



YELLOWHAWK
TRIBAL HEALTH CENTER

TAUTS TUM TINE NEWSLETTER



NOVEMBER, 2025

ISSUE

11

VOL. 4



TRIBAL HEALTH COMMISSION



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NOVEMBER IS NATIONAL DIABETES AWARENESS MONTH

Information provided by Chelsey Minthorn, Diabetes Prevention Manager

November is National Diabetes Awareness Month, a month to recognize and honor the millions of people that are affected by diabetes. Each year, this month provides the opportunity to raise awareness and empower self-management for individuals living with diabetes.

Type 1 diabetes occurs when the pancreas does not produce any or enough insulin, a hormone needed to regulate blood sugar. It is often diagnosed in children and young adults, though it can develop at any age.

Type 2 diabetes occurs when the body becomes resistant to insulin or doesn't use it efficiently to control blood sugar. This is the most common form of diabetes.

RISK FACTORS INCLUDE:

- Having a close family member with Type 2 diabetes
- Being overweight or obese
- Having prediabetes
- History of gestational diabetes or giving birth to a baby weighing more than 9 pounds
- Being physically inactive (less than 3 days a week)
- Age 45 or older
- Race and ethnicity (American Indians/Alaska Natives - higher risk)

Gestational diabetes develops during pregnancy when the body cannot produce enough insulin. Symptoms may not be noticeable but can include increased thirst and frequent urination. Risk factors are similar to type 2 - diabetes but include age 25 or older and diagnosis of *polycystic ovary syndrome* (PCOS).

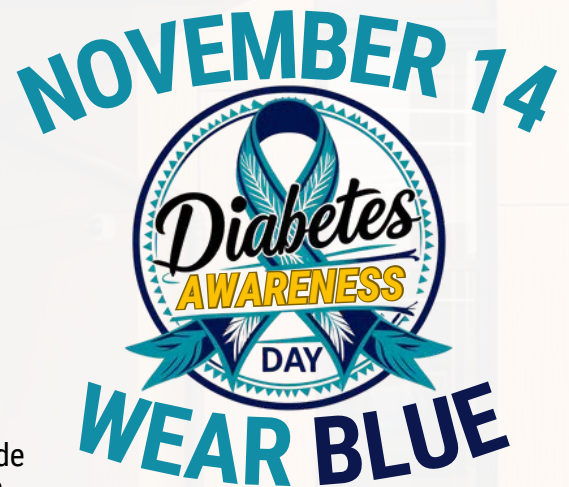
Symptoms of diabetes can include increased urination, increased thirst, sudden weight loss without trying, blurry vision, tingling in hands or feet, increased hunger, fatigue, dry skin, more infections, and slow healing wounds.

The most common test to diagnose diabetes is an A1c which measures average blood sugar over the past 2-3 months.

Type 2 diabetes can often be delayed or prevented through lifestyle changes such as losing excess weight, eating a healthy diet, and regular physical activity.

Treatment varies depending on the type of diabetes, but the goal is always to keep blood sugar levels within a healthy range to prevent complications. Blood sugar monitoring, healthy diet, and physical activity are important in diabetes management. *Continuous Glucose Monitors* (CGMs) can be very helpful in managing blood sugars. If you would like to know more about CGMs, contact our Board-Certified in Advanced Diabetes Management Pharmacists, *Cappie Allen* or *Brook Collins* at **541.240.8691**.

To explore facts, prevention tips, and support resources, visit: www.cdc.gov/diabetes



OPEN ENROLLMENT SEASON

If you need assistance with your private insurance, please speak with your employer's benefits clerk.

For help with Medicare enrollment, contact *Danielle Broncheau* at **541.240.8701** or visit her at Yellowhawk Tribal Health Center.



EMERGENCY ROOM AND URGENT CARE VISITS

The Emergency Room is for emergencies only. Using it inappropriately for routine health care or other non-emergency needs can put your health at risk and may result in a possible denial of payment by Purchased/Referred Care.

Please remember to notify our Purchased Referred Care team within 72 hours of an emergency room or urgent care visit.



Purchased Referred Care Staff:

Cassie Hall - 541.240.8737

Laurie Alexander - 541.240.8738

Talia McLaughlin - 541.240.8739

NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH!

Information provided by Sierra Quaempts, Program Youth Mentor

Every November, *Native American Heritage Month* is celebrated in the United States. It is a time to foster greater public understanding and awareness of Native experiences, both past and present. The significant contributions of Native Americans to art, governance, science, and the military are vital to this country and deserve recognition year-round.

The Confederated Tribes of the Umatilla Indian Reservation are made up of three bands who have inhabited this land since time immemorial. Our people were partly nomadic, traveling to gather and hunt food, but we always returned home to this place. Our deep connection to the land continues today and can be shared with our youth to strengthen their sense of belonging—not only to this land, but to our people.

By telling stories, visiting our usual and accustomed homelands, and teaching the history of our Cayuse, Umatilla, and Walla Walla relatives, we pass on our culture, language, and teachings to future generations.

This November, we encourage you to learn something new, teach our young people, and spend time with the land.

Yellowhawk Tribal Health Center recognizes Native American Heritage Month by honoring our people and culture through activities and gatherings all month long. We invite the community to take part in these events.

Rep Your Rez will take place the week of November 10–14, with new ways to participate each day. There will also be *Community Prayer* at Yellowhawk Tribal Health Center at 9 AM on November 4 and November 25. **All are welcome to attend, sing, and pray together.**

NATIVE AMERICAN HERITAGE MONTH
PRAYER & COMMUNITY SMUDGE
IN HONOR OF NATIVE AMERICAN HERITAGE MONTH, CTUIR EMPLOYEES, SINGERS, AND COMMUNITY MEMBERS ARE WELCOME TO ATTEND.

NOVEMBER 4
9 AM PRAYER @ YELLOWHAWK BASKETBALL COURT
COMMUNITY SMUDGE STARTS @ 3:45 PM

NOVEMBER 25
9 AM PRAYER @ YELLOWHAWK BASKETBALL COURT
COMMUNITY SMUDGE STARTS @ 3:45 PM

Brought to you by the Behavioral Health Family Strength & Chemical Dependency Prevention programs

YELLOWHAWK TRIBAL HEALTH CENTER



NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MEDALLION BEADWORK	WEAR RED VETERANS HONOR & MMIP RECOGNITION	RIBBON SHIRT/SKIRT	DRESS AS FAV INDIAN	MOC'S SWEETGRASS BRAID

REP YOUR REZ WEEK, NOVEMBER 10-14
Hosted by Yellowhawk Behavioral Health Family Strength Team. Submit your photo by November 14 to familystrength@yellowhawk.org by 4pm to be entered into the raffle.

ROCK YOUR MOCS



UPCOMING EVENTS

Nov. 3	Winter Wellness Challenge Starts!
Nov. 4	NAHM Opening Prayer
Nov. 4	Flu Vaccine Clinic (WRC Staff)
Nov. 4	NAHM Community Smudge
Nov. 4	Fatherhood/Motherhood Is Sacred
Nov. 5	Flu Vaccine Clinic (NGC Staff)
Nov. 10-14	Rep Your Rez Week - Native American Heritage Month
Nov. 10	Men's Talking Circle
Nov. 11	Veterans Day - Yellowhawk CLOSED
Nov. 12	Diabetes Outreach at Culture Night
Nov. 12	Elder Blingo Night
Nov. 14	World Diabetes Day
Nov. 19	Diabetes Education & Support
Nov. 19	Pins & Pizza
Nov. 19	Indigenous Family Photoshoot
Nov. 20	Great American Smoke Out
Nov. 20	Healthy Cooking Class
Nov. 24	Men's Talking Circle
Nov. 25	"Our Promise" Youth Cultural Awareness & Prevention
Nov. 25	NAHM Closing Prayer
Nov. 25	NAHM Community Smudge
Nov. 25	Canvas of Culture - Family Paint Night
Nov. 26	Yellowhawk Scholarship Deadline
Nov. 27&28	Thanksgiving Day - Yellowhawk CLOSED
Nov. 30	(New Date) Warm Up Classic 2v2 Basketball Tournament



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 Senior Fitness Class - 10 AM
 Beyond Addiction Group (TH) - 1 PM

CLOSURES

Nov. 11 - Veterans Day Closed
 Nov. 27 & 28 - Thanksgiving Closed

STAY HEALTHY THIS SEASON!

Information provided by Mick Schimmel, Community Health Representative

As cold weather arrives, protect yourself and our community by getting your flu shot and staying home when you're sick.

GET YOUR FLU SHOT!

Flu can cause serious illness, especially for Elders, children, and those with chronic conditions. The flu vaccine is safe, effective, and updated yearly. Getting vaccinated protects you and those around you. It's best to get your shot in October or November, but it's never too late.

WHEN TO STAY HOME

Stay home if you have a fever (100.4°F or higher), cough, sore throat, fatigue, or stomach upset. Wait at least 24 hours after your fever is gone (without medicine) before returning to work, school, or gatherings. Rest, hydrate, and seek care if symptoms worsen.

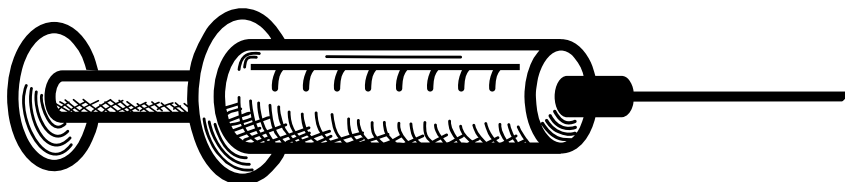
PREVENTION TIPS

- Wash hands often
- Cover coughs and sneezes
- Disinfect commonly touched surfaces
- Eat well and get enough sleep



SCHEDULE YOUR FLU SHOT

Call **541.240.8499 (Medical)** or **541.240.8697 (Public Health)** to schedule your appointment. *Together, we can keep our community strong, healthy, and flu-free this season!*



**SCHEDULE YOUR
VACCINATION**

Today!



WHAT VACCINATIONS ARE OFFERED?

Influenza for children & adults.
High dose also available, 65+.

**Pfizer COVID-19
COMIRNATY**

Adult vaccinations: Tdap, Shingles,
Pneumococcal Pneumonia, Hepatitis
A, Hepatitis B, Meningococcal.

**Childhood
Vaccinations**

MONDAY TO FRIDAY | 8 AM - 4 PM

Yellowhawk eligible individuals can schedule an appointment by
calling **541.240.8697**.

HEARTY CABBAGE SOUP

INGREDIENTS:

- 1 Tbsp. olive oil
- 1 cup diced carrots (about 2 large carrots)
- 1 cup diced celery (about 2 large stalks)
- 1 medium onion, diced
- 1 pound lean ground turkey
- 4 cups chopped green cabbage (about ½ head)
- 4 cups low-sodium chicken or vegetable broth
- 2 (15.5 oz.) cans diced tomatoes
- 1 (15.5 oz.) can white beans, rinsed & drained
- 1 tsp. dried thyme
- 1 tsp. garlic powder
- ½ tsp. salt
- ½ tsp. ground pepper

DIRECTIONS:

1. Sauté carrots, celery, and onion in oil in a large soup pot for about 5 minutes, stirring frequently.
2. Add dried thyme and ground turkey to the vegetables. Stir and continue cooking until the turkey is no longer pink, about 5-6 minutes.
3. Add the broth, cabbage, tomatoes, beans, garlic powder, salt and pepper.
4. Bring the soup to a boil, once boiling, reduce to a simmer for about 30 minutes, or until the vegetables are tender.

NUTRITION: *Makes 8 servings*

Serving size: 2 cups – Calories 195kcal | Carbohydrates 18g | Fiber 4.5g | Protein 14.5g | Fat 6g | Sat Fat 1.5g
Cholesterol 55mg | Calcium 80mg | Sodium 360mg | Potassium 700mg | Iron 2mg |



For nutrition questions or additional recipe ideas, please contact:

Dusty Dressler, RDN
DustyDressler@yellowhawk.org
541.240.8524



YELLOWHAWK
TRIBAL HEALTH CENTER

GREAT AMERICAN SMOKEOUT®

WHAT IS THE GREAT AMERICAN SMOKEOUT®?

The *Great American Smokeout®* is an annual event sponsored by the American Cancer Society, held on the third Thursday of November. Smokers are challenged to give up cigarettes for 24 hours during this event. This year the Great American Smokeout® will take place on November 20th. There will be a informational table from 8 AM to 4 PM in the Yellowhawk Lobby.

Our Tribal Tobacco Prevention program offers support in various ways to support community members quit commercial tobacco use. Our Yellowhawk Pharmacies offers replacement nicotine products called *NRT* (Nicotine Replacement Therapy) to help individuals who want to taper off commercial tobacco. Any Yellowhawk patient (over the age of 15) can come in at any time and ask pharmacy for NRT and they will be happy to assist you and teach about products they have on hand.

We plan to have adult cessation, *Second Wind*, available soon for individuals who want help to quit commercial tobacco. And we currently offer Project SUN, a youth cessation tobacco course to help Native youth quit commercial tobacco in a group setting.

Another way to support is through the idea of "*Cultural is Prevention*", and we offer Traditional Tobacco that our events and to any community members requesting. With the support from CTUIR Department of Natural Resources we have successfully scouted, harvested and processed *Kinnikinnick* (or Bearberry) from the local mountain range.

For many Tribal communities, traditional tobacco is a sacred plant used for healing, prayer and celebration. Traditional tobacco can vary from tribe to tribe with indigenous plants based in the ancestral gathering lands. Traditional tobacco can be used in the following ways: Smudging/Prayer, offerings when hunting or gathering, giveaways, ceremonies and depending on the type of plant used in meals. Most importantly traditional tobacco is not inhaled.

Commercial Tobacco is highly processed and is full of many toxic chemicals that are linked to cause cancer, respiratory difficulties and more. Commercial tobacco can be used in two ways: smoking, chewing with several different types of products like: cigarettes, cigars, vaping, chewing, snuff, dip and snus. All these commercial tobacco products are very addictive and harmful to your mind and body.

Information provided by Jacintha Stanley, Tribal Tobacco Prevention Program Coord.