



YELLOWHAWK
TRIBAL HEALTH CENTER

TAUTS TUM TINE NEWSLETTER



MARCH, 2026

ISSUE
03
VOL. 5



TRIBAL HEALTH COMMISSION



Shawna Gavin, *Chair* | Carrie Sampson, *Vice Chair* | Sierra Quaempts, *Secretary*

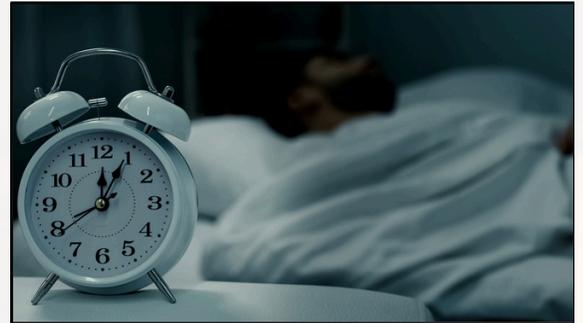
Members: Dara Williams-Worden, Denise Wickert, Dorothy Cyr

THE IMPORTANCE OF REST

Information provided by Mick S., Community Health Representative

SLEEP IS MORE THAN REST. IT IS MEDICINE.

At Yellowhawk Tribal Health Center, we know that good health begins with the basics. Sleep is one of the most powerful tools our bodies have to heal, grow, and stay strong. When we sleep well, our minds are clearer, our moods are steadier, and our immune systems are stronger. When we do not, everything from blood pressure to blood sugar to stress levels can be affected.



For many Native families, daily life can be busy and demanding. Work, school, caregiving, and community responsibilities often stretch into late evenings. Screens and cell phones can also keep our brains alert long after the sun goes down. Over time, too little sleep can increase the risk of diabetes, heart disease, depression, and weight gain.

Our bodies were designed to follow a natural rhythm. Just as our ancestors rose with the light and rested in darkness, our bodies still respond to consistent routines. Going to bed and waking up at the same time each day helps reset that rhythm. Creating a calm bedtime routine, limiting screen time before bed, and keeping your sleeping space cool and quiet can make a big difference.

Rest is not a luxury. It is part of caring for yourself, your family, and your community. When we are well rested, we show up stronger for the people who depend on us.



TIMINE STRONG PROGRAM

At Yellowhawk, we believe health isn't just one thing, it's about the whole *you*. The Timine Strong program is all about building healthy habits, making connections, and helping participants feel more connected to Yellowhawk and the community in meaningful ways. This program opportunity is open to anyone ages 18+.

The program challenges you to complete health goals in any (or all) of the following areas:

- **Mind**, which includes behavioral, emotional, and social health.
- **Body**, with a focus on physical activity, healthcare, and nutrition.
- **Spirit**, which honors culture, traditions, and identity.
- **And Community**, because being part of something bigger than yourself is empowering.

The program runs for four months and is offered twice a year – from April 1 through July 31, and again from September after Round-Up through December.

To learn more about the Timine Strong Program, please call **541.969.4385** or send an email to timinestrong@yellowhawk.org or visit <https://yellowhawk.org/timinestrong/>

REGISTER NOW



EMPLOYEE SPOTLIGHT - PAULA POWAUKEE

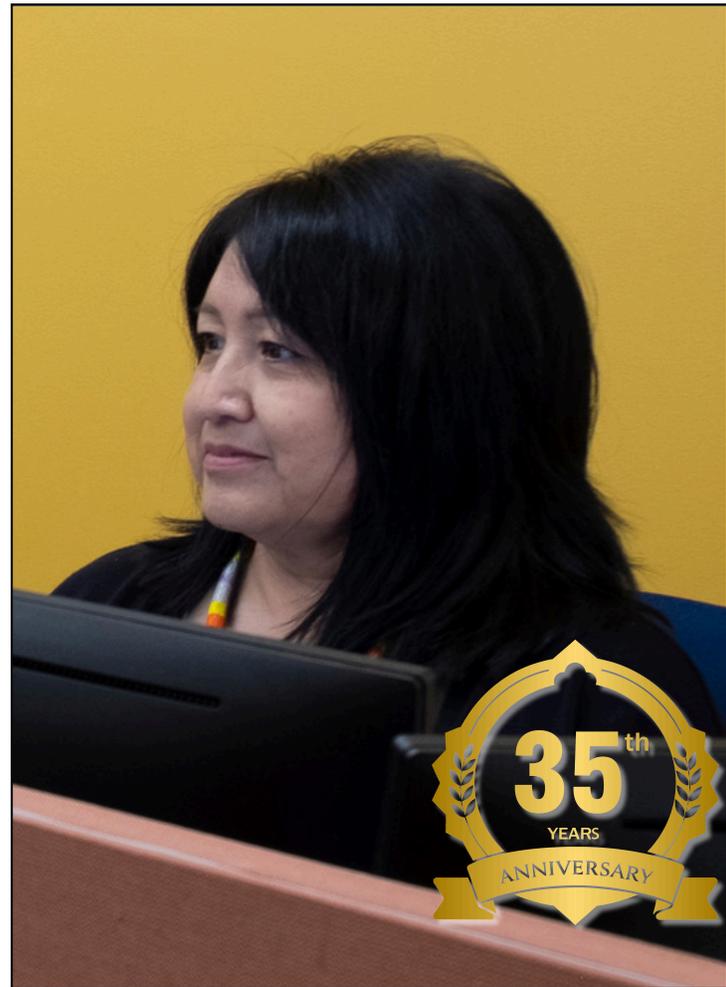
For 35 years, Paula Powaukee has been the foundation of our medical records team – calmly, consistently, and always ensuring that our clinic runs smoothly behind the scenes. Her work may not always be in the spotlight, but her impact is unmistakable.

Paula represents the kind of dedication that defines exemplary service. She approaches every task with reliability, thoughtfulness, and a grounded presence that brings a calm energy. Her technical expertise and skills are superior, but she is also solution-focused and looks for solutions that are inclusive and inspires the people around her. She listens, collaborates and considers how decisions affect others, making her a trusted colleague across departments.

Though she prefers to stay out of the center of attention, Paula's work ethic says more than recognition ever could. She has shaped the standard for excellence in our medical department as well as other departments. Her reliability is exceptional, and her commitment to do what is right has strengthened our processes, teamwork and patient care.

Thank you Paula, for 35 years of service marked by integrity, humility and consistent dedication. Your presence and commitment have made a meaningful difference through the years, and we are grateful for the legacy of excellence you continue to build.

Provided by Yellowhawk Medical Staff



1ST STOP AT YELLOWHAWK... ELIGIBILITY COORDINATORS

Please continue to check in prior to any of your appointments at Yellowhawk.

Please stop at the Eligibility Coordinators desk to confirm annual updates, copy of latest insurance cards, and any other documents that may be needed. Make sure to give us your current phone number and address!

Eligibility Coordinators:

Aubry W. - 541.240.8527 | Cara G. - 541.240.8622

Sydney M. - 541.240.8747



Front Entrance



Elder Entrance

TIPS FOR USING PURCHASED REFERRED CARE (PRC)

- **Notify Every Time:** You must inform your Referral Coordinator prior to each appointment and obtain a new authorization each visit.
- **72-Hour Notification:** Contact Purchased/Referred Care within 72 hours of any emergency room or urgent care visit.
- **Understand Insurance:** If you have insurance, PRC can only pay after your insurance. Please present your insurance cards at every visit.
- **Update Information:** You must update your information annually or whenever there is a change, such as your name, address, or insurance. This can be done with any Eligibility Coordinator at check in.
- **Billing Statements:** Please bring in or drop off any billing statements to PRC staff so they can be processed in a timely manner.

Purchased Referred Care:

Cassie H. - 541.240.8737 | Laurie A. - 541.240.8738

Talia M. - 541.240.8739

DIAPER DISTRIBUTION

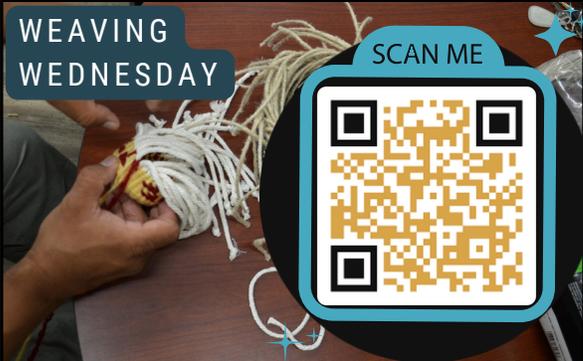


UPCOMING EVENTS

- Mar. 1-7 Dental Assistants Recognition Week
- Mar. 3 Fatherhood/Motherhood is Sacred
- Mar. 4 Community Smudge
- Mar. 6 National Dentist's Day
- Mar. 9 Men's Talking Circle
- Mar. 11 Registered Dietitian Nutritionist Day
- Mar. 11 LiveWell Program
- Mar. 12 CHR Wellness Table
- Mar. 12 Evening Cooking Class
- Mar. 15-21 National Poison Prevention Week
- Mar. 17 Our Promise Youth Cultural & Ecological Awareness
- Mar. 18 Healthy Way of Life - Processed Foods
- Mar. 19 Diaper Distribution
- Mar. 19 Poison Prevention
- Mar. 20 Commercial Tobacco is BAAD Recognition
- Mar. 21-27 BAAD Tournament Prevention Education Classes
- Mar. 24 BAAD Bowling & Pizza Night
- Mar. 25-31 National Physicians Week
- Mar. 27 New Years Rez Challenge Ends
- Mar. 31 Nutrition Education
- Mar. 31 Community Smudge



WEAVING WEDNESDAY



SCAN ME



SCAN FOR PHYSICAL WELLNESS OPPORUNITIES

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

MARCH IS POISON PREVENTION MONTH

Information provided by Judith B., Community Health Representative

HOME SAFETY TIPS

1

Keep cleaning products, and cosmetics up & away

2

Read product labels before each use

3

Supervise young children when using hand sanitizer

4

Don't mix cleaning products together

FIRST AID TIPS

1

For any exposure, call Poison Help at 1-800-222-1222

2

Skin contact: Wash area thoroughly with soap and water

3

Eye exposure: Thoroughly rinse for 20 minutes

4

Ingestion or swallowed: Call Poison Help at 1-800-222-1222

PRACTICE SAFE STORAGE HABITS

Each year, more than 90% of exposures reported to local poison centers occur in the home. Here are some ways you can help keep your family, friends, and yourself poison-safe at home.

Store the following items up, away, and out of sight of children, and keep them in their original containers whenever possible. You may also secure these substances in cabinets with child-resistant locks. Keep in mind that there is no such thing as a 100 percent child-proof lock or container.

- All medicines and pharmaceuticals, including over-the-counter medications, prescription medications, vitamins, and supplements
- Tobacco and e-cigarette products, especially liquid nicotine
- Alcohol
- Laundry, cleaning supplies, and other household chemicals
- Pesticides and insect repellents
- Button batteries, such as those found in musical greeting cards, key fobs, toys, etc.
- Any type of oil or lubricant, including fragrance oils, tiki torch oils, engine oil, etc.
- Personal care products, especially contact lens disinfectants and hand sanitizers

Join Us in Celebrating

Celebration of Nutrition and Nutrition Sovereignty

Nicht-Yow-Way Senior Center Nutrition Program

Did you know?

More than half of the crops grown worldwide today were first cultivated successfully and scientifically in the Americas by Indigenous People.

On average, Title VI programs serve traditional foods about 3X per month.

Learn more about our monthly offerings at yellowhawk.org/senior-center



WWW.YELLOWHAWK.ORG/EVENTS



Colorful breakfast SWEET POTATO EGG CASSEROLE

INGREDIENTS:

- 2 tsp. olive oil
- 4 cups sweet potatoes, cut into ½ inch cubes
- 1 medium onion, chopped
- 1 medium bell pepper, chopped
- 2 cloves garlic, minced
- 1/2 pound turkey sausage, chicken sausage, or tofu
- 2 cups chopped spinach
- 1/2 cup shredded mozzarella cheese
- 1 tsp. dried thyme
- 1 tsp. salt
- 1/2 tsp. ground black pepper
- 12 large eggs
- 1/4 cup low-fat milk (dairy or non-dairy)

DIRECTIONS:

1. Cook the vegetables in either a frying pan or roast in oven. *Frying pan:* heat frying pan to medium high. Add 2 tsp. olive oil. Add cubed sweet potato, chopped peppers and chopped onions. Cook and stir gently until vegetables are fork-tender, about 8-9 minutes. Add minced garlic and cook for 1 minute more. *Roasting:* Preheat oven to 425 degrees F. Combine chopping vegetables on sheetpan. Toss with 2 tsp. olive oil. Roast for 15 to 20 minutes, until tender. Set aside to cool.
2. Brown the sausage in frying pan breaking it apart as it cooks. Cook for about 6 minutes, until thoroughly browned.
3. In medium mixing bowl, mix together eggs, milk, salt, pepper, thyme and cheese.
4. Preheat oven to 400 degrees F. Prepare 9x13 casserole dish with oil. Combine cooked vegetables, cooked sausage, and chopped spinach in casserole dish. Pour the egg mixture over the top.
5. Bake the casserole covered with foil in preheated oven for 20 minutes. Remove the foil and bake for an additional 15 minutes until the top and edges of the casserole begins to brown and center appears set. Remove from oven and let the casserole rest for 5 minutes. Slice and enjoy.

NUTRITION:

Serving size: 1/8th of recipe – Calories 350kcal | Carbohydrates 24g | Fiber 4g | Protein 22g | Fat 18g
Sat Fat 5g | Cholesterol 300mg | Calcium 170mg | Sodium 690mg | Potassium 650mg | Iron 2.8mg

Makes about 8 servings



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



MARCH IS NATIONAL NUTRITION MONTH®

MAINTAIN YOUR HEALTH THROUGH A BALANCED DIET

A balanced diet is one of the most powerful tools we have for supporting overall health. Consistently choosing nutrient-dense foods helps maintain energy, protect the heart, and strengthen the immune system.

SUPPORT YOUR IMMUNE SYSTEM

Adequate intake of vitamins, minerals, and antioxidants helps immune cells function effectively. Fruits, vegetables, whole grains, lean proteins, and healthy fats provide nutrients such as vitamins A, C, D, E, and zinc – all linked to immune function.

PRIORITIZE LEAN PROTEIN & FIBER FOR FULLNESS

Lean protein such as poultry, fish, wild game, beans, tofu, and low-fat dairy supports muscle maintenance and helps regulate appetite. Fiber-rich foods (vegetables, fruits, legumes, whole grains) promote fullness, digestive health, and blood sugar balance. Higher fiber intake is associated with reduced risk of heart disease and metabolic disorders.

CHOOSE HEART-HEALTHY FATS

Replacing saturated animal fats with unsaturated fats – found in nuts, seeds, avocados, olive oil, and fatty fish – supports heart health. These fats help improve cholesterol profiles and may reduce inflammation.

FOCUS ON COMPLEX CARBOHYDRATES

Whole grains, legumes, fruits, and vegetables provide steady energy, fiber, and essential nutrients. Unlike refined and processed carbohydrates, complex carbs help stabilize blood sugar and sustain fullness.

Balanced eating is not about perfection. It is about consistency. Small, sustainable choices made daily can have meaningful long-term benefits for health.

Information provided by Dusty D., Registered Dietitian Nutritionist



DUSTY DRESSLER

REGISTERED DIETITIAN
NUTRITIONIST DAY
MARCH 11

Thank you Dusty
for your
dedication to
providing our
community with
nutrition
education and
empowering us
to lead healthy
lives!

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

NEWSLETTERS CAN BE FOUND AT YELLOWHAWK.ORG/NEWSLETTER