YELLOWHAWK TRIBAL HEALTH CENTER

TAUTS TUM TINE NEWSLETTER

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TRIBAL HEALTH COMMISSION

BE SAFE THIS SUMMER!

Information gathered from National Safety Month, U.S. Fire Administration, & CDC Severe Weather

Summer is here! Enjoy the sunshine and outdoor activities but remember to ***stay safe.*** Here are some important safety tips to keep in mind this summer!

Firework Safety Tips:

- Sparklers can reach scorching temperatures up to 2,000°F. This can cause severe burns.
- Do not use fireworks if you've been drinking alcohol or using drugs, as this can lead to dangerous situations.
- Anyone who is handling or nearby fireworks should wear protective eyewear to shield their eyes from sparks.
- Always light fireworks outside in a large area away from people, homes, and flammable items. Safety is the priority. Never point or throw fireworks at someone, as this can cause major injuries.
- Light only one firework at a time and back away to a safe distance after lighting it. Soak any used or unused fireworks in water for several hours before throwing them away to prevent any danger.
- It's smart to keep a bucket of water nearby to put out any fireworks that don't light properly or to handle emergencies. Remember, fireworks start an average of 19,000 fires each year, so be cautious and aware during celebrations.

Grill Safety: When grilling, always use propane, charcoal, or wood pellet grills outside. Using these grills indoors can cause serious dangers, such as fires and carbon monoxide poisoning. To keep everyone safe, especially children and pets, have individuals not assisting with the grill stay at least 3 feet away to prevent accidents.

Never leave your grill unattended while it's on, as this can lead to uncontrollable flames and dangerous situations. Make sure to clean your grill well after each use because leftover grease can create a fire hazard if not taken care of. Following these safety tips will help ensure a safe and enjoyable grilling experience for all.

Heat Safety: Extreme heat can bring serious risks, leading to heat-related illnesses and even fatalities. Vulnerable populations, such as older adults, young children, and individuals with chronic conditions, are at a higher risk. In the U.S., over 700 deaths occur annually due to extreme heat. Higher temperatures can also increase ozone levels, so it's important to check the Air Quality Index before planning outdoor activities, especially for those with respiratory issues. A great resource for checking the air quality is ***www.oregonsmoke.org***.

How to beat the heat this summer by taking these steps to protect yourself and your loved ones from extreme heat!

- Stay in an air-conditioned indoor location as much as possible.
- Drink plenty of fluids, even if you do not feel thirsty.
- Schedule outdoor activities carefully and in the cooler hours if possible.
- Wear loose, lightweight, light-colored clothing.
- Pace yourself.
- Use sunscreen with both UVA/UVB protection and a minimum SPF 15.
- Take cool showers or baths to help cool down.
- Check on friends or neighbors and have someone check on you.
- Never leave children or pets in cars.
- Stay updated with the local news for health and safety updates.

OUTSIDE PHARMACY

The last day of business for Pendleton's Rite Aid Pharmacy in Melanie Square was *Monday, June 16, 2025*. The phones are ringing, and staff are working hard to serve customers as the parent company has declared bankruptcy and is closing all stores. Rite Aid Pendleton pharmacy said those with prescriptions need to contact a new pharmacy and ask them to request Rite Aid's prescription records for that individual. It takes three to four days to complete the transfer of records. When calling the new pharmacy, give them the medication name and strength.

There are two pharmacies in Pendleton, Safeway Pharmacy and Walmart Pharmacy that you may also utilize, however ***Yellowhawk patients must utilize Yellowhawk pharmacy as primary***, if we do not have the medication available, an alternative pharmacy will be utilized.

Yellowhawk Pharmacy
541.240.8691
Hours: Mon, Wed - Fri: 8 AM - 5 PM
Tues: 10 AM - 5 PM
Closed daily 11:30 AM - 12 PM for lunch

Safeway Pharmacy
541.278.4285
Hours: Mon - Fri: 9 AM - 7 PM
Sat: 9 AM - 6 PM
Sun: 10 AM - 6 PM

WalMart Pharmacy
541.966.9971
Hours: Mon - Sat - 9 AM - 7 PM
Sun - 10 AM - 6 PM
Closed daily 1:30 PM - 2 PM for lunch

Yellowhawk patients please direct any pharmacy questions and or concerns to our pharmacy staff at ***541.240.8691***.

CONGRATULATIONS ON YOUR NEW EMPLOYMENT!

Depending upon which employer has hired you, your insurance benefits may have already begun or will begin in 90 days.

Please bring your insurance cards to the clinic as soon as you receive them in the mail, so our Eligibility Coordinators can ensure they are properly recorded and on file.

Eligibility Coordinators Info:

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

BEYOND ADDICTION WEEKLY SUPPORT GROUP

Information provided by James Rinehart, Chemical Dependency Clinical Manager

When a family member or a friend is struggling with addiction, it can be difficult to know how best to support them. One of the most important steps is understanding addiction and how if affects not only your loved ones but also you. Learning how to manage your own responses is key. Recognizing that there's no one-size fits all approach and that behaviors will vary from person to person.

It's normal for people with addiction to feel uncertain about change. Understanding this uncertainty and how to address it with compassion and patients can make a big difference. Becoming more self-aware helps you better understand your role in the recovery process. Your actions and behaviors can significantly influence how your loved one sees themselves in their addiction.

Practicing self-compassion is also crucial. Taking care of yourself emotionally can help you better navigate the ups and downs of supporting someone through recovery.

Finally, open and honest communication is vital. Having those difficult conversations with empathy and understanding can help shape more positive outcomes. Your support and approach can be powerful tools in helping your loved ones move forward.

Join us in the *Yellowhawk Behavioral Health Group Room* on ***Wednesdays from 10 - 11 AM*** and ***Thursdays from 1 - 2 PM***. For more information, contact James Rinehart at ***541.240.8680***.

UPCOMING EVENTS

July 1	CHR Wellness Table
July 1	Fatherhood/Motherhood is Sacred
July 4	Closed for Independence Day
July 7	Men's Talking Circle
July 8	Indian Lake Day Trip
July 9	Co-Ed Youth Basketball Camp
July 9	Pins & Pizza
July 10	Jubilee Lake Day Trip
July 10	WIC Farmers Market Coupon Distribution
July 11	Scholarship Golf Scramble
July 11	Farmers Market Shuttle
July 15	Jubilee Lake Day Trip
July 15	CHR Wellness Table
July 16	Diabetes Education & Support
July 21	Men's Talking Circle
July 24	WIC Farmers Market Coupon Distribution
July 24	Healthy Cooking Class
July 25	Farmers Market Shuttle
July 31	Head Start Physicals

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

CLOSURE

Friday, July 4, Independence Day

FARMER'S MARKET COUPON DISTRIBUTION - JULY 10 & 24

Information provided by Chelsey Minthorn, Diabetes Program Manager

Join us for nutrition education classes focused on making the most of what's available to you. Including purchasing fruits and vegetables that are in season and discussing ways to use fresh produce.

WIC OREGON

Important: WIC participants must be current at all appointments prior to attending the session and receiving their Farmers Market Coupons.

*If you have questions or if you are unsure if you are up to date, contact Alisa Portley-White at **541.240.8521**.*

FARMER'S MARKET SHUTTLE JULY 11 & 25

The Farmer's Market Shuttle is available to all Yellowhawk-eligible participants and their families. Staff will provide transportation to and from the market and assist with carrying your produce to the vehicle.

Each participant will receive a $5 Farmers Market token, while supplies last—courtesy of the Yellowhawk Tribal Tobacco Prevention Program.

*If you have any questions or would like to RVSP for any of the dates, contact Chelsey Minthorn at **541.240.8443** or **541.215.5273 (text).***

Crunchy & Fresh GARLIC DILL REFRIGERATOR PICKLES

INGREDIENTS:

- 1 cup white vinegar (or apple cider for a different flavor)
- 1 cup water
- 1 Tbsp. kosher salt
- 1 Tbsp. sugar (optional but helps with balance)
- 1 tsp. mustard seeds (optional)
- 1 tsp. whole black peppercorns
- 3-5 cucumbers (Kirby or Persian work best but any variety will work)
- 4-6 garlic cloves (Add more or less depending on how garlicky you want it to be)
- 4 sprigs of fresh dill (or 2 tsp. dried dill)
- ½ tsp. red pepper flakes (optional)

DIRECTIONS:

1. Wash and slice cucumbers into spears. *Cut each cucumber in half lengthwise and then cut each half into 3-4 spears.*
2. Smash the garlic cloves with the side of a knife and peel off the skin. *Smashing them releases the flavor.*
3. Pack the cucumber spears, garlic, dill and optional red pepper flakes tightly into a clean quart sized mason jar.
4. In a saucepan, combine the vinegar, water, salt, sugar, mustard seeds, and peppercorns. Bring to a simmer over medium heat, stirring occasionally until the salt and sugar are completely dissolved.
5. Remove from heat and let the brine cool to room temperature.
6. Once the brine has cooled, pour it over the cucumbers in the jar, ensuring they are fully submerged. If necessary, top off with extra water or vinegar to cover everything completely.
7. Seal the jar with a lid and refrigerate it.
8. Let the pickles sit for at least 24 hours to develop the flavors. *They get even better after 48 hours, but they can last up to 3-4 weeks in the fridge.*

NUTRITION: Makes approximately 8 servings
Serving size: 2 pickle spears – Calories 10kcal | Carbohydrates 2g | Fiber 0.6g | Protein 0.4g | Fat 0g
Cholesterol 0mg | Calcium 10-20mg | Sodium 500mg | Potassium 140mg

For nutrition questions or additional recipe ideas, please contact:

Dusty Dressler, RDN
DustyDressler@yellowhawk.org
541.240.8524

YELLOWHAWK TRIBAL HEALTH CENTER

SELF-CARE: 10 IMPORTANT TIPS!

It is crucial to make sure you take good care of your ***body***, ***mind***, and ***soul*** every day. Learning how to eat right, reduce stress, exercise regularly, and take time for yourself when you need it are touchstones of self-care and can help you stay healthy, happy, and resilient.

10 Self-Care Tips:

- *Sleep:* Sleep has a huge effect on us emotionally and physically.
- *Nutrition:* What we eat has a huge impact on our overall health.
- *Exercise:* Daily exercise boosts our overall mood reducing stress and anxiety, as well as helping us to shed extra unwanted weight.
- *Set Boundaries:* Learn to say "*no*" when needed. Healthy boundaries prevent burnout and build confidence.
- *Take a Break:* Stepping outside or changing your routine can reduce stress, ease fatigue, and improve your mood. Even a short break can help you recharge and feel more present.
- *Pets:* Pets boost dopamine and provide comfort, love, and companionship. Dogs especially help reduce stress, anxiety, and even lower blood pressure
- *Get Organized:* Getting organized is often the 1st step to becoming a healthier you because it allows you to figure out exactly what you need to do to take better care of yourself.
- *Cook:* Many people don't take the time to make themselves meals, preferring fast food or popping a pre-made meal in the microwave. But these "fast" meals aren't usually sufficient when it comes to feeding your body the right kinds of calories and nutrients.
- *Read a Book:* Instead of turning to your phone for comfort, try picking up a book—especially one focused on self-care. Reading can reduce stress, improve sleep, boost focus, and support your mental health, all while giving you a much-needed break from screen time.
- *Do What You Love:* Sewing, dancing, singing, word puzzles, sports, focusing on your spirituality, anything that keeps you physically and mentally busy can contribute to reduced anxiety and stress. Hobbies improve creativity, productivity and critical thinking skills.

If you or someone is experiencing a mental health crisis, call or text ***988*** for immediate support. For non-crisis support, contact the Community Warm Line at ***541.969.0010***.

For more information call our Behavioral Health Department at ***541.240.8670***. We are here for you.