



YELLOWHAWK
TRIBAL HEALTH CENTER

TAUTS TUM TINE NEWSLETTER



APRIL, 2026

ISSUE
04
VOL. 5



TRIBAL HEALTH COMMISSION



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YELLOWHAWK INTERNS - ALEXANDRA VAZQUEZ & BRYSON REDCRANE

Information provided by Yellowhawk Human Resources

Alexandra (Alex) Vazquez began her Pharmacy Technician Internship in August of 2024. Alex created her career development plan which included long-term goals and immediate objectives all culminating in becoming a certified Pharmacy Technician. The internship not only included on the job experience, but also studies, exams, and fees required to complete the certification.

Alex worked hard, and with the support of her mentor and other pharmacy staff, she learned to balance work and study. In February of 2026 Alex obtained her Pharmacy Technician certificate.



Bryson Redcrane joined Quality and Risk Management as an intern in February of 2025, since then he has been FEMA Incident Command System (ICS) training, and working towards his OSHA Safety and Health Fundamentals Program among learning other programs and software.

Bryson enjoys the work and said, *"this has allowed me to learn while also remembering why I chose to take this position to make sure that everyone who comes into the clinic, whether they are a patient, visitor, or employee, has the best experience possible."*

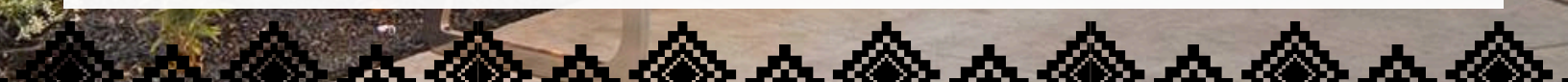


The Yellowhawk Tribal Health Center internship program is a great way to work while gaining credentials and certification for the job you want. Yellowhawk works with CTUIR higher education students majoring in fields related to Yellowhawk needs.

Internships generally last 12 months but can be longer in particular situations. *We appreciate Alex and Bryson, as well as the Pharmacy and Quality and Risk Management for all their hard work to make these internships successful!*



Thank You



MEDICAL LABORATORY PROFESSIONALS WEEK (APRIL 20 - 25)

Information gathered from the American Society of Clinical Laboratory Science & Mayo Clinic Laboratories

Laboratory medicine is central to the clinical practice of medicine, touching more patients than any other medical discipline.

Medical laboratory professionals provide clinical information and services that contribute to the effective delivery of care in today's complex healthcare system. They are indispensable partners in providing patient-centered care and in improving health outcomes and overall public health.

Clinical laboratory services are one of the most cost effective, least invasive sources of objective information used in clinical decision-making. Clinical laboratory services have a direct impact on many aspects of patient care including, but not limited to, inpatient length of stay, patient safety, resource utilization, innovation in care, customer satisfaction, and ultimately patient outcome.

Effective and efficient clinical laboratory services maximize low cost, high quality, and timely delivery for operational efficiencies of the parent organization that contribute to:

- Preventing disease
- Detecting disease early
- Establishing an accurate diagnosis
- Selecting the right treatment
- Avoiding delays in treatment
- Improving care pathways
- Facilitating recovery
- Reducing disability
- Preventing relapse or retarding disease progression
- Reducing the need for long-term care

For lab appointments or more information, call **541.240.8699**.



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 because of failure to prove you are of American Indian/Alaska Native descent.*
- *Ineligibility because you do not reside within the Yellowhawk Service Area.*
- *Refusal to apply for and/or use alternative insurance.*
- *Visited an Emergency Room (ER) or Urgent Care for non-emergent services; did not notify Yellowhawk within 72 hours of ER visit; or did not follow-up with healthcare provider as requested after ER visit.*
- *Failure to provide required documents to Yellowhawk (i.e. proof of insurance or other documents).*
- *Failure to get preauthorization for services to 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 of the denial letter. Your appeal should identify the reasons you believe the healthcare visit should be paid for and any circumstances you believe should be considered as relevant. Yellowhawk's Purchased Referred Care (PRC) staff are available to assist patients in writing letters of appeal. *All relevant supporting documentation should also be included in the letter.*

Talia M. - 541.240.8739 | Laurie A. - 541.240.8738 | Cassie H. - 541.240.8737

OPEN YOUR MAIL - DROP OFF OR BRING IN!

When you receive mail from your insurance company, please bring it to Yellowhawk. Use the drop box outside the clinic or bring to our Eligibility Coordinators. Our staff will make sure it reaches the correct department.

Do not throw away or shred insurance mail until you have looked at it closely!

Do you have questions about your insurance information? Give our Business Office a call **541.240.8745**.



BLOOD DONATION DRIVE



UPCOMING EVENTS

- April 1 Timine Strong Program Starts
- April 3 Blood Donation Drive
- April 6-12 National Public Health Week!
- April 6 Tribal Community Health Assessment Starts
- April 6 Men's Talking Circle
- April 7 Fatherhood/Motherhood is Sacred
- April 14 Free Diaper Distribution
- April 15 Free Diaper Distribution
- April 15 Healthy Way of Life - Foot Health
- April 16 Elders Garden Guild Starts, Weekly
- April 20-25 Medical Laboratory Professionals Week!
- April 22 Our Promise
- April 23 Mother's Day Paint Night (MCH Families Only)
- April 27 Men's Talking Circle
- April 29 Yellowhawk Scholarship Fall Term Deadline



ELDERS
GARDEN
GUILD

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

APRIL IS ALCOHOL AWARENESS MONTH

Information provided by Wenona S., Chemical Dependency Counselor

Alcohol remains a major concern in our community. It remains prevalent because it is easily accessible. In this sense, alcohol has become a rite of passage for our youth. Alcohol has caused wrecks, it has caused families to separate, it has caused injury and harm. Alcohol has caused loss of our loved ones too soon.

To reduce and prevent alcohol consumption, we can enhance protective factors for ourselves, youth, families, and community. Protective factors can be things, people, and places that set clear and healthy standards that promote wellbeing. These can include language, culture, spirituality, and purpose.

There are an abundance of resources - go to language lessons, learn about the First Foods, attend Culture Night, visit and eat lunch at the Senior Center with an Elder, go to Community Sweat, or go to services at the Mission Longhouse.

As Native people, we can tap back into what makes us whole. When we don't know how to do something, as a close-knit community, we ask around, and more than likely, will find a helpful person or group.

We have many features of our culture, heritage, and identity all around us. We are resourceful in this way of learning more about ourselves, developing skills and strengths, and then, in time, becoming a resource to someone else.

It is our nature to be a nurturing and giving people, fostering our knowledge to uplift others because it is what has worked for us for generations. Let us continue the healing spirit of protective factors. Culture as prevention, recovery, and wellness.

Yellowhawk Chemical Dependency Program offers OHA Culturally Specific Recovery Services. Through community mobilization, we developed the Láwtiwaama Sobriety Friendship Dance, the New Year's Eve Sobriety Powwow, and BAAD Prevention Education classes, all created in response to recognized times of vulnerability within our community. For more information, please call Behavioral Health at 541.240.8670.

Spring Term Scholarship Recipients

FALL TERM DEADLINE, APRIL 29, 2026
BY 4 PM (PACIFIC)

QUANAH FRENCH



KIANA (PICO)
RODRIGUEZ



RICHARD ORNA



Spring flavors ROASTED CABBAGE

INGREDIENTS:

- 1 small head of cabbage - green, purple or savoy
- 2 Tbsp. olive oil
- 1 Tbsp. garlic powder
- ½ tsp. salt
- ¼ tsp. ground black pepper
- Optional: ½ tsp. red pepper flakes
- Optional: 3 Tbsp. grated Parmesan cheese
- Optional: 1 Tbsp. honey or maple syrup

DIRECTIONS:

- Preheat the oven to 425°F. Line a baking sheet with parchment for easy clean-up.
- Remove any damaged outer leaves of the cabbage. Leaving the core intact, cut the cabbage in half. Cut each half through the center again and then cut each quarter in half to make 8 wedges. The core will help the wedge slices stay together.
- Place the wedges in a single layer on the prepared baking sheet.
- Brush the top of each cabbage wedge with olive oil. Flip over and brush with oil on the other side.
- In small bowl, mix together garlic powder, salt, pepper and optional pepper flakes. Sprinkle the seasoning mixture evenly over the top of the cabbage wedges. Drizzle wedges with honey or maple syrup if desired.
- Roast the cabbage 15 minutes and then flip carefully with spatula. In desired, sprinkle with Parmesan and continue roasting until the cabbage is tender and edges are turning brown - about 15 more minutes.
- Allow to cool for a few minutes.

Makes about 8 servings

NUTRITION:

Serving size: 1 wedge – Calories 100kcal | Carbohydrates 8.4g | Fiber 3g | Protein 3g | Fat 6g
Sat Fat 1g | Cholesterol 300mg | Calcium 5mg | Sodium 240mg | Potassium 265mg | Iron .6mg



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



« PROTECTING OUR COMMUNITY: STI AWARENESS & PREVENTION »»

Taking care of our health helps protect our families, our partners, and our community. *Sexually transmitted infections (STIs)* continue to affect communities across the country. By being informed and looking out for one another, we can help keep our community healthy.

One important step is having open conversations with your partner about sexual health. These conversations may feel uncomfortable, but they help build trust and allow both partners to make informed decisions about testing and protection.

Testing is an important part of protecting your health. When getting tested, it is helpful to ask what infections you are being tested for, since not all STI tests screen for everything. Common screenings include *HIV, syphilis, chlamydia, gonorrhea, and hepatitis C*. Other infections that may be discussed or tested for include *trichomoniasis, herpes, and mpox*, depending on symptoms or risk factors. Because *syphilis* is increasing, regular screening is especially important.

Some sexually transmitted infections can also lead to serious long-term health problems, including cancer. For example, *Human Papillomavirus (HPV)* can cause several types of cancer in both male and female. The good news is that HPV can be prevented through vaccination, which is recommended for youth and young adults and may be available for others based on provider guidance.

If you would like to be tested, there are several options available. You can schedule a confidential appointment with your provider, visit Urgent Care, contact the Umatilla County Health Department, or order a free home HIV testing kit through TakeMeHome at TakeMeHome.com.

If you test positive for an STI, working with a Public Health Nurse (PHN) can help ensure you and your partner receive the care you need. A PHN will reach out to you to discuss possible exposures, treatment options, risk factors, and help connect you to the appropriate care. Treating partners helps prevent reinfection and protects the health of our community. In some situations, medication can be provided for partners through Expedited Partner Therapy (EPT), but when possible, having your partner come in for screening and care is the best option.

Yellowhawk Public Health Nurses are available to answer questions and support community members in a respectful and confidential way. Call Public Health at **541.240.8697** to speak with a Public Health Nurse.

Information provided by *Mystie Hayne, PH Operations Supervisor*

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

NEWSLETTERS CAN BE FOUND AT YELLOWHAWK.ORG/NEWSLETTER