



YELLOWHAWK
TRIBAL HEALTH CENTER

TAUTS TUM TINE NEWSLETTER



FEBRUARY, 2026

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Shawna Gavin, Chair | Carrie Sampson, Vice Chair | Sierra Quaempts, Secretary
Members: Althea Huesties-Wolf, Dara Williams-Worden, Denise Wickert, Dorothy Cyr

FEBRUARY IS AMERICAN HEART MONTH

Information gathered from Heart.org.

It is important to regularly check your blood pressure because it is the only way to determine if you have high blood pressure. There are usually no symptoms or warning signs, and many times people are not aware they have it. Taking regular blood pressure readings at home is called *Self-measured blood pressure (SMBP) monitoring*.

There has been evidence to show that combining self-measured blood pressure monitoring with the support from a healthcare team is more effective at lowering blood pressure than not using SMBP.

Yellowhawk's Pinášukwat is an evidence-based program that is designed to teach and support patients in using SMBP monitoring. This program exists to try and solve a problem that all clinics have: how to gather accurate blood pressure readings when patients come into the clinic. When people come into the clinic for appointments they are often stressed, rushed, or wearing clothes that affect the accuracy of their blood reading.

Patients who participate in the program will receive one-on-one mentoring from certified healthcare professionals and educational heart health resources that are user-friendly and easy to understand.

Blood Pressure Categories



Self-measured blood pressure (SMBP) monitoring

By encouraging and empowering patients to regularly monitor their blood pressure in the comfort of their own home, with the appropriate techniques, and high-quality blood pressure monitor, we can get the most accurate "snapshot" of what their blood pressure really is.

Patients who choose to partner with us and complete self-measured blood pressure checks at home are more likely to keep their blood pressure and cholesterol in a healthy range and prevent life altering cardiac events such as heart attack, heart disease and stroke.

Interested in the Pinášukwat program? Talk with your healthcare provider or contact Yellowhawk Public Health at **541.240.8697**.

BLOOD PRESSURE CATEGORY	SYSTOLIC mm Hg (top/upper number)	and/or	DIASTOLIC mm Hg (bottom/lower number)
NORMAL	LESS THAN 120	and	LESS THAN 80
ELEVATED	120 – 129	and	LESS THAN 80
STAGE 1 HYPERTENSION (High Blood Pressure)	130 – 139	or	80 – 89
STAGE 2 HYPERTENSION (High Blood Pressure)	140 OR HIGHER	or	90 OR HIGHER
SEVERE HYPERTENSION (If you don't have symptoms*, call your health care professional.)	HIGHER THAN 180	and/or	HIGHER THAN 120
HYPERTENSIVE EMERGENCY (If you have any of these symptoms*, call 911.)	HIGHER THAN 180	and/or	HIGHER THAN 120



FEBRUARY IS CHILDREN'S DENTAL HEALTH MONTH!

Information provided by Yellowhawk's Dental Team

Children's Dental Health Month is a great time to remember how important healthy teeth are for growing kids. Good dental habits starting early can prevent cavities, build confidence, and set the foundation for a lifetime of healthy smiles. Our Yellowhawk Dental team looks forward to celebrating National Children's Dental Health Month every year. We are excited to team up with our Átawisamataš program to provide children fun rewards to encourage good habits!



Brushing twice a day with fluoride toothpaste and flossing daily are the most important steps in keeping teeth strong. Parents should help young children brush until they have the skills to do it well on their own, usually around age 7 or 8. Choosing a fun toothbrush and letting kids pick their own toothpaste flavor can make brushing more exciting.

Healthy eating also plays a big role in dental health. Limiting sugary snacks and drinks help prevent cavities. Sticky candies, soda, and frequent snacking can increase the risk of tooth decay. Encourage water, fruits, vegetables, cheese, and yogurt as healthy alternatives.

Regular dental checkups are critical to maintaining dental health. Children should see a dentist every six months to catch problems early and keep their teeth clean and healthy. Dental visits also help children feel comfortable and confident about their oral care.

New parents are encouraged to bring their infants in for an evaluation after their baby teeth start to erupt. First tooth means first dental visit! Call to schedule your appointment at **541.240.8698**.

EMERGENCY ROOM & URGENT CARE VISITS

The Emergency Room (ER) is for emergencies only. Using it inappropriately for routine healthcare 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 H. - 541.240.8737

Laurie A. - 541.240.8738

Talia M. - 541.240.8739



REFERRALS TO OUTSIDE SPECIALIST

When a patient needs care that cannot be acquired at Yellowhawk a referral will be generated from your healthcare provider.

What to expect:

- After completing the assessment with your provider, your provider will start an order (referral).
- *Referral Coordinator (RC)* receives a referral, they send you a letter with information about the specialty and the referral process, please make sure your address is up to date with the *Eligibility Coordinator (EC)*.
- The RC works with outside specialists to give your pertinent records.
- Many specialists prefer to schedule directly with patients, so please ensure your phone number is current with the EC.
- All specialist appointments for follow-up or testing must be sent to RC for an authorization to be sent to that specialist prior to your appointment.



Carrie W. - 541.240.8562 | Julianna B. - 541.240.8639 | Sharon J. - 541.240.8655

WEAR RED DAY, FEBRUARY 6



UPCOMING EVENTS

- Feb. 2 New Year's Rez Challenge Starts!
- Feb. 3 Fatherhood/Motherhood is Sacred
- Feb. 5 CHR Wellness Table (Heart Health Month)
- Feb. 6 National Wear **RED** Day for Heart Health Awareness
- Feb. 9 Men's Talking Circle
- Feb. 10 Youth Mental Health First Aid
- Feb. 11 Youth Mental Health First Aid
- Feb. 16 President's Day - Yellowhawk **CLOSED**
- Feb. 17 "Our Promise" Youth Cultural & Ecological Awareness
- Feb. 18 Healthy Way of Life
- Feb. 20 BAAD Player/Team Sponsorship Closes
- Feb. 23 Men's Talking Circle
- Feb. 24 All Level Fitness Boot Camp Starts!
- Feb. 25 Yellowhawk Scholarship Spring Term Deadline
- Feb. 26 Heart Healthy Cooking Class
- Feb. 26 Family Fun Night - Love Your Brain & Body
- Feb. 27 BAAD Commercial Tobacco Nominations Closes



SENIOR FITNESS CLASS

SCAN ME



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
- LiveWell Program (WED) - 11:30 AM
- Thursday Senior Fitness Class - 10 AM
- Beyond Addiction Group (TH) - 1 PM

CLOSURE

Feb. 16 - President's Day

STAY SAFE THIS WINTER: UNDERSTANDING HYOTHERMIA & FROSTBITE

Information provided by Kila Solomon, PH Emergency Preparedness Coordinator

Winter can be fun, but very cold weather can also be dangerous. Two serious cold weather issues are *hypothermia* and *frostbite*. Learning about them can help you and your family stay safe.

Hypothermia happens when your body gets too cold and cannot warm itself up. A normal body temperature is about 98.6°F. Hypothermia begins when it drops below 95°F. Signs of hypothermia include shivering, feeling very tired, confusion, trouble talking, and weakness.

Hypothermia can be life-threatening and needs medical attention right away.

Frostbite occurs when the skin and body tissue freeze. It most often affects the fingers, toes, ears, nose, and cheeks. Signs of frostbite includes numbness, tingling, or skin that looks white, pale, or hard. Severe frostbite can cause permanent damage.

How to Stay Safe:

- Dress in warm layers and stay dry.
- Cover your head, hands, and feet.
- Do not stay outside too long in cold, wet, or windy weather.
- Go inside if you notice signs of hypothermia or frostbite.



If you or someone else shows symptoms of hypothermia or frostbite, get help right away. Acting quickly can prevent serious injury. If symptoms are severe or do not improve, seek medical care immediately.

WEAR RED DAY

February 6, 2026

On **February 6, 2026**, people across the United States will celebrate **Wear Red Day** to support heart health and raise awareness about heart disease, especially in women. This special day happens every year on the first Friday in February during American Heart Month.

Heart disease is the leading cause of death for women, even more than cancer. Many people don't realize women can have different heart attack symptoms than men.



Heart Healthy BERRY BAKED OATMEAL



INGREDIENTS:

- 2 eggs
- 1 ½ cup milk of choice (dairy or non-dairy)
- 3 Tbsp. unsalted butter, melted and cooled
- 1 cup mashed banana or applesauce
- ½ cup pure maple syrup or brown sugar
- 2 tsp. vanilla extract
- 1 tsp. baking powder
- 1 tsp. ground cinnamon
- ¼ tsp. ground nutmeg (optional)
- ½ tsp. salt
- 3 cups old-fashioned (whole rolled) oats
- 1 cup berries, cherries, apples or other fruit, diced

DIRECTIONS:

1. Preheat oven to 350 degrees F. Lightly grease a 9x9-inch baking pan.
2. In a large bowl, whisk together eggs, milk, butter, mashed banana or applesauce, maple syrup (or brown sugar), and vanilla. Mix in baking powder, cinnamon, nutmeg and salt. Add the oats and stir until combined. Fold in fruit.
3. Carefully pour the mixture into the prepared baking dish. Bake for 30-35 minutes, until oatmeal appears almost set for a soft texture. If you prefer a drier and more solid texture, bake until center is set and the top is beginning to turn lightly browned. Let stand at least 5 minutes. Slice and serve warm.

NOTES

- If not eating immediately, cool completely before wrapping in plastic wrap to store in refrigerator up to 3 days.
- Try any combination of berries. Add nuts if desired.
- Frozen fruit works well – just mix them in while frozen. The cooking time may need to be extended a few minutes due to the extra moisture.

NUTRITION:

Serving size: 1/12th of recipe – Calories 160kcal | Carbohydrates 25g | Fiber 3.4g | Protein 4.5g | Fat 5g | Sat Fat 2.1g | Cholesterol 37mg | Calcium 150mg | Sodium 165mg | Potassium 220mg | Iron 1.1mg

Makes about 12 servings

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



WINTER STILL REQUIRES BEING HYDRATED

When we think of *staying hydrated*, we often think of hot summer days, but did you know winter brings its own surprising risks when it comes to fluid loss? Many people don't realize that dehydration is just as common, sometimes even more likely during the winter months. Understanding why this happens can help us stay healthy, energized, and resilient all winter long.

While you might not feel as thirsty in cold weather, your body continues to lose water throughout the day. According to

Massachusetts General Hospital, "cold-weather dehydration is real, and people often underestimate how much fluid they're losing simply because they don't notice sweat under layers of clothing. The body also loses moisture through the skin and lungs, and winter conditions amplify this effect. Cold air holds less humidity, and every breath you exhale releases water vapor. Indoor heating systems dry the air even further, increasing the rate of evaporation from your skin".

Dehydration is more than just a feeling of being thirsty, it can impact your overall health. Water plays an important part in transporting nutrients, regulating body temperature, supporting the immune system, and maintaining healthy skin. In winter, with illnesses like colds and flu are more common, hydration becomes even more vital. Fever, congestion, and increased respiratory rate can all raise your fluid needs. Without enough water, you may experience headaches, fatigue, dry skin, dizziness, or dark-colored urine—classic signs of dehydration that often go overlooked in winter months.



Warm beverages like herbal tea or broth can make drinking fluids more appealing when it's cold outside. Eating water-rich foods—such as soups, citrus fruits, and leafy greens also contributes to your daily hydration. Experts recommend paying attention to urine color, aiming for a pale yellow as a simple indicator of adequate hydration. Keeping a water bottle nearby, setting reminders, and balancing caffeinated drinks with extra water can also help you stay on track.

Winter may not feel like a season when dehydration is a concern, but science is clear: your body needs consistent hydration year-round. By staying mindful of your fluid intake, you can support your immune system, maintain energy levels, and keep your body functioning at its best even on the coldest days.

Information provided by Michael Erickson, PH Assistant Director