



YELLOWHAWK
TRIBAL HEALTH CENTER

TAUTS TUM TINE NEWSLETTER



SEPTEMBER, 2025

ISSUE

09

VOL. 4



TRIBAL HEALTH COMMISSION



Althea Huesties-Wolf, *Chair* | Dorothy Cyr, *Vice Chair* | Shawna M. Gavin, *Secretary*

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

SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

Information provided by Jeremy Wolf, Youth Suicide Prevention Outreach Specialist

Each September is *National Suicide Prevention Awareness Month*, and it is a time to increase awareness, spread hope, spark connections and meaningful actions surrounding the critical needs of individuals.

Suicide rates are higher among American Indian (AI) and Alaska Native (AN) populations than any other racial or ethnic group. Our suicide rates peak during adolescence and young adulthood and then progressively decline, which is the reason for early intervention and prevention.

We all can have a positive influence on someone's life, day or moment. This year's Yellowhawk Tribal Health Center's Pendleton Round-Up Dress Up Parade float will highlight Suicide Prevention Awareness Month and its representation colors of teal (calm and resilience), purple (courage and survival) and yellow (hope).



At Yellowhawk, there are numerous tools and resources for mental and physical health and specifically suicide prevention. Beyond information on how to recognize warning signs, and being a safe place to seek help, Yellowhawk also supports "*Prevention through Culture*."

Through our indigenous culture we have purpose and connections to people, place, and practice. Harnessing those purposes and connections as goals and responsibilities for Yellowhawk and our community is foundational for us now and generations into the future.

- If you or someone you know is experiencing a mental health crisis, *call or text 988, anytime, 24/7.*
- If you are uncomfortable talking on the phone, you can chat with qualified professionals on the Suicide & Crisis Lifeline at www.988lifeline.org.
- For non-crisis communications, connect with Yellowhawk's Community Warm Line at **541.969.0010**.
- For all your Tribal health and wellbeing services, visit our website at www.yellowhawk.org or call **541.966.9830**.

Suicide is the 7th leading cause of death for AI/AN in Oregon, but the 2nd leading cause of death of AI/AN for ages 10-24, therefore highlighting the importance of prevention and early intervention.

Always remember, someone needs you.

For more information, visit:

- CDC Suicide Facts: cdc.gov/suicide
- NAMI Suicide Prevention Month: nami.org/spm
- AFSP National Suicide Prevention: afsp.org
- First Nations Youth Curriculum: firstnationssuicideprevention.com



NATIONAL
**SUICIDE
PREVENTION
MONTH**

SEPTEMBER IS NATIONAL FOOD SAFETY EDUCATION MONTH

Information gathered from [Food Safety Education Month/FDA](#) and [Safe Food Handling/FDA](#)

September is recognized as *National Food Safety Education Month*, a time to raise awareness about simple but critical steps we can all take to prevent foodborne illness. According to the U.S. Food and Drug Administration (FDA), foodborne illness affects an estimated 1 in 6 Americans each year, leading to roughly 128,000 hospitalizations and 3,000 deaths. These numbers highlight why food safety should be part of everyone's daily routine.

The FDA emphasizes four key practices—**Clean, Separate, Cook, and Chill**—that form the foundation of safe food handling.

- **Clean:** Wash hands with warm, soapy water for at least 20 seconds before and after preparing food. Clean cutting boards, utensils, and surfaces regularly to reduce the spread of bacteria. Rinse fresh produce under running water.
- **Separate:** Keep raw meat, poultry, seafood, and eggs away from ready-to-eat foods to prevent cross-contamination. Use separate cutting boards and plates for raw and cooked items.
- **Cook:** Use a food thermometer to ensure foods are cooked to safe internal temperatures—165°F for poultry, 160°F for ground meats, and 145°F for whole cuts of beef, pork, lamb, and seafood.
- **Chill:** Refrigerate perishable foods promptly, within two hours—or within one hour if the temperature is above 90°F. Keep refrigerators at or below 40°F and freezers at or below 0°F.

If you, or someone you care for, are in one of these high-risk groups, it's especially important to practice safe food handling.

- *Pregnant women, their unborn babies, and children.*
- *Older adults and people with cancer, diabetes, HIV/AIDS, organ transplants, and autoimmune diseases.*



This September, the FDA encourages families, schools, and communities to share food safety tips and promote healthy habits. Practicing these four steps helps protect loved ones from foodborne illness and ensures meals are both safe and enjoyable.

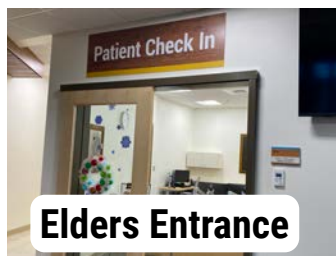
PURCHASED REFERRED CARE ALTERNATE RESOURCES

Yellowhawk is considered the payor of last resort, and as such, the use of alternate resources is required when those resources are available and accessible to the individual.

Individuals must apply for and use all alternate resources that are available and accessible, such as:

- Medicare A and B
- State or other federal health programs
- IHS or Tribal health facilities
- State Medicaid
- Private Insurance

For questions or more information, contact *Cassie Hall* at 541.240.8737, *Laurie Alexander* at 541.240.8738, or *Talia McLaughlin* at 541.240.8739.



TIME TO UPDATE!

Present to the Eligibility Coordinators to complete your annual eligibility assessment. Verify your demographic and insurance to keep your eligibility current.

Update your information annually with our Eligibility Coordinators!

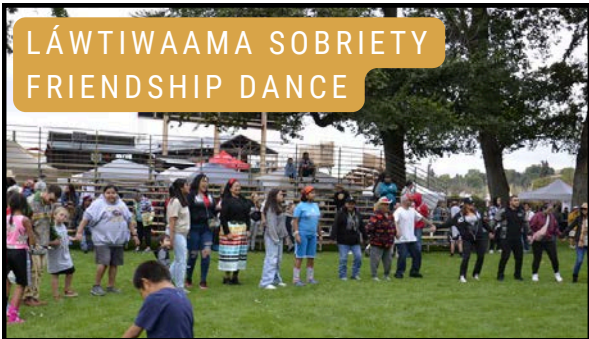
Contact Info:

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

CLOSED

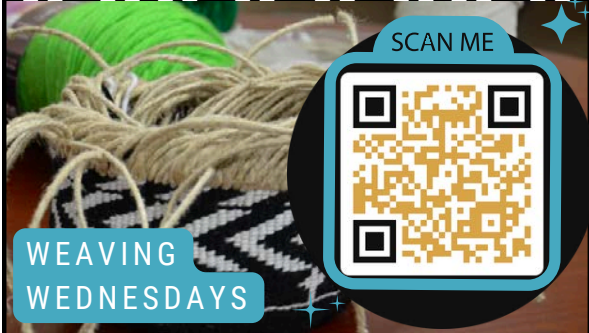
Labor Day
MONDAY, SEPTEMBER 1, 2025

LÁWTIWAAMA SOBRIETY FRIENDSHIP DANCE



UPCOMING EVENTS

- Sept. 1 **Labor Day Yellowhawk CLOSED**
- Sept. 2 **Fatherhood/Motherhood is Sacred**
- Sept. 5 **Senior Center CLOSED** (Elders Luncheon at WRC)
- Sept. 5 **Farmers Market Shuttle**
- Sept. 8-12 **No Fitness Classes During Round-Up Week**
- Sept. 8-12 **Community Outreach (Pendleton R-Up TeePee Village)**
- Sept. 8 **Youth Slack Day**
- Sept. 8 **Men's Talking Circle**
- Sept. 9 **Narcan Distribution**
- Sept. 9 **Community Smudge**
- Sept. 10-12 **Senior Center CLOSED**
- Sept. 10 **Láwtiwaama Sobriety Friendship Dance & Cake Walk**
- Sept. 17 **Diabetes Education & Support**
- Sept. 17 **Youth Cultural Awareness & Prevention**
- Sept. 18 **Narcan Distribution**
- Sept. 18 **Quick, Easy, & Healthy Cooking Class**
- Sept. 19 **Farmers Market Shuttle**
- Sept. 29 **Men's Talking Circle**
- Sept. 30 **Orange Shirt Day - Every Child Matters**



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 DATES

Oct. 13 - Closed for Indigenous Peoples Day
 Oct. 17 - Blood Donation Drive
 Oct. 22 - Pink Out Bowling Night

PUBLIC HEALTH WELLNESS SURVEY

Information provided by Chelsea Hallam, Public Health Accreditation & Grant Coordinator

Yellowhawk Tribal Health Center will be conducting a 10-question Wellness Survey to learn more about the physical activity and nutrition habits of our community and to help us direct our efforts for our Community Health Improvement Plan (CHIP*).

We intend to conduct this survey every few years to see how our habits change over time.

The survey will be available to fill out through the QR code, in person at various events, or in Yellowhawk at the Public Health front desk. Anyone who completes a survey by *December 31, 2025* will be entered into a raffle.

Raffle prizes include an inflatable paddle board, a personal Yeti cooler, and a Ninja Flip Toaster Oven & Air Fryer. Winners will be drawn in January, 2026.

If you have further questions about the survey, please email publicevents@yellowhawk.org or call 541.240.8411.

For more information about the CHIP, please visit www.yellowhawk.org/chp

SCAN ME



YELLOWHAWK FITNESS CLASSES CANCELED DURING ROUND-UP WEEK SEPTEMBER 8 - 12, 2025

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

FOR MORE INFORMATION CONTACT
PH FRONT DESK AT 541.240.8697



YELLOWHAWK
TRIBAL HEALTH CENTER

CHEESY BACON BAKED SQUASH

INGREDIENTS:

- 2 lb. butternut squash, peeled and cut into 1/2" pieces
- 1 Tbsp. olive oil
- 3 cloves garlic, minced
- 1 tsp. dried thyme
- 1/2 tsp. kosher salt
- 1/4 tsp. ground black pepper
- 4 slices bacon, chopped
- 1 cup shredded mozzarella cheese
- 1/2 cup freshly grated Parmesan cheese
- Chopped fresh parsley, optional for garnish

DIRECTIONS:

1. Preheat oven to 425°.
2. In a 9x13 baking dish, toss butternut squash with olive oil, minced garlic and dried thyme. Season with salt and pepper. Spread evenly in baking dish and sprinkle uncooked bacon over the top.
3. Place baking dish in preheated oven. Bake, uncovered until the squash is tender-crisp (check with fork - it should go easily into squash) and the bacon is cooked through, 30-35 minutes.
4. Remove baking pan from oven and top with Mozzarella and Parmesan cheeses. Bake for additional 5-10 minutes, or until the cheese is melted, bubbly and beginning to brown.
5. Garnish with parsley if desired and serve warm.

NUTRITION: Makes approximately 6 servings

Serving size: 1/6th recipe – Calories 260kcal | Carbohydrates 18g | Fiber 7g | Protein 7g | Fat 14g | Sat Fat 5g | Cholesterol 10mg | Calcium 225mg | Sodium 306mg | Potassium 480mg



For nutrition questions or additional recipe ideas, please contact:

Dusty Dressler, RDN
DustyDressler@yellowhawk.org
541.240.8524



YELLOWHAWK
TRIBAL HEALTH CENTER

BE READY. BE SAFE. ADD TO YOUR EMERGENCY BACKPACK!

September is *Emergency Preparedness Month*, the perfect time to make sure you and your family are ready for the unexpected. Emergencies like wildfires, winter storms, or power outages can happen without warning. Having the right tools on hand can help you stay safe and informed. One of the most important tools to have in your emergency backpack is a dependable radio.

WHY ADD AN EMERGENCY RADIO IN YOUR EMERGENCY BACKPACK?

This radio is small, durable, and easy to use. It's weather-resistant, so it can handle tough conditions, and has a rubberized body to protect it from drops and bumps. It receives 7 NOAA weather bands (recommended by FEMA), AM, and FM, so you can hear emergency weather alerts and local news anytime. Along with other great feature to help in stressful times, such as a flashlight, phone charger, and can be charged three ways (hand crank, solar panel, or mini-USB port).

HOW TO USE THE EMERGENCY RADIO:

BEFORE AN EMERGENCY:

- Charge it using the mini-USB or let it sit in the sun.
- Store it in your emergency backpack.
- Turn it on to make sure everything works and find your local weather station.

DURING AN EMERGENCY:

- Listen for weather alerts or instructions from local officials.
- Use the flashlight if the power goes out.
- Charge your phone so you can call for help or check in with family.

AFTER AN EMERGENCY:

- Keep listening for updates or safety information.
- Recharge the batter using the crank or sunlight if needed.



WHAT IS NOAA WEATHER RADIO?

NOAA Weather Radio is a system that broadcasts weather alerts 24/7 from the National Weather Service. It tells you about dangerous weather, natural disasters, and even public safety alerts like AMBER alerts or 911 outages. It works with the Emergency Alert System to give you the most up-to-date information to keep you safe.

BE PREPARED BEFORE DISASTER STRIKES?

Add an Emergency Radio to your emergency backpack today! Stop by the *Yellowhawk Public Health front desk* to pick one up, or call 541.240.8697 for more information.