



YELLOWHAWK
TRIBAL HEALTH CENTER

TAUTS TUM TINE NEWSLETTER



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TRIBAL HEALTH COMMISSION



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DECEMBER IS SEASONAL AFFECTIVE DISORDER (SAD) AWARENESS MONTH

Information provided by Cindy Cecil, MSW, LCSW, Behavioral Health Clinical Director

Many people experience short periods when they feel sad or not quite like themselves. Sometimes, these mood changes begin and end with the changing seasons. It's common for people to feel "down" or have the "winter blues" when days get shorter in the fall and winter, then feel better in the spring as daylight increases.

In some cases, these mood changes can be more serious and affect how a person feels, thinks, and behaves. If you've noticed significant changes in your mood or behavior with seasonal shifts, you may be experiencing *Seasonal Affective Disorder (SAD)*.

The depression associated with SAD is linked to changes in daylight hours, not the calendar. This means that stress from holiday or predictable seasonal routines - such as school or work schedules and family gatherings - are not the same as SAD.

SYMPTOMS OF DEPRESSION CAN INCLUDE, BUT ARE NOT LIMITED TO:

- Persistent sad, anxious, or "empty" mood most of the day, nearly every day, for at least two weeks
- Feelings of hopelessness or negativity
- Irritability, frustration, or restlessness
- Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities
- Decreased energy, fatigue, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions
- Changes in sleep or appetite or unplanned weight changes
- Unexplained aches, pains, headaches, or digestive issues that don't improve with treatment
- Thoughts of death or suicide or suicide attempts

If you think you may be experiencing Seasonal Affective Disorder, it's important to talk to a healthcare provider about the potential benefits and risks of different treatments options and determine which approach is best for you.

Our team at Yellowhawk Tribal Health Center is here to help - call **541.966.9830** to schedule an appointment with your provider. Need someone to talk to? Call the Yellowhawk CTUIR Community Warm Line at **541.969.0010**.

For more information, visit the National Institute of Mental Health (NIMH) at www.nimh.nih.gov/findhelp.

If you or someone you know is struggling or experiencing thoughts of suicide, call or text the Suicide and Crisis Lifeline at **988**, or chat online at **988lifeline.org**. In an emergency or life-threatening situation, please call Tribal Dispatch at **541.278.0550**.



PURCHASED REFERRED CARE DENIALS AND APPEALS

DENIALS

If payment for a medical bill is denied, you will be notified by Yellowhawk Tribal Health Center. The most common reasons for denials are:

- *Ineligibility due to failure to prove American Indian/Alaska Native descent.*
- *Ineligibility due to not residing within the Yellowhawk Service Area.*
- *Refusal to apply for and/or use alternative insurance.*
- *Visiting an Emergency Room (ER) or Urgent Care for nonemergent services; failure to notify Yellowhawk within 72 hours of the ER visit; or failure to follow up with a healthcare provider as requested after the ER visit.*
- *Failure to provide required documents to Yellowhawk (e.g., proof of insurance or other necessary documents).*
- *Failure to obtain preauthorization for services from an outside provider and/or facility.*

APPEALS

If you would like to appeal a payment denial, you must provide a written response to the Yellowhawk Resource Management Committee (RMC) within 30 days of the date on the denial letter. Your appeal should explain why you believe the healthcare visit should be covered and include any relevant circumstances that should be considered.

Yellowhawk's Purchased Referred Care staff are available to assist patients in writing appeal letters. *Please include all relevant supporting documentation with your appeal.*

TALIA MCLAUGHLIN - 541.240.8739 | LAURIE ALEXANDER - 541.240.8738 | CASSIE HALL - 541.240.8737

INJURED? ILL?

If you become aware that you need to go to either a Hospital Emergency Room or Urgent Care facility when Yellowhawk is closed, you must notify us within **72 hours after the visit!**

Contact Yellowhawk once the clinic has reopened during business hours.

If you see an emergent provider, please contact Yellowhawk Coordinators at **541.240.8742**.



NATIONAL HANDWASHING AWARENESS WEEK, DEC. 7-13, 2025

Information provided by Judith Burke, Community Health Representative

LET'S KEEP OUR COMMUNITY HEALTHY!

Handwashing is one of the most effective, simple, and inexpensive ways to protect your health and your community's health.

HOW TO WASH YOUR HANDS PROPERLY!

Follow these steps:

1. **Wet** your hands with clean, running water.
2. **Apply soap** and lather well, covering all surfaces of your hands.
3. **Scrub** your hands for at least 20 seconds, including the backs of your hands, between your fingers, and under your nails.
4. **Rinse** your hands well under clean, running water.

By washing your hands frequently with soap and water, you can help to protect yourself and others from a variety of illnesses, including:

- Common Cold
- Influenza (Flu)
- Meningitis
- Hepatitis A, B, & C
- Pneumonia

WHY IT'S IMPORTANT!

Washing your hands can keep you healthy and prevent the spread of respiratory and diarrheal infections. Germs can spread from person to person or from surface to people when you:

- *Touch your eyes, nose, and mouth with unwashed hands.*
- *Prepare or eat food and drinks with unwashed hands.*
- *Touch surfaces or objects that have germs on them.*
- *Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects.*



WET. LATHER. SCRUB. RINSE. DRY.



UPCOMING EVENTS

Dec. 2	Fatherhood/Motherhood Is Sacred
Dec. 6	Santa Stampede
Dec. 7-13	National Handwashing Awareness Week
Dec. 10	Holiday Dinner (Ātawīšmataš Families Only)
Dec. 11	Meat Canning Workshop
Dec. 15	Men's Talking Circle
Dec. 16	Elder & Family Holiday Gathering
Dec. 17	Diabetes Education & Support
Dec. 17	Winter Traditions Night - Culture Night
Dec. 18	Holiday Cookie Decorating
Dec. 25&26	Christmas - Yellowhawk CLOSED
Dec. 29	Men's Talking Circle
Dec. 30&31	Youth Mental Health First Aid
Dec. 30	"Our Promise" Youth Cultural Awareness & Prevention
Dec. 31	Winter Wellness Challenge Ends!
Dec. 31	New Years Eve Sobriety Powwow



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

CLOSURES

Dec. 25 & 26 - Christmas Closed
 Jan. 1 - New Year's Day

BE READY. STAY SAFE.

Information provided by Kila Solomon, PH Emergency Preparedness Coordinator

Winter is here, and with it comes *snowstorms, freezing temperatures, icy roads, and possible power outages*. Winter weather can change quickly, and being prepared can make all the difference. One of the most important items you should have in your emergency backpack is a reliable emergency radio.

Get appointment reminders and weather delays or closures by text or call. Just ask your provider's receptionist or an Eligibility Coordinator to sign you up before you check in for your appointment!

WHY ADD AN EMERGENCY RADIO TO YOUR EMERGENCY BACKPACK?

An emergency radio helps you stay informed when winter storms hit and the power goes out. This radio is small, tough, and easy to use. It's weather-resistant, with a rubberized body to protect it from drops and cold conditions. It receives NOAA weather stations, AM, and FM, so you can hear winter weather alerts, storm updates, and local news anytime.

It also includes helpful features such as:

- A built-in flashlight for dark, stormy conditions.
- A phone charger so you can stay connected.
- Three ways to charge it: hand crank, solar panel, or mini-USB.



These tools can make stressful winter situations easier and safer.

HOW TO USE YOUR EMERGENCY RADIO BEFORE A WINTER STORM:

- Fully charge it with the mini-USB or place it in sunlight.
- Store it in your winter emergency backpack, car kit, or home kit.
- Turn it on and find your local NOAA weather station.

DURING A WINTER EMERGENCY:

- Fully charge it with the mini-USB or place it in sunlight.
- Store it in your winter emergency backpack, car kit, or home kit.
- Turn it on and find your local NOAA weather station.

AFTER THE STORM:

- Keep listening for safety updates, warming center information, or travel advisories.
- Recharge the radio using the hand crank or sunlight if needed.

WHAT IS NOAA WEATHER RADIO?

NOAA Weather Stations broadcasts 24/7 alerts from the National Weather Service. It provides real-time information about winter storms, blizzards, freezing rain, dangerous wind chills, and other emergencies. It also sends public safety alerts like AMBER alerts and 911 outages. NOAA works with the Emergency Alert System to make sure you get the most accurate and timely updates during a winter emergency.

BE PREPARED BEFORE WINTER WEATHER STRIKES.

Add an emergency radio to your winter emergency backpack today! Visit our Public Health front desk to receive yours. For more information call Public Health at **541.240.8697**.



Fresh and Festive SHAVED BRUSSELS SPROUTS SALAD

INGREDIENTS:

SALAD

- 1 pound Brussels sprouts, shaved or thinly sliced
- 1 medium-sized apple, thinly sliced
- 1 small red onion, thinly sliced
- ½ cup unsalted, roasted sunflower seeds
- ½ cup dried cranberries or dried cherries
- ⅓ cup Parmesan cheese, shredded (optional)

DRESSING

- ⅓ cup olive oil
- 2 Tbsp. lemon juice
- 2 Tbsp. apple cider vinegar
- 1 tsp. dijon mustard
- 1 tsp. honey or maple syrup
- 1-2 cloves garlic, minced
- ¼ tsp. salt and pepper, each or as desired

DIRECTIONS:

1. In small bowl or mason jar with tight-fitting lid, combine all ingredients for dressing. Shake or whisk vigorously to combine. Set aside.
2. Place the shredded brussels sprouts in a large bowl. Add the sliced apple, sliced onion, dried cranberries, sunflower seeds, and optional Parmesan cheese. Drizzle the salad with the dressing and toss well.
3. Serve immediately, or allow the salad to sit in refrigerator for at least 30 minutes to absorb the dressing for more flavorful salad.

Notes: Prepare brussels sprouts - rinse, trim ends, and remove any discolored leaves. Thinly slice using a sharp knife or pulse in food processor with slicing attachment.

NUTRITION: *Makes about 8 servings*

Serving size: 1 cup – Calories 175kcal | Carbohydrates 16g | Fiber 4g | Protein 4g | Fat 11g | Sat Fat 1.5g | Cholesterol 0mg | Calcium 450mg | Sodium 115mg | Potassium 360mg | Iron 1.3mg



For nutrition questions or additional recipe ideas, please contact:

Dusty Dressler, RDN
DustyDressler@yellowhawk.org
541.240.8524



YELLOWHAWK
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DECEMBER IS NATIONAL IMPAIRED DRIVING PREVENTION MONTH

Driving a vehicle requires *attention, focus, vision, coordination, quick reactions, perception, judgment, and awareness* of everything happening around you. Alcohol and other drugs can impair these abilities and make it unsafe to drive.

In Oregon, it is against the law to drive under the influence of alcohol, controlled substances, or inhalants. You are presumed to be impaired with a *blood alcohol content (BAC)* of **0.08%** or **higher**. Impaired driving can cause crashes, injuries, and fatalities. In 2024, there were more than 13,000 deaths from alcohol-related crashes for the second year in a row.

Alternatives to driving under the influence can include using a sober designated driver, calling a taxi or ride-sharing service, walking, or staying if it's a safe place. Only time can reduce alcohol, drugs, and their effects in the body.

Under Oregon law, anyone entering a diversion agreement for—or convicted of—a DUI must complete a screening interview with an *Oregon Alcohol and Other Drug Screening Specialist (ADSS)* and complete a DUI services program. The ADSS will provide information on how to access an approved provider.

The Chemical Dependency Program in Behavioral Health at Yellowhawk Tribal Health Center is an approved DUI Service Provider. Please call *Behavioral Health* at **541.240.8670** to complete a referral over the phone.

Your referral will be assigned to a primary Chemical Dependency Counselor and Peer Recovery Mentor. You will be scheduled for an intake, assessment, treatment plan, and a baseline urinalysis. Together with your counselor, you will develop a treatment plan outlining individual sessions, group sessions, random urinalysis, and other recovery goals for the duration of treatment.

A completion certificate is provided after all mandatory requirements are met, including demonstrated abstinence through consecutive negative urinalysis results, completion of required DUI Education group sessions, and required individual sessions.

Aftercare services are available to help maintain recovery and abstinence. Additional groups are also available—such as Relapse Prevention and Refusal Skills—to support ongoing success. *Please call for more information.*



Information provided by Wenona Scott, Chemical Dependency Counselor

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

NEWSLETTERS CAN BE FOUND AT YELLOWHAWK.ORG/NEWSLETTER