathing
- Practice mindfulness
- Recognize and release tension
- Listen to music
- Splash cool water on your face and pulse points
- Spend time in sunlight
- Take a short walk
- Chew gum
- Visualize your goals
- Massage your hands
- Stretch
- Spend time alone or with a pet
- Look outside
- Enjoy citrus scents
- Laugh—watch a funny video or talk with loved ones



If you are struggling to cope with the symptoms of your stress, you may want to speak with a professional. Contact your medical and/or mental health provider to discuss treatment options.

If your distress is immediate, or you are thinking about hurting yourself, call **988**.

If you are not in a crisis, and need to talk with someone, Yellowhawk Behavioral Health offers a **Community Warm Line** that is run by peers who have lived experience with behavioral health disorders. The Warm Line is a confidential, free phone services, that is intended to offer support. The Warm Line is available *24 hours a day, 7 days week, 365 days a year*. Please call **541.969.0010** to talk with a trained peer.

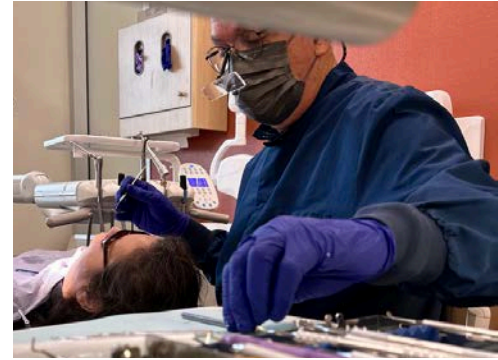
APRIL IS ORAL CANCER AWARENESS MONTH

Information gathered from the [American Dental Hygienist Association™](#)

ORAL, HEAD, AND NECK CANCER IS ON THE RISE

The American Cancer Society most recently estimates about 58,450 new cases and 12,230 deaths in the United States in 2024 from oral cavity and oropharyngeal cancer. HPV related oropharyngeal cancer has risen over the past two decades, while oral cancer linked to tobacco and alcohol use had declined over the same time period.

Early detection of oral cancer can decrease morbidity and increase long-term survival. Call Yellowhawk Dental today at **541.240.8698** for an appointment!



NATIONAL PUBLIC HEALTH WEEK

Information provided by **Michael Erickson, PH Assistant Director**

30 Years of National Public Health Week is upon us, taking place **April 7–13**. This year's theme, "It Starts Here," highlights 5 key focus areas: *Your Health Starts Here, Climate Action Starts Here, Health Equity Starts Here, Advocacy Starts Here, and The Future Starts Here*. These "Start Here" statements reflect the responsibility that Yellowhawk's Public Health Department holds in serving our patients and the Tribal community.

As a department, we strive to provide essential health services such as vaccinations, health education, dietitian support, and more. We address the challenges of climate change by working with the state and Tribe to bring in air conditioners and air filters during extreme heat or wildfire seasons to help protect community health.

Health equity is central to our work, ensuring that all individuals have access to the resources and opportunities available through Yellowhawk. Advocacy is a critical, though often unseen, part of what we do—we consistently advocate at all levels of government to support and improve Tribal public health.

Looking toward the future, we engage Tribal youth through Yellowhawk's Summer Youth and Internship Program to foster interest in public health careers. We also collaborate with nursing schools across the state to host students for rotations focused on Tribal public health.

Yellowhawk Public Health is honored to serve our community. If you have any questions about our work, please feel free to contact us at **541.240.8697**.



REFERRALS TO OUTSIDE SPECIALIST

When a patient needs care that cannot be acquired at Yellowhawk, a referral will be generated from your healthcare provider.

WHAT TO EXPECT:

- After completing the assessment with your provider, your provider will start an order (referral).
- *Referral Coordinator* (RC) receives a referral, they will send you a letter with information about the specialty and the referral process. Please make sure your address is up-to-date with the *Eligibility Coordinator* (EC).
- The RC works with outside specialists to give you pertinent records.
- Many specialists want to schedule directly with patients, ensure your phone number is current with the EC.
- All specialist appointments for follow-up or testing must be sent to RC for an authorization to be sent to that specialist prior to your appointment.

Do you have questions? Give our Business Office a call at **541.240.8747**.



SUICIDE PREVENTION MONTH



UPCOMING EVENTS

- Apr. 3 Elders Garden Guild Starts, Weekly
- Apr. 7 Men's Talking Circle
- Apr. 7 Cancer Convo
- Apr. 7-13 National Public Health Week
- Apr. 8 CHR Wellness Table
- Apr. 15 Yellowhawk Career Fair
- Apr. 15 FIS/MIS is Sacred
- Apr. 16 Diabetes Education and Support
- Apr. 17 CHR Wellness Table
- Apr. 21 Men's Talking Circle
- Apr. 23 CHR Wellness Table
- April. 23 Free Your Freezer for Gathering Season
- Apr. 25 Blood Donation Drive
- Apr. 29 FIS/MIS is Sacred
- Apr. 29 QPR Training
- Apr. 30 Learn How To Pickle Asparagus
- Apr. 30 Yellowhawk Scholarship Deadline

BLOOD DRIVE

SCAN ME



PHYSICAL WELLNESS OPPORTUNITIES

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

- Empowering Our Youth Powwow - May 7
- Fun Run - May 17

SAVE THE DATE

American Red Cross
Give blood. Help save lives.

DONATION DRIVE

APRIL 25 10 AM TO 3 PM

Yellowhawk Laxsimwit Conference Room

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



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PURCHASED REFERRED CARE DENIALS AND APPEALS

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

- Ineligibility due to failure to prove American Indian/Alaska Native descent.
- Ineligibility due to not residing within the Yellowhawk Service Area.
- Refusal to apply for and/or use alternative insurance.
- Visiting an Emergency Room (ER) or Urgent Care for non-emergent services; failure to notify Yellowhawk within 72 hours of the ER visit; or failure to follow up with a healthcare provider as requested after the ER visit.
- Failure to provide required documents to Yellowhawk (e.g., proof of insurance or other necessary documents).
- Failure to obtain preauthorization for services from 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 on the denial letter. Your appeal should explain why you believe the healthcare visit should be covered and include any relevant circumstances that should be considered.

Yellowhawk's Purchased Referred Care staff are available to assist patients in writing appeal letters. Please include all relevant supporting documentation with your appeal.

TALIA MCLAUGHLIN - 541.240.8739 | LAURIE ALEXANDER - 541.240.8738 | CASSIE HALL - 541.240.8737

High Protein Veggie Dip

COTTAGE CHEESE DIP

INGREDIENTS:

- 2 cups low-fat cottage cheese (choose low sodium version if available)
- 1-2 Tablespoons low-fat or fat free milk
- ½ teaspoon dried dill
- ¼ teaspoon onion powder
- ¼ teaspoon garlic powder
- 1 Tablespoon fresh minced chives or 1 teaspoon dried chives
- ½ cup chopped radishes (about 8-10 radishes)
- ¼ teaspoon salt
- ⅛ teaspoon black pepper (to taste)

DIRECTIONS:

1. Combine cottage cheese and milk in food processor, pulse for 30 seconds, repeat pulsing until dip is completely smooth. Add more milk as needed for desired consistency. If food processor is not available, a stick blender or regular blender would also work. This recipe is also great simply stirred together without blending if you prefer the whole curds of cottage cheese.
2. Add seasonings and minced radish as desired. Stir until thoroughly mixed.
3. Serve immediately or keep refrigerated until ready to serve. Keep leftovers refrigerated in air-tight container for up to 3 days.
4. Enjoy with fresh vegetables.

Makes approximately 5 servings

NUTRITION:

Per each ¼ cup serving – Calories 95kcal | Carbohydrates 4gm | Fiber less than 1gm | Protein 12gm | Fat 2gm | Cholesterol 15mg | Calcium 110mg | Sodium 200-500mg | Potassium 140mg |



For nutrition questions or additional recipe ideas, please contact:

Dusty Dressler, RDN
DustyDressler@yellowhawk.org
541.240.8524



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K'USIINMÍ TAWTNÚKT "HORSE MEDICINE" PROGRAM

CULTURE IS PREVENTION | RECOVERY | WELLNESS

K'usiinmí Tawtnúkt "Horse Medicine" is a weekly group offered through Yellowhawk Behavioral Health. This program is designed to connect—or reconnect—people with horses. The connection alone brings a sense of identity back to us. This group focuses on experiencing and feeling the power of Horse Medicine—something no book can fully describe and that will be unique for each participant.

In the beginning, we learn about the Cayuse horses, how our people were introduced to horses, and how we bred one of the most remarkable horse breeds for work and travel. We also cover basic horse anatomy for safety.

Participants get to know the horses in the program—**Sundance** and **Sundown**, both Nokota horses. They are descendants of *Sitting Bull's* horses, brought from Fort Yates, North Dakota.

During Horse Medicine, we explore the teachings of the horse, including the concept of the seven directions, and recognize that the horse is more of a spiritual being than we are. Horses are willing to carry our burdens, which we honor in an activity called *Approaching the Horse as Your Creator*.

We feed, groom, and spend quality time with the horses, share stories, and check in with each other during a talking circle. Participants also take on arena duties, giving back to the horses in gratitude for all they offer us.

As the group concludes, we explore ways for participants to continue their horsemanship journey through community resources.

Register with Behavioral Health counselors or mentors. This program is available to Yellowhawk patients from **April** to **November**.

For more information, contact the Behavioral Health department at **541.240.8670**.



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

NEWSLETTERS CAN BE FOUND AT YELLOWHAWK.ORG/NEWSLETTER