YELLOWHAWK TRIBAL HEALTH CENTER

TAUTS TUM TINE NEWSLETTER

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JUNE, 2025

TRIBAL HEALTH COMMISSION

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JUNE IS ELDER ABUSE AWARENESS MONTH

Information gathered from World Elder Abuse Awareness

June is *Elder Abuse Awareness Month*, and each year on ***June 15th,*** we observe *World Elder Abuse Awareness Day* (*WEAAD*) both in the United States and around the world. WEAAD raises awareness about the millions of older adults who experience *abuse*, *neglect*, and *financial exploitation*. It is estimated that as many as ***1 in 10*** older Americans are abused or neglected each year, yet only ***1 in 14*** cases ever come to the attention of authorities.

Older Americans are vital, contributing members of our society. Their abuse or neglect diminishes us all. WEAAD reminds us that in a just society, we each have a critical role to play in supporting Elder justice.

In recognition or this important month, *Yellowhawk's Nicht-Yow-Way Senior Center*, *Family Strength Program*, *CTUIR Family Violence*, *CTUIR Tribal Police*, *Aging and People with Disabilities*, and *Cayuse Digital Solutions* are coming together throughout June to raise Awareness about Elder abuse. Topics will include how to recognize signs of abuse and how Elders can be taken advantage of, including through online scams.

JUNE EVENTS AT THE SENIOR CENTER:

- ***Elder Abuse Walk & Crazy Purple Contest***
  - *Date & Time:* June 4th at 1 PM
  - *Crazy **Purple** Contest:* Person with the best, crazy **purple** outfit will win a prize!
- ***Lunch Speakers***
  - *Date & Time:* June 10th at 11:30 AM
  - *Speakers:* Yellowhawk Assisters
- ***Lunch Speakers***
  - *Date & Time:* June 17th at 11:30 AM
  - *Speakers:* CTUIR Tribal Police
- ***Ice Cream Social & Rock Painting***
  - *Date & Time:* June 20th at 1 PM
  - *Ice Cream Social:* Rock painting and flower planting in Elder Garden.
- ***Lunch Speakers & Community Smudge***
  - *Date & Time:* June 24th at 11:30 AM
  - *Speakers:* Leo Wallahee, Digital Navigator & Yellowhawk Family Strength Program

We hope you'll join us for these events and be part of raising awareness. Let's come together to protect our Elders and help stop Elder abuse. We recognize this is a sensitive topic, as it concerns one of the most valuable and vulnerable parts of our community - our Elders. A *Community Smudge* led by Yellowhawk Family Strength Program will follow lunch at the Senior Center on *June 24th*.

Need help or know someone who does? *If you or someone you know is experiencing Elder abuse, contact Eldercare Locator at **1.800.677.1116** or visit **eldercare.acl.gov**. If someone is in immediate danger, call **911** or Tribal Dispatch at **541.278.0550**.*

JUNE IS CATARACTS AWARENESS MONTH

Information provided by Dr. Daniel Creviston, Optometry Manager

One of nature's most breathtaking sights is a clear river turning frothy white as it tumbles over a sheer cliff face, forming a waterfall. The Romans called this clouding of water "***cataracta***" —a term that's still used in some places to mean waterfall. Early scientists, observing a similar clouding in the aging eye, borrowed the term cataract to describe the condition they believed was caused by a frothing or thickening of fluid inside the eye.

Our current understanding of *cataracts* has advanced significantly. We now know that cataracts—clouding of the eye's natural lens—are a normal part of aging. Many people in their **50s**, **60s**, and **70s** begin to notice symptoms: *difficulty seeing at night, increased sensitivity to light, or needing more light for reading and detailed tasks*. As cataracts progress, they gradually reduce the overall clarity of vision.

Certain risk factors can cause cataracts to develop earlier, including *diabetes*, a history of *smoking*, or *prolonged exposure to sunlight* without UV protection.

At your comprehensive eye exam at Yellowhawk, you'll be screened for cataracts. If necessary, our optometrists can refer you to trusted cataract surgeons nearby to ensure you receive the care you need. *Call Optometry at **541.240.8565** to schedule your appointment!*

BEYOND GRADUATION!

Yellowhawk understands you are busy getting ready to either attend a higher education facility or possibly diving into work. Please visit the Eligibility Coordinators as soon as you turn 18 years old to ensure you know the full range of your patient benefits at Yellowhawk.

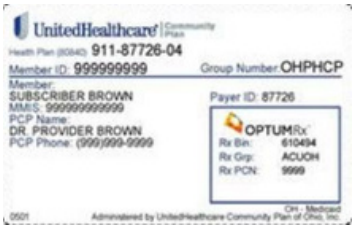
We can't wait to meet you and help ensure your paperwork is complete!

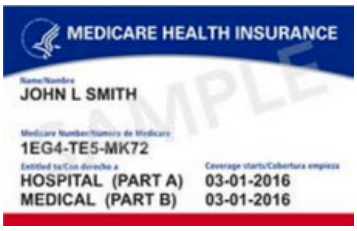
Eligibility Coordinators Info:

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

WHAT IS A HEALTH INSURANCE CARD?

A *health insurance card* is a valuable wallet size card that contains the information you will need to utilize your health insurance plan effectively. Exactly what is contained on the card will vary by insurance company and plan. However, in any case, this is a piece of information you will want to keep as safe as any credit card or photo identification.





WHAT INFORMATION MAY BE CONTAINED ON A HEALTH INSURANCE CARD?

Some information will be standard on all cards, but most will vary depending upon your health insurance provider. Information typically contained on health insurance cards will include:

- *Your Name*
- *Insurance Company Name and Contact Information*
- *Your Policy Number*

Depending on your company and policy, your card **may** also contain any or all of the following:

- *Group number if your health plan is provided through your employer*
- *Co-pay information*
- *Primary Care physician's name*
- *Name of plan enrollee (if different from yourself)*
- *Number to contact for prior authorization of services or if admitted to a hospital*
- *Dental or Vision information plan*
- *Prescription drug plan information - Look for the Rx symbol*

Please present your insurance card at **each** and **every visit**!

Talia McLaughlin 541.240.8739 | Laurie Alexander 541.240.8738 | Cassie Hall 541.240.8737

UPCOMING EVENTS

Jun. 3 FIS/MIS is Sacred
Jun. 4 Elder Abuse Awareness Walk
Jun. 5 Men's Talking Circle
Jun. 9 Yellowhawk Closed for Treaty Day
Jun. 10 Elder Abuse Awareness Talk
Jun. 12 Youth Cooking Class
Jun. 17 CHR Wellness Table
Jun. 17 Elder Abuse Awareness Talk
Jun. 18 Diabetes Education & Support
Jun. 18 CHR Wellness Table
Jun. 18 FIS/MIS is Sacred
Jun. 19 CHR Wellness Table
Jun. 20 Elder Abuse Awareness Ice Cream Social
Jun. 24 Elder Abuse Awareness Talk & Smudge
Jun. 26 WIC Farmers Market Coupon Distribution
Jun. 26 Huckleberry Jam Preservation Workshop
Jun. 27 Farmers Market Shuttle
Jun. 30 Men's Talking Circle

SCAN FOR 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
Beyond Addiction Group (WED) - 10 AM
Thursday Elders Garden Guild - 9 AM
Thursday Senior Fitness Class - 10 AM
Beyond Addiction Group (TH) - 1 PM

SAVE THE DATE

Scholarship Golf Scramble - July 11

JUNE IS MEN'S HEALTH MONTH - TAKE TIME FOR YOU!

Information provided by Mick Schimmel, CHR

At Yellowhawk Tribal Health Center, we recognize June as *Men's Health Month* - a time to raise awareness about the unique health challenges faced by Native men and encourage wellness through prevention, early detection, and regular care.

Many men, especially in Tribal communities, may delay seeking help for physical or mental health concerns. This month is a reminder that care of your health is not only an individual responsibility but also a way to honor your family, community, and culture. Whether it's getting your blood pressure checked, scheduling a diabetes screening, or talking to someone about stress or depression, every step toward wellness matters!

Let's break the silence around men's health and support each other in living strong, balanced lives. **Wear blue this month** to show support and reach out to Yellowhawk for services that can help you or a loved one take charge of your health.

Your wellness is your strength - and your strength uplifts us all! Call Yellowhawk at ***541.969.9830*** to schedule your appointment.

CONTAINER BELONGING FOR LIFE

Waq́išwitmí Taatpamá (Wah-kish-with-ME tot-puh-MUH)

Information provided by Kila Solomon, PHEP Coordinator

"*Container Belonging For Life*," provides crucial medical information for emergencies, like the national "*Vial of Life*" program. We have adapted it into the Umatilla language but maintained the important acronym **LIFE**, which stands for **L**ifesaving **I**nformation **F**or **E**mergencies. This program helps individuals to keep their complete medical information easily accessible at home for emergency responders.

Quick access to medial history, medications, and emergency contacts is vital during a crisis, especially for older adults or those with complex medical conditions. This program is open to everyone!

Get your **FREE** magnetic protective sleeve and door decal from the Public Health front desk, one decal per household please. Instructions for completing your Container Belonging For Life:

1. Complete the form and print, double sided.
2. Fold (long side, "hotdog style").
3. Place the folded, completed form and any other vital documents in your magnetic protective sleeve.
4. Place magnetic protective sleeve containing the documents on your fridge for First Responders to have easy access.
5. Place decal onto our front door.

Contact *Public Health* for more information or questions at ***541.240.8697***. Extra medical forms can be found at ***https://yellowhawk.org/emergency-management/***

Farmer's Market Fresh

SPICY TUNA WRAP

INGREDIENTS:

- 2 - 5 oz. cans tuna, well-drained
- 2 medium tomato, sliced
- 2 cup baby spinach (or other leafy greens)
- ½ avocado, sliced
- ¼ cup green onions, chopped
- ½ cup corn (fresh, canned or frozen - thawed and drained)
- 4, taco-sized whole wheat flour tortillas

DRESSING:

- ½ cup plain Greek yogurt
- 1 teaspoon garlic powder
- ¼ teaspoon onion powder
- ½ teaspoon dried dill
- ½ teaspoon salt
- ½ teaspoon chipotle chili powder
- 1 teaspoon lemon juice

DIRECTIONS:

1. Combine ingredients for dressing in small bowl or jar with lid. Whisk or shake to combine thoroughly. Add water or milk as needed for desired consistency. Set aside or place in refrigerator until assembling wraps.
2. Lay out 4 tortillas on large cutting board or clean surface. Layer tomato, spinach, avocado, onions, corn and tuna on the center of each tortilla.
3. Drizzle approximately 1 Tbsp. of dressing over the tuna and vegetables on each wrap. Save excess dressing for dipping as desired.
4. Roll up each tortilla - fold in the sides and roll from the bottom to contain wrap contents.
5. Enjoy the wrap. Dip wrap in excess dressing if desired.

***Note:** Sour cream can be used in place of Greek yogurt. Try any vegetables you enjoy - slice or chop and add them to the wrap before drizzling dressing.

NUTRITION: Makes 4 servings
Per each wrap – Calories 249kcal | Carbohydrates 30gm | Fiber 8gm | Protein 21gm | Fat 6.3gm
Cholesterol 14mg | Calcium 163mg | Sodium 184mg | Potassium 529mg | Iron 2.1mg

For nutrition questions or additional recipe ideas, please contact:

Dusty Dressler, RDN
DustyDressler@yellowhawk.org
541.240.8524

YELLOWHAWK TRIBAL HEALTH CENTER

OVERDOSE ON THE RISE

Drug overdose are one of the leading causes of injury death in adults and have risen over the past several decades in the United States. Overdoses involving synthetic opioids (*fentanyl, for example*) and stimulants (*cocaine and methamphetamine, for example*) have also risen in the past few years (*CDC*).

Naloxone is an NDA approved medicine used to quickly reverse an opioid overdose and restore breathing.

Naloxone (*Narcan*) is safe! Even if Narcan is given to someone who is not experiencing an overdose, it will not harm them. You are protected. Oregon law protects anyone who gives naloxone in a good faith effort to reverse an opioid overdose.

1. Know The Signs Of Overdose

- Person is unconscious and cannot be woken.
- Person is not breathing or breathing very slowly with little to no chest movements or long pauses between breaths.
- Snoring or gurgling sounds.
- Lips or inside of mouth are blue or grayish in color.

2. Check For Response

- Shake person and shout, "Are you ok?"
- Grind knuckles into chest bone "Sternum Rub"
- Check for breathing.

3. Call 9-1-1

- Dial 911 and set phone to speaker while you move on to step #4.
- Tell operator that someone is not breathing.

4. Give The 1st Dose

- Place tip of nasal spray in nostril until fingers touch the bottom of the nose.
- Press plunger firmly to give dose.
- Check for breathing.

5. Breathe

- Start rescue breathing. If the person has not started breathing on their own, it crucial to start breathing for them.
- Check airway, tilt forehead back, life chin, pinch nose and give normal breath every 5 seconds for 30 seconds.
- Recheck breathing and restart cycle if the person is still not breathing.
- If not breathing after 3 minutes, give a 2nd dose of Narcan.

6. Recovery Position

- Roll the person over slightly onto their side, bend the top knee and place outside hand under their head.
- When first responders arrive, tell them that Narcan has been given.

CAUTION

*Narcan's effects are fleeting, lasting 30 to 90 minutes. Thereafter, opioids present in the person's system may precipitate a further overdose. It is essential to secure an additional dose of Narcan or confirm that **911** has been alerted with responders in transit.*