



YELLOWHAWK
TRIBAL HEALTH CENTER

TAUTS TUM TINE NEWSLETTER



JULY, 2026



TRIBAL HEALTH COMMISSION



Shawna Gavin, *Chair* | Carrie Sampson, *Vice Chair* | Sierra Quaempts, *Secretary*
Members: Alan Crawford, Dara Williams-Worden, Denise Wickert, & Dorothy Cyr

BACK-TO-SCHOOL PHYSICALS, SPORT PHYSICALS, AND IMMUNIZATIONS

Information gathered from AAP.org & CDC.gov.

As we prepare for the new school year, we have an opportunity to support the health, growth, and success of our children. Healthy children are better prepared to learn, participate in activities, and stay connected to their families, schools, and communities.

Annual wellness visits are an important part of keeping children healthy. These visits allow healthcare providers to monitor growth and development, review immunizations, discuss nutrition and physical activity, address behavioral and emotional health concerns, and identify any health issues that may affect learning or participation in school activities.

Regular preventive care helps children stay healthy throughout the year and sets the foundation for good lifelong health habits. Yellowhawk Tribal Health Center will be offering *Cay-Uma-Wa Head Start Physicals* on **Tuesday, July 21** and **Thursday, August 6** to help families complete required health screenings before the school year begins. For older students, an annual exam can be scheduled at any time.

CayUmaWa Head Start Physicals

X marks the spot for a healthy start!

July 21, 10 am-3:30 pm
Aug. 6, 8 am-3:30 pm

All participants will need a parent or approved guardian present. We encourage patients to bring the physical form provided by head start with them to the appointment, we will have extras if needed.

Call for appointment!
Julie Wilson, RN - 541.240.8673
Norma Mendoza, CCMA - 541.240.8583

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Students participating in school sports may also need a sports physical before practices begin. Sports physicals help identify potential health concerns, promote safe participation in athletics, and provide an opportunity to discuss injury prevention and overall wellness.

Yellowhawk will also be offering a *Sports Physical Clinic* (see page 3) on **Thursday, August 13** for students ages 12–18 planning to participate in sports in the coming school year.

Parents and guardians are encouraged to review their child's immunization status before the start of the school year. Vaccines help protect our children, families, Elders, and the broader community from preventable diseases. If your child is due for routine immunizations or has fallen behind on recommended vaccines, summer is a great time to get caught up and avoid the back-to-school rush. Yellowhawk offers daily appointments for vaccinations.

Scheduling appointments early can help ensure your child is ready for the upcoming school year and meets any school or activity requirements.

Please contact *Yellowhawk Medical* at **541.240.8499** for questions or to schedule an appointment. We look forward to partnering with families to support the health and well-being of our children, families, and future generations.

EMPLOYEE SPOTLIGHT - ANDREA RODRIGUEZ

Provided by Yellowhawk Human Resources Team

Andrea, HR Director, is an exceptional leader who demonstrates compassion, professionalism, and genuine care for every member of our team. She leads with a people-first approach, creating a workplace culture where employees feel valued, respected, and supported. Her ability to balance organizational goals with the well-being of staff is one of her greatest strengths.

What sets her apart is her compassion. She takes the time to listen, understand concerns, and offer guidance when employees face challenges, both professionally and personally. Her fairness and integrity inspire confidence, and she consistently makes decisions that reflect both sound judgment and genuine concern for others.

Beyond her professional skills, she exemplifies kindness and empathy in her daily interactions. She celebrates successes, supports employees during difficult times, and fosters a sense of community within the workplace.

Working under her leadership is a privilege. She is not only an outstanding HR Director but also a mentor, advocate, and role model whose compassion, caring nature, and commitment to people make a lasting positive impact on our organization.



Q & A WITH PURCHASE REFERRED CARE (PRC)

Question: If I am eligible for PRC, why are some of my medical bills being paid and others not?

Answer: Each visit to a non-IHS health care provider and the associated medical bill is distinct and must be examined individually to determine PRC eligibility. All PRC requirements must be met for each episode (treatment) of care. A patient must meet residency, notification, medical priority of care, and use of alternate resources requirements of 42 CFR 136.23, 136.24, and 136.61 in order to be eligible for PRC.

Example: If a PRC authorization is issued, Yellowhawk will pay for the first medical treatment. Follow-up care (includes: pre-op, post-op, telemedicine) or additional medical care will require approval with a new PRC authorization. If this process is not followed, the patient may be responsible for the expense.

Purchased Referred Care Staff:

Talia - 541.240.8739 | Laurie - 541.240.8738 | Cassie - 541.240.8737

CONGRATULATIONS ON YOUR NEW EMPLOYMENT!



Depending upon which employer has hired you, your insurance benefits may have already begun or will be in 90 days.

Please bring your insurance cards as soon as you receive them in the mail so that Eligibility Coordinators can make sure we have a copy of your insurance cards. Yellowhawk would like to update your demographics!

If you have questions, please contact our staff:

Aubry - 541.240.8527 | Sydney - 541.240.8747 | Sharon - 541.240.8663



**WIWNU GO-ED
VOLLEYBALL
TOURNAMENT**

**AUGUST 8 & 9, 2026
NIXYA'AWII COMMUNITY SCHOOL GYM**

REGISTER ONLINE BY AUGUST 6, 2026

www.yellowhawk.org



**PLAYERS MUST BE 14 YEARS OLD
AND UP!**

**10 Team limit, with 8 player roster.
Free agents welcome to register!**

Jay Stanley, 541.240.8575
JacintaStanley@yellowhawk.org

541.966.9830



GOLF SCRAMBLE

UPCOMING EVENTS

- July 3 Independence Day - **CLOSED**
- July 6 Men's Talking Circle
- July 7 Fatherhood/Motherhood is Sacred
- July 10 6th Annual Golf Scramble
- June 10 Farmers Market Shuttle
- July 14-15 Diaper Distribution
- July 15 Healthy Way of Life - Tai Chi
- July 16 Baby Food Nutrition Class
- July 21 Head Start Physicals
- July 21 Rooted in Motherhood
- July 22 Youth Basketball Summer Camp
- July 22-23 Hand Drum Making Class
- July 23 Youth Basketball 2v2 Tournament
- July 23 WIC Farmers Market Coupon Distribution
- July 24 Farmers Market Shuttle
- July 27-29 Tree-to-Tree & White Water Rafting
- July 30 Healthy Summer Cooking Class



WEAVING WEDNESDAY

SCAN ME



SCAN FOR PHYSICAL WELLNESS OPPORTUNITIES

WEEKLY CLASSES

- Water Aerobics (MON, WED, TH) - 9:15 AM
- Tuesday Confederate Way Walk - 8 AM
- Tuesday Elders Movie Matinee - 2 PM
- Tu/Th Lunchtime Fitness Class - 12 PM
- Weaving Wednesday at SC - 9 AM
- Elders Horse Medicine Group (WED) - 1 PM
- Beyond Addiction Group (WED) - 10 AM
- Ear Acupuncture Acudetox (WED) - 3:30 PM
- Thursday Elders Garden Guild - 9 AM
- Thursday Senior Fitness Class - 10 AM
- Beyond Addiction Group (TH) - 1 PM

CLOSURE

July 3 - Independence Day

FARMERS MARKET SHUTTLE

Information provided by Chelsey M., Diabetes Prevention Manager

The shuttle to the Pendleton Farmers Market is offered twice a month throughout the season and is open to all Yellowhawk eligible participants and their families. Staff will provide transportation to the market and assist with carrying produce to the vehicle.

This is a great opportunity to connect with community members and shop for fresh, local goods! All participants will receive a \$5 Farmers Market Token (while supplies last - sponsored by Yellowhawk Tribal Tobacco Prevention Program).

Dates: July 10 & July 24 | Aug. 7 & Aug. 21 | Sept. 11 & Sept. 25
Shuttle departure: 3:30 PM from Nicht-Yow-Way Senior Center (51 Umatilla Loop)

Questions or to RSVP, contact Chelsey at **541.240.8443** or **541.215.5273** (text).

HEALTHY WAY OF LIFE

Healthy Way of Life is a monthly gathering that allows participants to learn about a health topic and share their experiences with other attendees. This is a great opportunity to meet new people, learn from health professionals, share wisdom, and find support.

Have you ever wanted to take a *Tai Chi* class? On Wednesday, July 17, we will offer free admission and transportation to the Round-Up Athletic Club to participate in a Tai Chi class.

Tai Chi Start Time: 10 AM. Transportation leaving Nicht-Yow-Way Senior Center (51 Umatilla Loop) at 9:20 AM. Return by 11:30 AM.

If you would like to participate, please RSVP by July 14. This includes individuals who want to attend but do not need transportation.

Contact Chelsey at **541.240.8443** or **541.215.5273** (text).

SPORTS PHYSICALS CLINIC

**August 13, 2026
1 - 6:30 pm**



Appointments preferred, call Medical Reception to schedule at 541.240.8499.

MUST BE CHECKED IN BY 5:30 PM FOR ALL WALK-INS.

Bring your completed sports physical form, find it by scanning the QR code or pick up at our medical reception desk. Clinic will include medical exam, dental exam, vision exam, and opportunity to update immunizations.

Participants under age 15 will need guardian present.



Sun Ripened

GARDEN HARVEST PASTA SKILLET

INGREDIENTS:

- 8 ounces whole wheat rotini pasta, uncooked
- 1 pound lean ground turkey
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon chili powder
- ½ teaspoon dried oregano
- ½ teaspoon paprika
- 1 teaspoon garlic, minced
- 1 Tablespoon olive or avocado oil
- 2 medium zucchini, cubed
- 1 bell pepper, any color, cut into ½ inch pieces
- ½ yellow onion, diced
- 1 teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon dried oregano
- ½ teaspoon dried basil
- ¼ teaspoon black pepper
- 15 oz. can diced or stewed tomatoes
- 5 ounces fresh baby spinach
- ¼ cup fresh basil, chopped (optional)

DIRECTIONS:

1. Cook pasta according to package directions.
2. Heat a large skillet to medium-high heat. Add ground turkey. Cook, stirring occasionally, until thoroughly browned.
3. Stir in salt, pepper, chili powder, oregano, paprika, and minced garlic. Sauté for one minute until garlic is fragrant and beginning to brown. Be careful not to let the garlic burn. Remove mixture from pan and set aside.
4. Reduce heat to medium. Add the oil to skillet. Then add the zucchini, onion, and bell pepper. Sprinkle with salt, garlic powder, onion powder, oregano, dried basil, and pepper. Sauté, stirring occasionally, until the onion is translucent and peppers and zucchini are just becoming tender, about 6-8 minutes.
5. Return the cooked turkey mixture to the skillet. Add the tomatoes and fresh spinach. Stir. Cover and simmer everything for 5-7 minutes or until it's all warmed through and spinach is wilted.
6. Stir in cooked pasta and top with fresh basil, if desired.

NUTRITION:

Serving size: about 2 cups – Calories 350kcal | Carbohydrates 28g | Fiber 6g | Protein 27g | Fat 15g
 Sat Fat 3g | Cholesterol 70mg | Calcium 90mg | Sodium 650mg | Potassium 850mg | Iron 4mg

Makes about 6 servings



find us!    

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



MINORITY MENTAL HEALTH AWARENESS MONTH: SUPPORTING INDIGENOUS MENTAL WELLNESS

Each July, **Minority Mental Health Awareness Month** serves as a reminder of the importance of addressing mental health disparities among underserved populations, including Indigenous communities.

American Indian and Alaska Native people have demonstrated remarkable resilience despite generations of historical trauma, forced displacement, cultural suppression, and systemic inequities. These experiences continue to impact mental health and contribute to higher rates of depression, anxiety, substance use disorders, and suicide compared to the general population.

Mental wellness in Indigenous communities is deeply connected to culture, family, community, spirituality, and connection to the land. Traditional practices, cultural teachings, language revitalization, and community engagement are powerful protective factors that promote healing and strengthen resilience.

As we recognize Minority Mental Health Awareness Month, it is important to support culturally responsive mental health services, reduce stigma surrounding mental health challenges, and encourage open conversations about wellness. By honoring Indigenous traditions and promoting access to care, we can help create healthier, stronger communities for future generations.

Healing happens through connection, culture, and community. Together, we can continue to raise awareness, foster understanding, and support Indigenous mental wellness year-round.

For support, contact Behavioral Health at **541.240.8670**, contact the CTUIR Community Warmline at **541.969.0010** for a peer-based phone service providing help before a crisis develops, or call or text **988** for 24/7 crisis support.

Information provided by Cindy C., Behavioral Health Clinical Director



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

NEWSLETTERS CAN BE FOUND AT YELLOWHAWK.ORG/NEWSLETTER