



YELLOWHAWK
TRIBAL HEALTH CENTER

TAUTS TUM TINE NEWSLETTER



OCTOBER, 2025

ISSUE

10

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*

OCTOBER IS BREAST CANCER AWARENESS MONTH

Information provided by Eryn Griffin, Public Health Nurse

October brings us **Indigenous Pink**, a national breast cancer awareness campaign led by the American Indian Cancer Foundation (AICAF). This initiative encourages wearing pink and sharing photos using the hashtag **#IndigenousPink** to raise awareness across Tribal communities.

BREAST CANCER & WHY SCREENINGS MATTERS

Breast cancer is the *most common cancer among Native women* and the *second leading cause of cancer death*. Native women are also more likely to be diagnosed at *later stages*, which is why regular screenings is so important for early detection and better outcomes.

WHEN & HOW OFTEN TO SCREEN

According to AICAF, recommended screening includes clinical breast exams, mammography, and, for those at higher risk, breast MRI.

Screening is advised for Native women aged 40 to 74, with varying intervals based on individual risk factors. Staying on schedule with screening helps detect cancer earlier, when treatment is most effective.

STAY BREAST AWARE

AICAF also promotes breast self-awareness - knowing how your breasts normally look and feel - so you can recognize changes like lumps, skin texture differences, size shifts, or pain. If you notice anything unusual, reach out to your healthcare provider promptly.

3 WAYS TO SUPPORT BREAST HEALTH

1. **Know Your Body:** Pay attention to how your breasts normally look and feel. Report any changes right away.
2. **Stay On Schedule:** Get regular screenings starting at age 40, and talk with your provider about how often you should be screened.
3. **Live Healthy:** Eating well, staying active, limiting alcohol, and not smoking all reduce cancer risk.

JOIN US: PINK OUT BOWLING NIGHT!

Come together to support awareness and community at our **Pink Out Bowling Night** on **Wednesday, October 22** from 6 - 8 pm, at the Wildhorse Resort and Casino's Quaking Aspens Bowling Alley. Please RSVP by **October 20** to Lindsey Coiner at **541.240.8492** - we'd love to see you there!

MAMMOGRAPHY GRAND OPENING & OPEN HOUSE!



October 16, 2025

3 to 5 pm | Yellowhawk

Join us to learn how our wraparound services and programs can help you and your loved ones prioritize your health. This event will be focused on breast health for all - supporting Breast Cancer Awareness month.



Check out
our new
machine!



Q & A WITH PURCHASED REFERRED CARE

Question: A Yellowhawk doctor referred me to a specialist, why am I being held responsible for the bill?

Answer: Referrals are not a guarantee of payment. A referral is only a recommendation for treatment or testing. The Purchased Referred Care (PRC) program must review the referral to determine approval or denial of payment. All PRC eligibility requirements must also be met.

Example: Dr. Winde refers me to a dermatologist for a chemical peel. A chemical peel is considered a Medical Priority V service, and Yellowhawk does not cover any service under this category. Therefore, PRC would deny coverage, and the patient would be financially responsible for this service.

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.

REFERRALS TO OUTSIDE PROVIDERS



Notify your Referral Coordinator any time you have a schedule time with your outside specialist. This includes telephone, Zoom (telehealth), or in-person visits. No matter the location, whether at the specialist's office, on your phone, or on your computer, please contact your Referral Coordinator to receive preauthorization.

Do you have questions? Give our Business Office a call at **541.240.8745**.

TRIBAL OPIOID SUMMIT AND RED RIBBON WEEK

Information provided by Leighton Pennington, Chemical Dependency Prevention Education Coordinator

In October, the Yellowhawk Chemical Dependency Prevention Team will be hosting two events. The first will be the *Tribal Opioid Summit* on **October 16** at **4:30 pm** at Yellowhawk Tribal Health Center. The purpose of this event is to inform the local community about fentanyl awareness, prevention, and support strategies.

A panel of individuals with lived experience will share their journeys of recovery and the support systems that helped them along the way. Guest speakers from the *Northwest Portland Area Indian Health Board*, *Nepenthe Labs*, and the *Blue Mountain Enforcement Narcotics Team* will present on topics including how to recognize and respond to overdose, where to report, and current drug trends in our area.

Transportation will be offered to Tribal community members, please RSVP for transportation by October 15. Childcare will also be available for up to 8 kids, ages 2-11. Please RSVP by October 10.

For more details or to RSVP, please call Jessica Collins or Leighton Pennington at **541.240.8425**.

The second event will highlight **Red Ribbon Week**, a nationwide campaign promoting drug-free lifestyles, observed from **October 23-31**. This campaign raises awareness about the devastating impact of drug abuse on individuals, families, and communities.

It also encourages schools, organizations, and individuals to unite against drugs through a variety of activities and events. We invite you to join us in our efforts to prevent drug abuse and promote healthy lifestyles.

STRENGTHENING OUR COMMUNITY
2025 TRIBAL OPIOID SUMMIT

5:30-6:30 PM
Panel of lived experience to share and answer questions.

6:35-7:15 PM
Nepenthe Labs - Sharing data of what they are seeing as drug trends in tribal communities.

7:15-8:00 PM
BENT - Sharing what they are seeing from law enforcement perspective, current trends, and their approach on the issue in our community.

DINNER AND LIGHT REFRESHMENTS PROVIDED.

Transportation offered to Tribal community members, RSVP for transport by October 15.
Childcare available for up to 8 kids ages 2-11.
RSVP for childcare by October 10.
Call For More Information
541.240.8425
Jessica Collins & Leighton Pennington

Narcotics available. **COME EARLY FOR OUR OPEN HOUSE, 3-5 pm!**

YELLOWHAWK TRIBAL HEALTH CENTER

CLOSED

Indigenous Peoples' Day

MONDAY

OCTOBER 13, 2025

BLOOD DONATION DRIVE



UPCOMING EVENTS

Oct. 3	Farmers Market Shuttle
Oct. 4-10	National Professional Nurse Recognition Week
Oct. 6-12	National Physician Associate Week
Oct. 6	Men's Talking Circle
Oct. 7	"Our Promise" Youth Cultural Awareness & Prevention
Oct. 7	Fatherhood/Motherhood Is Sacred
Oct. 10	World Mental Health Day
Oct. 10	Youth Paint Night
Oct. 10	Haunted Corn Maze in Walla Walla
Oct. 13	Indigenous People's Day - Yellowhawk CLOSED
Oct. 16	Indigenous Pink Day - WEAR PINK!
Oct. 16	Mammography Grand Opening & Open House
Oct. 16	Tribal Opioid Summit
Oct. 17	Blood Donation Drive
Oct. 20-24	Certified Medical Assistant Recognition Week
Oct. 21	Elders Needs Assessment BBQ Bash!
Oct. 22	Pink Out Bowling Night
Oct. 23	Red Ribbon Week
Oct. 27	Men's Talking Circle
Oct. 28	Warm Up Classic 2v2 Basketball Tournament Deadline
Oct. 29	Fall Festival



WATER AEROBICS

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 (**Ends Oct.9**)
 Thursday Senior Fitness Class - 10 AM
 Beyond Addiction Group (TH) - 1 PM

SAVE THE DATES

Oct. 13 - Closed for Indigenous Peoples Day
 Oct. 16 - Mammography Grand Opening & Open House
 Oct. 16 - Tribal Opioid Summit
 Oct. 17 - Blood Donation Drive
 Oct. 22 - Pink Out Bowling Night

WHY SHOULD YOU DONATE BLOOD?

Information provided by Kila Soloman, Public Health Emergency Preparedness Coord.

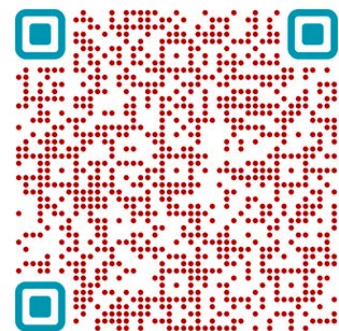
Every **two seconds**, someone in the U.S. needs blood. A single donation can help up to three people. The only way to get blood is through donations, since it cannot be made in a lab. Unfortunately, only about one in ten eligible people actually donate.

Here are some reasons why people in our community chose to donate at Yellowhawk at our April donation day:

- They have family members who donated before them.
- They want to save lives and help others.
- It's a simple and affordable way to support people in need.
- They thought it would be fun to make a difference.
- They realized the next person who needs blood could be a loved one.
- Some have received blood themselves and want to pay it forward.

Donating blood is a powerful way to help others, and you never know whose life you might be saving.

Please join us at Yellowhawk on **October 17 from 10 am to 3 pm** in the Laxsimwit Conference Room. Scan the QR code with your smartphone camera to schedule your appointment.



American Red Cross

Give blood. Help save lives.

WOMEN'S HEALTH AT YELLOWHAWK

We are excited to share that starting **November 1, 2025**, all screening mammograms will now be offered *in-house* at Yellowhawk. This means you'll no longer need outside referrals for your routine mammogram screenings - making it easier, more convenient, and closer to home.

Please note: **Diagnostic mammograms** will still be referred to outside partners until further notice. The last date Yellowhawk will cover outside referrals for **screening mammograms** is **October 31, 2025**.

This transition is an important step toward strengthening women's health services right here in our community. By providing screening mammograms at Yellowhawk, we are ensuring accessible, timely, and compassionate care for you.

Together, we're building a healthier future - close to home, supported by community.

Questions? Contact the Yellowhawk Business Office at **541.240.8696**.

Fresh Flavors

ROASTED SALMON AND TOMATOES

INGREDIENTS:

- 2 pounds salmon fillets, fresh or frozen (thawed)
- 2 cups cherry tomatoes, any variety
- 1 onion, sliced thinly
- 4 cloves garlic, minced
- 3 tsp. olive oil, divided
- 4 tsp. fresh oregano, minced (or 1 tsp. dried oregano)
- ½ tsp. salt
- ½ tsp. ground black pepper

DIRECTIONS:

1. Preheat oven to 400 degrees.
2. Place tomatoes, onions and garlic on rimmed baking sheet. Toss the tomatoes, onions, and garlic with 1 teaspoon of the olive oil.
3. Move baking sheet to preheated oven and roast for 15 minutes. Remove from oven, stir the vegetables and place salmon fillets, skin side down, on baking sheet nestled amongst the tomatoes, onions and garlic.
4. Drizzle the salmon with the remaining 2 teaspoons of olive oil. Sprinkle salt, pepper and oregano over the salmon and vegetables.
5. Return the pan to the oven and roast (uncovered) for another 15 to 20 minutes or until the salmon is opaque and flakes easily. Salmon is done when the internal temperature reaches 145°F.

NUTRITION: *Makes 6 servings*

Serving size: 1/6th recipe – Calories 344kcal | Carbohydrates 4.5g | Fiber 1.3g | Protein 34g | Fat 19g | Sat Fat 5g | Cholesterol 83mg | Calcium 60mg | Sodium 242mg | Potassium 750mg



For nutrition questions or additional recipe ideas, please contact:

Dusty Dressler, RDN
DustyDressler@yellowhawk.org
541.240.8524



YELLOWHAWK
TRIBAL HEALTH CENTER

OPEN ENROLLMENT | NOVEMBER 1, 2025 - JANUARY 15, 2026

Yellowhawk is federally funded, which means we are considered a payor of last resort. This means you must apply for any free alternate resources offered to you, such as employer-sponsored insurance, Medicare, or Medicaid, before Yellowhawk can use IHS funds. Using these alternate resources first helps reduce shortfalls and allows us to continue providing services under Priority Guidelines 1 through 4.

Our tribal-owned entities offer free alternate resources to full-time employees. If you become a full-time employee with the Confederated Tribes of the Umatilla Indian Reservation, Wildhorse Resort & Casino, or Yellowhawk Tribal Health Center, you are eligible for coverage through a free alternate resource. This coverage includes medical, pharmacy, dental, and vision services.

If you refuse or fail to apply for these free, alternate resources, it will affect your eligibility. In that case, you will be placed on Direct Care Only, meaning if you are referred outside of Yellowhawk for care, you will be financially responsible for those visits.

Our eligibility coordinators are available to help with any questions and can explain in detail which alternate resources you may qualify for. *Danielle Broncheau, Yellowhawk's Public Services Coordinator*, is also available to answer questions about open enrollment for Medicare and Medicaid, which runs from November 1, 2025, through January 15, 2026. For assistance, please call **541.240.8701**.



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

NEWSLETTERS CAN BE FOUND AT YELLOWHAWK.ORG/NEWSLETTER