



**YELLOWHAWK**  
TRIBAL HEALTH CENTER

# TAUTS TUM TINE NEWSLETTER



AUGUST, 2025



TRIBAL HEALTH COMMISSION



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

## HONORING NATIONAL BREASTFEEDING MONTH

Information provided by Alisa Portley (WIC Coordinator) and Ashleah Markle (Átawishmataš Program Manager) from Public Health

### “FORWARD TOGETHER”

August is National Breastfeeding Month—a time to honor the sacred act of nurturing life and to recognize breastfeeding as both a cultural tradition and a powerful tool for lifelong health.

This year's theme is a call to uplift, protect, and support breastfeeding across our Tribal community - especially as we celebrate Indigenous Milk Medicine Week (August 8-14). This year's theme, “Unapologetically Indigenous: Love, Landback and Liberation,” celebrates the strength connection, and healing that Milk Medicine brings through community care.

For generations, Indigenous communities have understood the value of mother's milk as medicine. Breastfeeding is not just a means of nourishment - it is a continuation of ancestral wisdom that promotes physical, emotional, and spiritual well-being for both parents and child.

Breast milk supports immunity, development, and bonding, while lowering the risk of chronic diseases and infant illness. Yet, many families face challenges along the way.

Yellowhawk Tribal Health Center is here to walk alongside you. Our team offers culturally-rooted, family-centered support through our Women, Infant, and Children (WIC) program, Nutrition Team, and our Multi-Disciplinary Maternal Child Health Team.

We provide:

- Education to promote and support breastfeeding
- Nutritional guidance and education
- Community events and circles that uplift Native parenting

This August, we invite families, aunts, uncles, and grandparents to come together in supporting our babies' first traditional medicine: breast milk. By protecting breastfeeding and sharing stories from our community, we strengthen future generation.

Visit us at Yellowhawk or call our WIC office at **541.240.8521** to learn how we can support you. Let's honor our traditions, lift up our young ones, and celebrate your feeding journey.

For more information, visit:

- **USDA WIC Program:** [fns.usda.gov/wic](https://fns.usda.gov/wic)
- **Indigenous Milk Medicine Week Info:** [nativemilkmedicinecollective.org/conference](https://nativemilkmedicinecollective.org/conference)



***Together, we nourish resilience!***

# AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH

Information provided by Mystie Haynie, Public Health Operations Supervisor

Back-to-school time is just around the corner, which means making sure the children and teens you care for are up to day on the required vaccines to protect them when they return to the classroom. Vaccines are an effective tool to keep your kids healthy, in school, and ready to learn! According to the World Health Organization, vaccines prevent about 2-3 millions deaths each year.

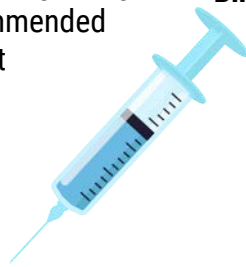
Vaccination updates are not just for school-age children. If you have a new baby in the house, it is advised that all adults coming in contact with the infant have an updated Tdap to help protect the baby from Pertussis (whooping cough). Some Elders who meet the criteria are recommended to receive pneumococcal, shingles, and RSV vaccines.

Yellowhawk currently provides all childhood, adolescent, and adults vaccines. To make access more convenient, we offer both walk-in and schedule appointments. If you have questions about a vaccine or want to know which vaccines you or your loved ones are due for, please talk to a member of Yellowhawk's Medical (541.240.8499) or Public Health (541.240.8697) departments. *We are always glad to help!*

## CDC RECOMMENDED VACCINATIONS:

Scan the QR codes for up-to-date information regarding vaccinations for children. Print outs of recommended vaccinations for children are also available at Yellowhawk.

Visit the CDC website for more information:  
<https://www.cdc.gov/vaccines/parents/why-vaccinate/index.html>



### Birth through 6 years old



### Children 7-18 years old



## TYPES OF PURCHASED REFERRED CARE

There are only two categories of medical care paid for with Purchased Referred Care funds:

**Emergency Services:** True emergencies are situations that, if not handled quickly, may results in the loss of life, limb, eye, and/or organs. If the patient has a medical condition that needs immediate attention to prevent serious impairment or death, it is considered an emergency. In the event of a legitimate emergency, preauthorization is not required. However, the patient must contact Yellowhawk within **72 hours** of receiving emergency treatment.

**Pre-Authorized Services:** Preauthorization of payment is required before any routine services from an outside healthcare provider or facility can be paid by Yellowhawk. Once you and your healthcare provider have decided to refer your care to an outside specialist, you should receive a call from the specialty office to schedule directly with you. Please contact a Yellowhawk Referral Coordinator once you have been scheduled for the initial consult and for all/any appointments thereafter.

### Purchase Referred Care Staff:

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

## IF YOU ARE ON THE MOVE!

Our Eligibility Coordinators want to ensure your address is current! If you are moving from the area due to new employment, higher education or simply a move out of town, the coordinators want to keep you undated on your eligibility options. Give us a call!

### Eligibility Coordinator Staff:

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



CayUmaWa  
HEAD START PHYSICALS

AUG. 14  
10 AM -  
3:30 PM

Interested parents please call Mary, 541.240.8444 or Julie, 541.240.8416 to get their child scheduled.

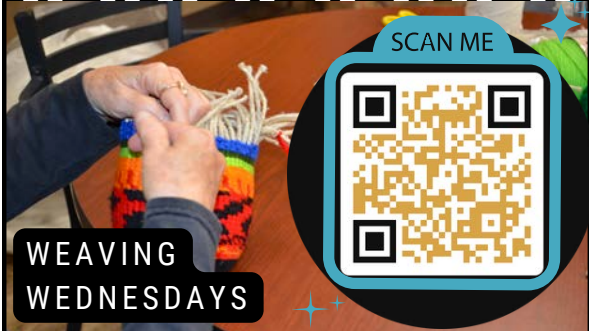


## ELDERS GARDEN GUILD



### UPCOMING EVENTS

- Aug. 1-15 Back-To-School Supply Drive
- Aug. 4 Men's Talking Circle
- Aug. 5&6 Youth Mental Health First Aid
- Aug. 5 Huckleberry Excursion
- Aug. 5 CHR Wellness Table
- Aug. 5 Fatherhood/Motherhood is Sacred
- Aug. 8 Farmers Market Shuttle
- Aug. 12 Narcan Distribution
- Aug. 13 Indigenous Milk Medicine Celebration
- Aug. 14 Head Start Physicals
- Aug. 14 Community Picnic
- Aug. 15&17 Wiwun Co-Ed Volleyball Tournament
- Aug. 18 Men's Talking Circle
- Aug. 19 Narcan Distribution
- Aug. 19 Dangle Beaded Earrings Class
- Aug. 20 Diabetes Education & Support
- Aug. 20 End Of Summer Pool Party
- Aug. 21 Back-To-School Supply Distribution & Haircut
- Aug. 21 CHR Wellness Table
- Aug. 22 Farmers Market Shuttle
- Aug. 25&29 National Community Health Worker Appreciation
- Aug. 28 Huckleberry Jam Preservation Workshop (Waitlist)
- Aug. 29 CHR Wellness Table



WEAVING  
WEDNESDAYS

SCAN FOR PHYSICAL WELLNESS OPPORTUNITIES

### WEEKLY/MONTHLY CLASSES

- Tuesday 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

Láwtiwaama Sobriety Friendship Dance  
Sept. 10 @ Pendleton Round-Up

## AUGUST IS CHILDREN'S EYE HEALTH AND SAFETY MONTH

Information provided by Dana Ferguson, Optometry Student

As you prepare for the upcoming Back-to-School season, one important thing to add to your to-do list is scheduling an eye exam for your kids. For young children just starting school, an eye exam can detect a lazy eye, an eye turn, nearsightedness ("myopia"), or farsightedness ("hyperopia").

As kids get older, an exam can uncover other vision problems that may arise during the school year as they spend more time reading and using computers. These conditions can often be treated with glasses, prism lenses, or eye exercises.



Visiting the optometrist isn't just about getting glasses. Optometrists also check eye health, how well the eyes work together, and overall vision. Optometry clinics have specialized equipment to evaluate health and vision and can even gather important information from infants.

The sooner an eye condition is identified, the better. It's recommended that children receive their first eye exam within their first year of life. Beyond that, they should have at least one more exam before starting school. Once in school, the American Optometry Association recommends an exam every year.

At Yellowhawk, Dr. Creviston and Dr. Croswell have experience working with children of all ages and are happy to examine your child's eyes to help them start the school year off right. Call Optometry at **541.240.8565** to schedule your child's eye exam.

# BACK TO SCHOOL

# SUPPLY DRIVE!

HOSTED BY BEHAVIORAL HEALTH FAMILY STRENGTH PROGRAM

## AUGUST 1-15

COLLECTION BIN LOCATIONS:

Yellowhawk Tribal Health Center & Nixyáawii Governance Center

SUPPLIES NEEDED:

- Ticonderoga Brand #2 Pencils
- Black or Blue Ink Pens
- Loose Leaf Lined Paper
- Spiral Notebooks
- Composition Books
- Pocket Folders

- Highlighters
- Pink Erasers
- Glue Sticks
- Black Dry Erase Markers
- Pencil Pouches
- Earbuds/Headphones

Contact J'Shon Thompson  
541.240.8675 or  
jshonthompson@yellowhawk.org

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SUPPLIES TO BE DISTRIBUTED AUGUST 21ST TO LOCAL STUDENTS.



# Farmer's Market Fresh ROASTED VEGETABLE QUESADILLA

## INGREDIENTS:

- 2 small zucchini, diced
- 1 medium-sized red or green bell pepper, diced
- ½ red onion, thinly sliced (about ½ cup)
- 1 tablespoon oil
- 1 teaspoon cumin or taco seasoning (optional)
- 1 cup shredded cheese (Cheddar or Monterey Jack)
- 8 taco-sized whole wheat or flour tortillas

## DIRECTIONS:

1. Toss diced zucchini, bell pepper, and onion with oil and seasoning.
2. Roast on a sheet pan at 425°F for 15–20 minutes, until vegetables are softened and beginning to brown (alternately, you can sauté vegetables together in a large skillet).
3. Heat a dry skillet over medium-high heat. Place tortilla in pan, sprinkle cheese on half, top with roasted vegetables, fold over. (A flat-top griddle will work great for this as well.)
4. Cook 2–3 minutes per side until golden-brown and cheese is melted.
5. Slice and serve.

*Note: You can use just about any variety of vegetables your family likes. Canned vegetables would work well, just remember to drain the liquid first, and they will not require roasting/sautéing.*

## NUTRITION: Makes approximately 8 servings

Serving size: 1 quesadilla – Calories 200kcal | Carbohydrates 22g | Fiber 4g | Protein 8g | Fat 10g  
Cholesterol 15mg | Calcium 14mg | Sodium 300mg | Potassium 300mg



For nutrition questions or additional recipe ideas, please contact:

Dusty Dressler, RDN  
DustyDressler@yellowhawk.org  
541.240.8524



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## WILDFIRE PREPAREDNESS

**Wildfires are uncontrolled fires that burn in natural areas such as forests, grasslands, and prairies.** They can destroy homes and pose serious risks of injury or death to both people and animals. Wildfires are often caused by human activities or lightning strikes and can disrupt transportation, gas supplies, power infrastructure, and communication systems. Additionally, they can cause significant damage to property.

To protect your home, consider establishing defensible zones around your property. Use fire-resistant materials when building, renovating, or making repairs. Identify an outdoor water source with a hose that can reach all areas of your property. Create a fire-resistant zone by clearing away leaves, debris, and flammable materials for at least 30 feet around your home.

If you are under a wildfire warning, prioritize your safety and leave immediately if instructed to do so. If you find yourself in a life-threatening situation, call 911 for immediate assistance. Stay informed by listening for emergency information and alerts.

It's also essential to keep your home safe by having copies of your insurance policies and important personal documents. A secure, password-protected digital space is an effective way to store these documents. To protect your health during a wildfire, use *N95 masks* to filter harmful particles from the air you breathe.

Ensure that everyone in your household knows what to do in the event of a quick evacuation. Consider creating plans for important locations such as your home, workplace, school, and daycare. Don't forget to include your pets in emergency planning. **Start planning today!** You can pick up a *Fillable Emergency Plan* at the Yellowhawk Public Health front desk! This plan includes local emergency numbers and a map of the area.

### LEVEL 1 - BE READY BE PREPARE TO EVACUATE

Be aware of danger in the area!

- Stay informed.
- Have your plan & go-kit ready.
- Act early if you or your loved ones can't move quickly.



### LEVEL 2 - BE SET BE SET TO EVACUATE AT A MOMENT'S NOTICE

Significant danger in the area!

- Follow your evacuation plan & grab your go-kit!
- Check news & radio for updates.
- Conditions change rapidly. Leave if you feel unsafe.



### LEVEL 3 - GO NOW! LEAVE IMMEDIATELY!

Extreme danger in the area!

- Leave without delay. It's unsafe to stay.
- Do not stop to gather belongings or protect your home.
- Act early if you or your loved ones can't move quickly.



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)**