



YELLOWHAWK
TRIBAL HEALTH CENTER

Community Wellness Programs

Carrie Sampson

Interim Community Wellness Director



Confederated Tribes of the Umatilla Indian Reservation (CTUIR)



- The Confederated Tribes of the Umatilla Indian Reservation is a union of three tribes: Cayuse, Umatilla, and Walla Walla.
- The CTUIR has 2,965 tribal members.
 - Nearly half of those tribal members live on or near the Umatilla Reservation.
 - The Umatilla Reservation is also home to another 300 Indians who are members of other Tribes
 - 30% of our membership is composed of children under age 18
 - 15% are elders over age 55
- The Umatilla Indian Reservation is about 172,000 acres (273 square miles)





YELLOWHAWK
TRIBAL HEALTH CENTER





Our Vision

Our Tribal Community achieves optimal health through a culture of wellness.

Our Mission

Empower our Tribal Community with opportunities to learn and experience healthy lifestyles.



Yellowhawk Tribal Health Center

User Population of 3,244

- Medical/Primary Care
- Pharmacy
- Laboratory/X-ray
- Dental
- Community Wellness
- Alcohol and Drug Counseling
- Mental Health Counseling
- Prevention







Sneak Peak of Your New Yellowhawk Tribal Health Center



Yellowhawk was designed with departmental colors for easy navigation of the building. Each color represents a plant of our traditional food. The color concept was adapted to follow the order of CTUIR First Foods.

Yellowhawk has incorporated the Cayuse/Nez Perce, Umatilla and Walla Walla languages into the new clinic.

| | | | | |
|---|---|---|---|---|
| Pyaxi (Green) | Xáwš (Yellow) | Xmááš (Blue) | Tmís (Red) | Wíwnu (Purple) |
| Lewisia Redivia | Desert Parsley | Blue Camas | Chokecherry | Huckleberry |
|  |  |  |  |  |
| Administration Patient Registration Behavioral Health Pharmacy | Medical Lab/X-Ray Maternal Child Health WIC | Optometry Audiology | Facilities Staff Lounge Dental | Community Wellness Prevention Physical Therapy Complementary Medicine |

The new Yellowhawk is about 64,000 square feet - Nearly twice the size of the current clinic.

122 trees will be planted in the landscape. Plants were purchased from the CTUIR Native Plant Nursery.

The architecture was designed for better patient flow and to maximize integrated health services.

On the 'Path to Net Zero' - the building is designed to operate at least 40% more efficiently than required by Oregon energy code.





| MISSION | Our Tribal Community achieves optimal health through a culture of wellness. | | | | | | |
|-------------|--|--|---|---|--|---|--|
| VISION | Empower our Tribal Community with opportunities to learn and experience healthy lifestyles. | | | | | | |
| CORE VALUES | Tamanwít Balance Compassion Integrity Equity Respect Excellence | | | | | | |
| PRIORITIES | Integration | Workforce Development | Community Engagement | Quality | Transition | Healthy Community | Sustainability |
| STRATEGIES | Integration of all health care programs and services to solidify a medical home model that will incorporate preventative health care focus on evidence based care. | Create a culturally competent, highly engaged and sustainable workforce by utilizing surveys, community input, personal stories, training, and benchmarking. | Strengthen partnerships within the Tribal community and with our external partners to promote and enhance healthy lifestyles and proactive choices for the overall health of our community. | Deliver excellent and efficient quality care to improve the overall health of our Tribal Community. | Develop a plan to assist with the move to the new clinic in 2017, to make the transition as seamless as possible for patients, staff, and the Community. | Nurture the development of health, safety, and well-being of all community members by enhancing opportunities for healthy living, health education, and health promotion guided by cultural values. | Focus on a platform of sustaining all healthcare delivery services within the infrastructure for current and future generations. |

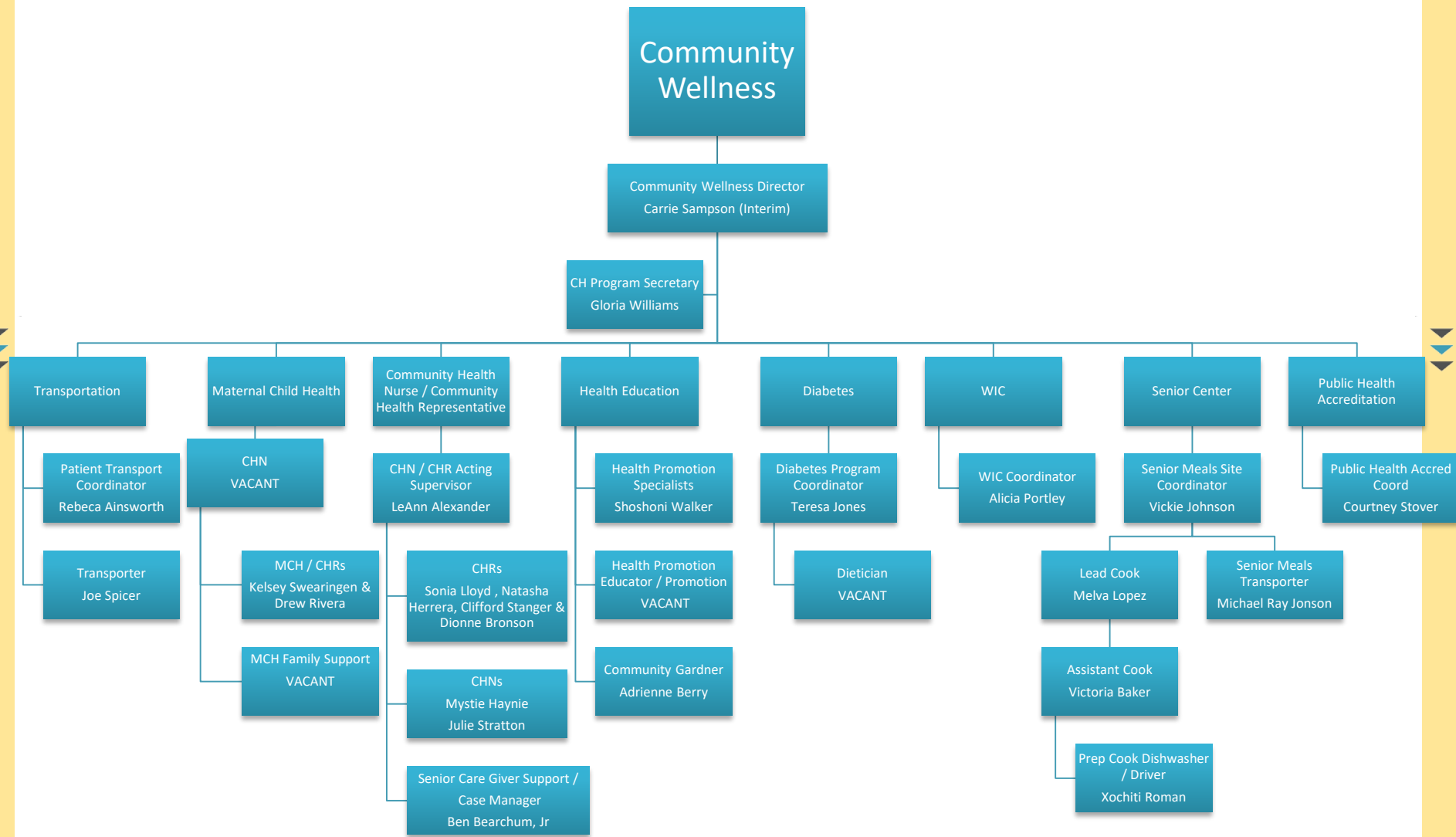


Yellowhawk Community Wellness Department

- Community Health Nursing
- Community Health Representatives
- Diabetes Education
- Health Promotion/Health Education
 - Community Gardening Program
 - Health Coaching
 - Fitness classes
 - Health Education Events
 - Cooking Classes
- WIC
- Maternal Child Health Home Visiting Program
- Transportation
- Live Wise, Live Strong – Chronic Disease Self Management
- Senior Center

35th Annual Fun Run





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Community Wellness Team







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Community Health Nursing

*The community link between
patients and providers.*



Our Services:

- Medication Education & Management
- In Home Assessments for Elders
- Self Managed Blood Pressure Program
- Cancer Navigation
- Community Health Screenings
- Communicable Disease Management
- Hospital Discharge Management

Our Focus:

- Elders (55 and over)
- Homebound
- Chronically ill
- Patients discharged from a hospital
- Frequent Emergency Room (ER) users

For more information, contact Community Wellness (541) 278-7559



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COMMUNITY HEALTH REPRESENTATIVES

Tribal members providing the highest quality of advocacy and support for our community members.

WHAT WE DO

Community Health Representatives directly impact individuals and the community as a whole by working with Community Health Nurses and Clinic Providers

We act as liaisons between patients, families, and providers to ensure patients and families understand their condition and treatment and are receiving appropriate care.

SERVICES

- Home visits
- Medication Delivery
- Fall and Safety Assessments
- Transportation
- Blood Pressure Screenings
- Blood Sugar Screenings



Community Health Representatives serve community members with the intent to provide healthy opportunities and supportive resources empowering individuals to live a life of wellness.





Health Coaching

Health coaching is a process that facilitates healthy, sustainable behavior change by challenging a patient to develop their inner wisdom, identify their values, and transform their goals into action.

Health coaching practices of motivational interviewing and goal setting. All goals are created by the patient with guidance from the health coach. To schedule an appointment for health coaching contact Shoshoni Walker



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Shoshoni Walker,
Certified Health Coach
shoshoniwalker@yellowhawk.org
541.240.8436

Join us in the NEW Yellowhawk Fitness Room! May is Physical Activity Month



Fitness Classes are held Monday through Friday!

| Monday | Tuesday |
|---|---|
| High-Intensity Interval Training- 6am -New Fitness Room | Strength Training- 6am -New Fitness Room |
| Water Aerobics- 9am -Wildhorse Pool | Stretch & Strengthen- 11:30am -New Fitness Room |
| Pedal Power- 11:30am -TBD | Tai Chi- 10:30am -Senior Center |
| | Dance Fitness- 4pm -New Fitness Room |
| Wednesday | Thursday |
| High-Intensity Interval Training- 6am -New Fitness Room | Strength Training- 6am -New Fitness Room |
| Pedal Power- 11:30am -TBD | Water Aerobics- 9:30am -Wildhorse Pool |
| Dance Fitness- 4pm -New Fitness Room | Tai Chi- 10:30am -Senior Center |
| | Stretch & Strengthen- 11:30am -New Fitness Room |

For Inquiries:
541-240-8036
shoshoniwalker@yellowhawk.org

Friday
Pedal Power- 11:30am
-TBD

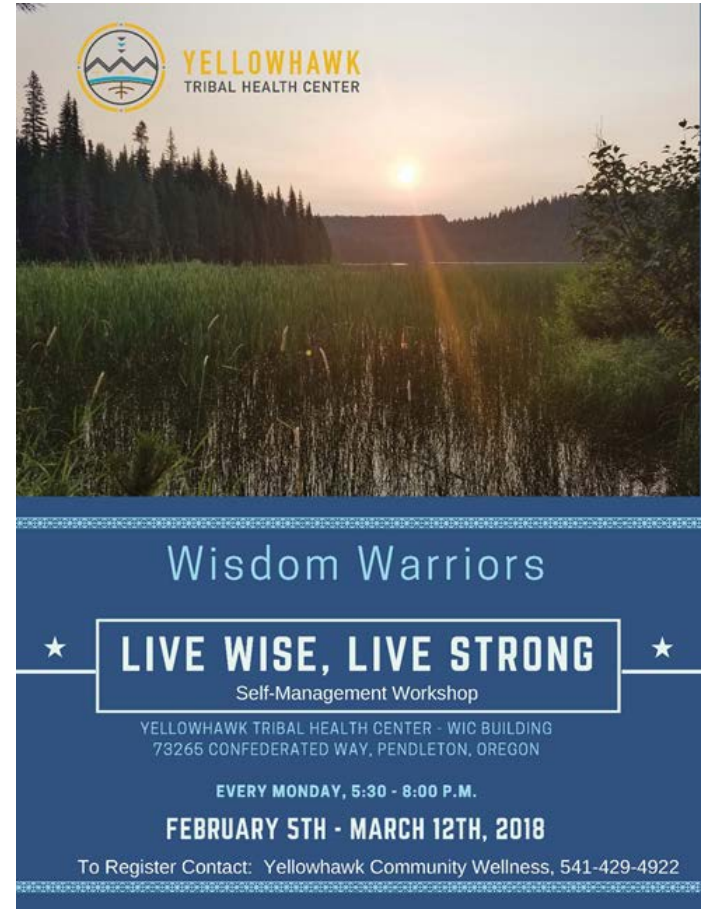


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Wisdom Warriors

- Wisdom Warriors begins with the completion of Stanford University evidence-based Chronic Disease Self-Management Education Program. The program is a six week program that gathers once a week for 2.5 hours
- Each workshop is divided into activities that share 13 management tools which support individuals in managing their chronic conditions or those that provide caregiving for those with a chronic disease



Wisdom Warriors

LIVE WISE, LIVE STRONG

Self-Management Workshop

YELLOWHAWK TRIBAL HEALTH CENTER - WIC BUILDING
73265 CONFEDERATED WAY, PENDLETON, OREGON

EVERY MONDAY, 5:30 - 8:00 P.M.

FEBRUARY 5TH - MARCH 12TH, 2018

To Register Contact: Yellowhawk Community Wellness, 541-429-4922



WISDOM WARRIORS

Celebrating National Nutrition Month

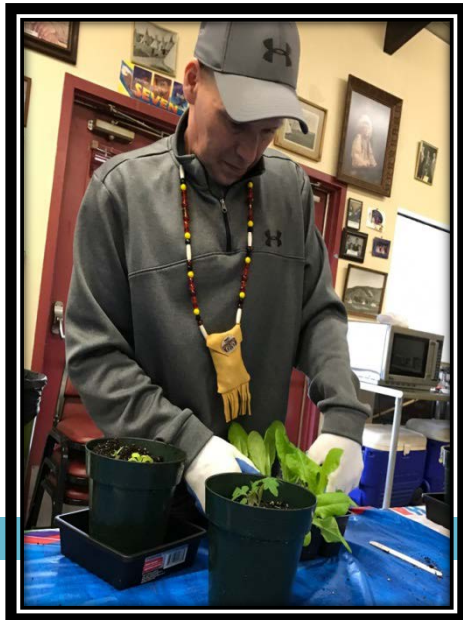
Yellowhawk Tribal Health Center strives to empower community members through experiences that provide an opportunity to learn and experience healthy lifestyles. Chronic Disease Self-Management Program graduates, also known as Wisdom Warriors gather monthly to support one another in managing their lives.

Wisdom Warriors transplanted tomatoes and butter crunch lettuce at their monthly gathering. These plants were started by our Community Gardener and Nixyaawii students in the community greenhouse.

We Are What We Eat
We Become What We Think
We Have The Ability To Create
We Are Connected To The Source



YELLOWHAWK
Of Love
TRIBAL HEALTH CENTER



March 2017

WISDOM WARRIORS

April Gathering

Guest Speaker, Yellowhawk Tribal Health Center, Garden Coordinator

ADRIENNE BERRY

Gathering input from
Warriors using the
brainstorming strategy. ↓



Garden Incentive
Winners: Leo Stewart,
Cara Green with
Adrienne Berry. →



← Plant demonstration
from the greenhouse.

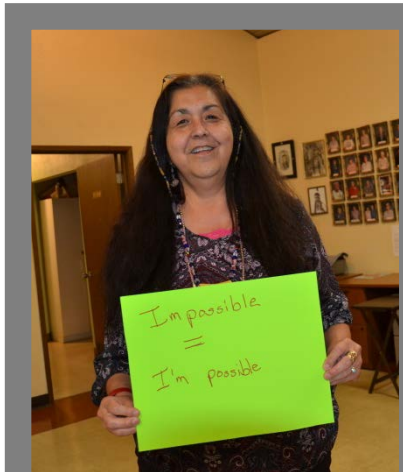
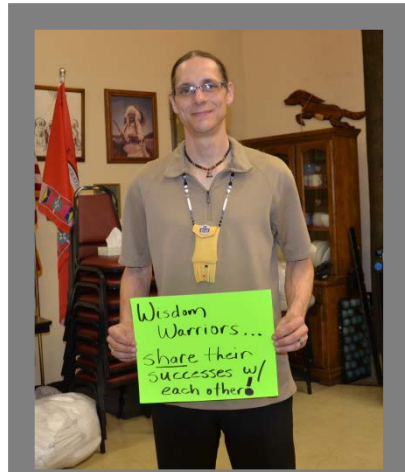
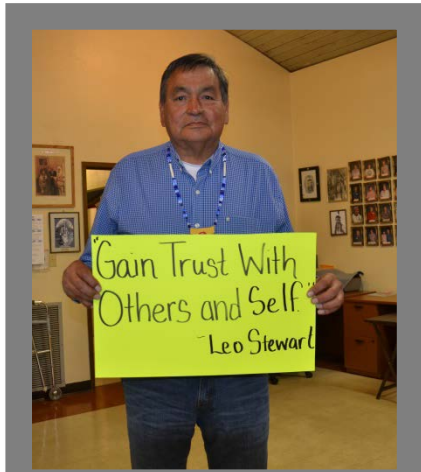


↑ Bucket items: seeds,
flower bulbs, gardening
gloves, mini shovel, mini
rake, garden accessory,
garden bucket.

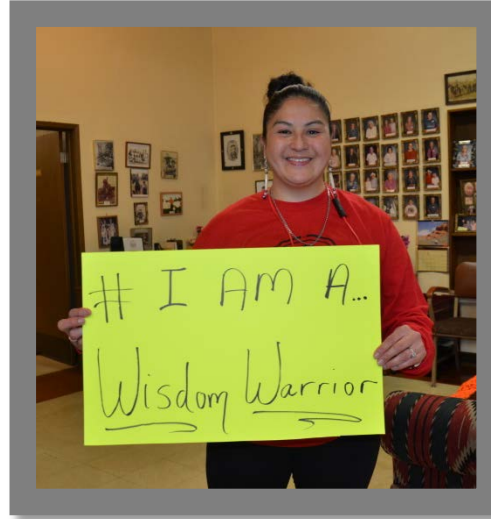
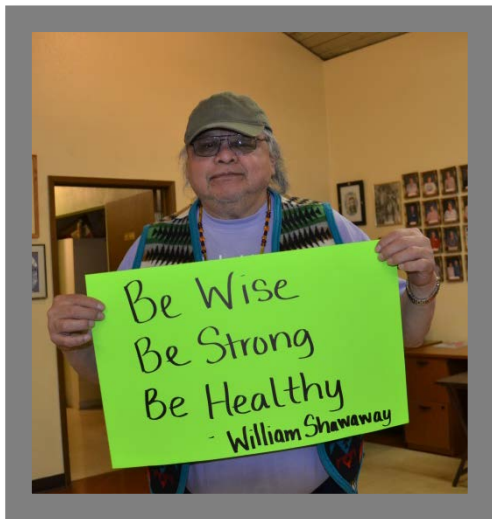


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APRIL 2018



WISDOM WARRIORS



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APRIL 2018

WISDOM WARRIORS

Understanding Labels & Rethinking the Way We Shop

Yellowhawk Tribal Health Center strives to empower community members through experiences which provide an opportunity to learn and experience healthy lifestyles. Chronic Disease Self-Management Program graduates, also known as Wisdom Warriors gather monthly to support one another in managing their lives.

Wisdom Warriors learned about the ingredients on labels, what the numbers mean and what the hidden words on labels are and were. They explored the grocery store, rethinking the way we shop with Jennifer Peterson, Yellowhawk Tribal Health Promotion Specialist.

+ + +



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Ms. Purple receives a lavender rose from Lindsey Watchman as we explore the perimeter of the store first.



Wisdom Warriors read labels as we explore the perimeter of the store first.



Jennifer Peterson sharing information about sugar and salt.



Kay Pace & Debra Shippentower with their \$3 healthy snack purchase.

Wisdom Warrior Wisdom

- “Sometimes we must go into the unknown.”
- “Never too late to start.”
- “Observe with curiosity rather than judge.”
- “We are what we eat, we become what we think, we create our realities.”



6 WEEK WORKSHOP
AN EVIDENCE-BASED SELF-MANAGEMENT PROGRAM

CHRONIC PAIN MANAGEMENT

EVERY TUESDAY
JULY 10 - AUGUST 14 | 5:00 - 7:30PM
YELLOWHAWK TRIBAL HEALTH CENTER
LAXSIMWIT CONFERENCE ROOM



To Register Contact:
Dionne Bronson, CHR, Certified Facilitator
DionneBronson@yellowhawk.org
541-240-8435



DIABETES SELF-MANAGEMENT

6 Week Workshop

Every Wednesday, March 21st - April 25th, 2018

DIABETES SELF- MANAGEMENT TASKS

1. Take care of health conditions.
2. Enjoy normal activities.
3. Learn healthy options.
4. Manage emotional changes.

Nixyaawii Senior Center
5:00- 7:30 pm



SELF- MANAGEMENT TOOLS

Acquire tools, tackle goals
and tasks; become more
active self-managers.



EVIDENCE- BASED WORKSHOP

Patients had significant
improvements in
depression, hypoglycemia,
communication with
physicians, and making
healthy food choices.



To Register Contact:
Community Wellness, 541-278-7571

FREE REGISTRATION, GOOD TIMES!

Workshops are interactive,
resourceful and
supportive; each
participant receives a free
reference book. Sharing
food and views.
Transportation upon
request.



Nixyaáwii Senior Center

- Provides lunches Monday through Thursday and breakfasts on Friday
- Individuals 55 and over are eligible for free meals, meals are available to purchase by others
- Meal delivery is provided daily to elders that are homebound
- Resources and transportation are provided through the senior center
- Classes such as Tai Chi and gardening are held at the senior center
- Elders Committee meetings are held monthly



Tai chi

MOVING FOR
BETTER BALANCE



Health-Related Benefits

- Improves functional balance and physical performance
- Reduces frequency of falls and lowers risk of falling
- Reduces blood pressure
- Improves mental and physical well-being
- Improves cardiovascular and respiratory function
- Improves sleep quality
- Enhances life dependence and overall health



WE ARE TRIBAL PUBLIC HEALTH



Public health is the science and art of protecting and improving the health of communities through education, promotion of healthy lifestyles, and research for disease and injury prevention.



"When we build our tribal public health capacity, we're preventing disease, we're promoting health, we're honoring our own culture and traditions. In modern times, it just has a different name - public health."

- Stacy Bohlen, CEO
National Indian Health Board



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10

ESSENTIAL SERVICES OF PUBLIC HEALTH

1

MONITOR HEALTH STATUS

to identify community health problems.

2

DIAGNOSE AND INVESTIGATE

health problems and health hazards in the community.

3

INFORM, EDUCATE, AND EMPOWER

people about health issues.

4

MOBILIZE COMMUNITY PARTNERSHIPS

to identify and solve health problems.

5

DEVELOP POLICIES AND PLANS

that support individual and community health efforts.

6

ENFORCE LAWS AND REGULATIONS

that protect health and ensure safety.

7

LINK PEOPLE

to needed personal health services.

8

ASSURE A COMPETENT WORKFORCE

of public health and health care professionals.

9

EVALUATE

effectiveness, accessibility, and quality of health services.

10

RESEARCH

for innovative solutions to health problems.

.....PUBLIC HEALTH ACCREDITATION.....

YELLOWHAWK is working towards obtaining public health accreditation.

Public health accreditation is a voluntary program that will measure Yellowhawk's performance against a set of national, evidence-based standards based on the 10 essential services of public health.

To become accredited, Yellowhawk is working to assess the community's health, implement health intervention strategies, and improve overall organizational performance.

THIS WORK WILL HELP US BETTER SERVE OUR COMMUNITY.

Tlawxmamiyáy
"it belongs to all of us"

"Providing
access to healthy
and traditional
foods for the
community."



Community
Garden
Program



Follow us on:   @yellowhawkgarden

Our program

The Yellowhawk Community Garden program is funded by the CDC (Centers for Disease Control) through a grant called "Good Health and Wellness in Indian Country." This is a five-year grant awarded in October of 2014. Our objective is to "provide access to healthy and traditional foods for the community."



The community garden produces fresh herbs and vegetables for the community.

Garden sites

1. Community Garden
2. Greenhouse
3. Senior Center Container Garden
4. Nixyaáwii School Garden



All of the plants, in the garden are planted from seed in the greenhouse.



Our Senior Center Container Garden produces herbs and vegetables for elders and used in senior meals.



Nixyaáwii Community School garden is cared for by students during the school year.

Education

Part of providing access is teaching people how to grow their own food. The garden program offers garden classes for elders, adults and youth.



Seed to Supper Garden Classes for beginning gardeners are held every spring.



Garden activities are available during the summer for youth.

Questions?



Carrie Sampson
Quality Director/ Interim
Community Health Director
carriesampson@yellowhawk.org

You can also visit our website: www.yellowhawk.org

