



YELLOWHAWK
TRIBAL HEALTH CENTER

TAUTS TUM TINE NEWSLETTER



JANUARY, 2026

ISSUE

01

VOL. 5



TRIBAL HEALTH COMMISSION



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JANUARY IS NATIONAL GLAUCOMA AWARENESS MONTH

Information provided by Daniel C., Optometry Manager

Yellowhawk's mission is to empower our Tribal community with opportunities to learn and experience a healthy lifestyle. When it comes to your eyes and vision, a big part of a healthy lifestyle is having your eyes examined regularly.

It's easy to think of the eyes as separate from the rest of the body, or to assume that vision doesn't have much to do with your overall health - but nothing could be further from the truth! It's often said that the eyes are the window to the soul, but they are also the window to whole body health!

An eye exam can reveal signs of dysregulation in nearly all other organ systems, including the cardiovascular, nervous, endocrine, immune, hematologic, respiratory, renal, gastrointestinal, musculoskeletal, dermatologic and reproductive systems.

As you can see, there is so much more to your eyes than just your prescription. Even if you're seeing perfectly well, it's still important to come in regularly for an eye exam.

January is Glaucoma Awareness Month, making it the perfect time to highlight an eye condition closely tied to experiencing a healthy lifestyle. Glaucoma is an eye disease that causes progressive optic nerve damage leading to peripheral vision loss. Over time, this damage can cause permanent loss of vision.

In some cases, you can lose nearly half of your peripheral vision before noticing any problems! A simple comprehensive eye exam can easily determine if you might be at risk for glaucoma.

If your optometrist determines you might be at risk for glaucoma, the next step is to schedule a follow-up exam that includes special tests to assess the health of your visual field, optic nerve, nerve fiber layer and other risk indicators.

Because vision loss from glaucoma is irreversible, attending regular follow-up appointments is critical to ensure the condition is not progressing.

The good news is that glaucoma can be managed by controlling eye pressure with prescription eye drops or simple laser procedures. When properly controlled, vision loss can be halted and your vision protected for the rest of your life.

Don't let good vision lull you into being casual about your eye care. You only have two eyes and at Yellowhawk Tribal Health Center we want to keep them happy and healthy!

Call our Optometry team at **541.240.8568** to schedule your appointment!



HAVE YOU RECEIVED A PHONE CALL FROM THE ELIGIBILITY COORDINATOR HERE AT YELLOWHAWK?

Yellowhawk is required to maintain documentation showing that each patient served is eligible for services. The Clinic has been auditing patient charts for some time and has identified that some charts remain incomplete.

Federal requirements for each patient chart include a Tribal photo identification card or a Certificate of Enrollment, along with a copy of the patient's Social Security card. In some cases, a copy of a State Birth Certificate may also be requested.

Eligibility Coordinators have been sending letters and making phone calls to patients whose charts are missing required documentation. Thank you for bringing in your documents. We appreciate your patience and cooperation.

Aubry W. - 541.240.8527 | Sydney M. - 541.240.8747 | Cara G. - 541.240.8622

»»» YOUR PURCHASED REFERRED CARE TEAM »»»

Any care provided at Yellowhawk is called a Direct Care Service. The Purchased Referred Care (PRC) Program is for medical/dental/behavioral health/mental health care provided away from Yellowhawk. PRC is not an entitlement program, and a referral does not guarantee the care will be paid for. If Yellowhawk is requested to pay, then a patient must meet the residency requirements, notification requirements, prior authorization requirements, and use of alternate resources.

Please contact our knowledgeable staff with any billing questions or concerns.

Purchased Referred Care Staff Info:

Cassie H. - 541.240.8737

Talia M. - 541.240.8739

Laurie A. - 541.240.8738



JANUARY IS NATIONAL CERVICAL CANCER AWARENESS MONTH

Information provided by Mystie H., PH Operations Supervisor

Cervical cancer is one of the most preventable cancers. However, American Indian and Alaska Native women are more likely to develop cervical cancer and die from it than other groups due to delay detection. Cervical cancer often does not cause symptoms at first, which is why regular screening is so important.

Pap tests or "smears" and HPV tests can find precancerous changes early and help clinicians provide treatment to patients before cancer starts. Getting screened is a way to take care of yourself so you can stay strong for your family and community.

The HPV vaccine is another powerful way to prevent cervical cancer. HPV is a very common virus that has been associated with causing several types of cancer, including cervical. The vaccine is recommended for kids starting at age 9 and for teens and young adults who have not already gotten it.

The vaccine works best when given early, before exposure to the virus. By choosing screening and the HPV vaccine, we can protect future generations. You can learn more at [American Indian Cancer Foundation](https://www.aicancerfoundation.org/) who offers trusted, culturally grounded information and support to help Native people stay healthy and cancer-free.

To schedule your pap test, call our **Medical Department** at **541.240.8499**. To schedule an HPV vaccine, please contact our **Public Health Department** at **541.240.8697**.



CLOSED

Martin Luther King Jr. Day
MONDAY, JANUARY 19, 2026



YELLOWHAWK
TRIBAL HEALTH CENTER



UPCOMING EVENTS

- Jan. 1 New Year's Day - Yellowhawk **CLOSED**
- Jan. 5 Men's Talking Circle
- Jan. 6 Fatherhood/Motherhood is Sacred
- Jan. 19 Martin Luther King Jr. Day - Yellowhawk **CLOSED**
- Jan. 20 "Our Promise" Youth Cultural & Ecological Awareness
- Jan. 21 LiveWell Program
- Jan. 26 Men's Talking Circle & Focus Group
- Jan. 27 CHA Elder's Focus Group
- Jan. 30 New Year's Rez Challenge Sign-Up Deadline



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

- Jan. 1 - New Year's Day
- Jan. 19 - Martin Luther King Jr. Day

STAY ACTIVE THIS WINTER: 7 TIPS!

Information provided by Judith B., Community Health Representative

Take Nature Walks:

- Weather permitting, schedule time during the day to enjoy nature. Take a stroll through a neighborhood or visit a local park.

Monitor the Weather and Plan Ahead:

- Weather forecasts provide several days' notice to help you prepare your week. Be sure to monitor conditions, dress appropriately, and plan winter activities accordingly.

Wear Layers:

- Dress in several layers of comfortable clothing that can be removed easily as you warm up. Layering helps prevent overheating, sweating, and becoming cold later.

Work Out Online:

- Consider tuning into TV, online, live Zoom, or Instagram workout classes. There are many free or low-cost exercise videos available to help with aerobics, dancing, stretching, and strength training.

Do Some Chores:

- When bad weather keeps you indoors, look for ways to stay active at home. Housework such as vacuuming, sweeping, and cleaning all count toward your physical activity goals. Walking or running up and down stairs can also be a great workout.

Volunteer in Active Ways:

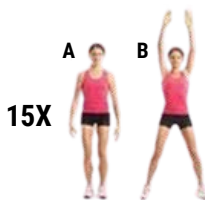
- Help others while staying active. Look for volunteer opportunities that involve movement, such as walking dogs for elderly neighbors or shoveling snow.

Powwow Dancing:

- Spend 20 minutes practicing Powwow dancing by following a YouTube video or moving to your own rhythm.

EXERCISES TO DO AT HOME

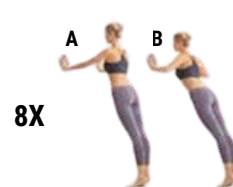
JUMPING JACKS



SQUATS



WALL PUSH UPS



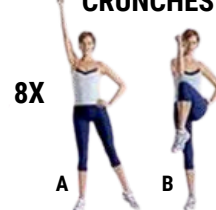
HIGH KNEES



FRONT LUNGES



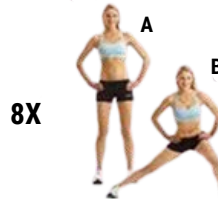
STAND UP CRUNCHES



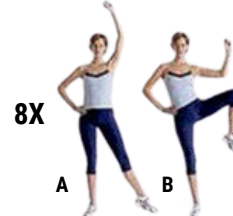
BUTT KICKS



SIDE LUNGES



SIDE CRUNCHES



Warm & Cozy SAUSAGE & WHITE BEAN SOUP

INGREDIENTS:

- 1/2 pound bulk Italian pork sausage
- 1 medium yellow onion, diced
- 3 cloves garlic, finely chopped
- 1 pound kale, ribs removed, thinly sliced
- 1/2 teaspoon salt
- 1 can (about 15oz) fire roasted diced tomatoes, undrained
- 1 can (about 15oz) diced tomatoes with no added salt, undrained
- 2 cans (about 15oz each) cannellini beans, drained, rinsed
- 32 oz. unsalted chicken broth
- 1/2 cup grated Parmesan cheese (optional)
- Salt and pepper to taste

DIRECTIONS:

1. Heat a 6 quart stock pot over medium heat and add the bulk sausage; if you can't find bulk sausage, remove the casings on links. Cook for 3 to 4 minutes, until the sausage is mostly browned. Remove with a slotted spoon to a bowl. Drain all but about 1 tsp. grease from the pan.
2. Add the diced onion to the pot and increase the heat to high. Cook until the edges of the onions brown, about 3 to 4 minutes. Add the garlic and cook for 1 more minute.
3. Return the sausage to the pot with the onions and garlic. Add the kale, sprinkle salt over everything, then add the chicken broth and undrained tomatoes. Cover the pot, lower the heat to medium and cook for 2 minutes until heated through.
4. Uncover, mix everything well (the kale will have cooked down by now) and add the beans. Cover the pot again and lower the heat to low. Cook another 5 minutes, then turn off the heat. Let stand 5 minutes, serve.

Makes about 8 servings

NUTRITION:

Serving size: 1 1/2 cups – Calories 270kcal | Carbohydrates 20g | Fiber 6g | Protein 18g | Fat 13g
Sat Fat 4.5g | Cholesterol 35mg | Calcium 220mg | Sodium 560mg | Potassium 790mg | Iron 4mg



For nutrition questions or additional recipe ideas, please contact:
Dusty Dressler, RDN
DustyDressler@yellowhawk.org
541.240.8524



EMPLOYEE SPOTLIGHT - RENA WICKERT

Rena Wickert began her career at Yellowhawk Tribal Health Center in May of 2010 as a Medical Assistant. She would spend the next 15 years in that same role, supporting numerous medical provider teams throughout her career and solidifying her place as a quintessential presence on the medical floor.

Rena approached everyday at work with a determination to make every patient feel at home, seen and cared for. Her infectious laugh could be heard echoing through the clinic halls as she ushered patients to exam rooms. Her effervescent warmth, ear wide smile, and gift for chat earned her the Health Commission Service Excellence Award in 2023.

"They have always shown themselves to be cheerful and always willing to go out of their way to help the patients. They always step up and assist where needed. They should be celebrated for their commitment to their job and to the community."

It goes without saying that Rena will be deeply missed by her Yellowhawk family and the wider community she served. While her time with Yellowhawk is coming to an end, her next great adventure is just beginning.

Here's to jumping in with both feet to life as an exceptional grandmother, devoted dog mom, loyal Seahawk fan, BUNCO grand champion, potato salad wizard, beach enthusiast, and all-around wonderful human.

Rena, thank you for your years of service and dedication to Yellowhawk patients and staff, and for finally retiring so someone else might have a chance to win a raffle!

Information provided by Yellowhawk Medical Staff



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NEWSLETTERS CAN BE FOUND AT YELLOWHAWK.ORG/NEWSLETTER