



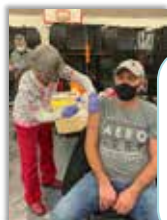
# HEALTH & WELLNESS NEWS



NORTHWEST PORTLAND AREA  
INDIAN HEALTH BOARD  
Indian Leadership for Indian Health

3.25.21

## Elder Voices Supporting the Covid Vaccine



"Here at Makah, my aunt tested positive for COVID, she is the eldest in our tribe. Also, our only Doctor at our clinic tested positive for COVID, and he has been battling it for well over a month. With that in mind, my choice was easy, to vaccinate in order to make our little village [be] that much more safe." -Nate Tyler, Makah Tribal Council.



"We need to help protect Our People from dying. So, if they do become exposed [to COVID-19], with a vaccine, we do not have to lose them." -Delegate from the Upper Skagit Indian Tribe, THD, Marilyn Scott.



"I was not hesitant [to get the vaccine] at all. I was more fearful of NOT getting the vaccine. We got the vaccine at Chemawa and they were so helpful, friendly, and efficient. They made you feel good. They answered questions before you asked."

**Did you have any side effects?** "I was lucky, I was good. I'm 81 years old, so I don't know why. Only a little arm soreness." -Marie Sagaber, Lummi & Quinault Elder.



"For me, I knew it was a decision between life as I know it now, or the possibility of being on a respirator and possibly dying alone and struggling for that final breath. As a 69-year-old, my side effects were extremely mild. I was a little bit sleepy the next day, but that was gone by the afternoon."

"Overall, I considered this a good experience. It brought back hope for the future. I wish everyone would choose life and science by getting this vaccine." -Harrlette Cheeka, Makah Elder.

"I have been a nurse for 40 years. I am very pro-vaccine, for myself and others. And, I do it for my Tribe, the Makah. I was not concerned at all. I know the vaccine had been through trials for safety and efficacy."

**What would you tell others?** "I would [tell them] of my positive experience. I would assure them it is safe. And, I remind them of the possible effect of getting COVID – severe illness or even death." -Terri Markishtum, Makah Elder and nurse.



Support wherever and whenever you need it.

**Text Native to 741741.**

**#WeNeedYouHere**

NPAIHB CRISIS TEXT LINE THRIVE

## Conflict Resolution

### 3 STEPS TO SOLVE



1. Calm your body

Ways to calm:

- Take deep breaths
- Get a drink of water
- Count to 20



2. Figure out if this is a **SMALL** problem or a **BIG** problem



3. Try a peaceful problem solving trick

- Ignore what's annoying you
- Say words that mean NO
- Flip a coin or do ROCK-PAPER-SCISSORS
- Do something else
- Share or take turns
- Apologize



Talk it out and use I-MESSAGES  
I felt \_\_\_\_\_  
when \_\_\_\_\_  
I would like \_\_\_\_\_

I was wrong when I \_\_\_\_\_  
I am really sorry and I will try to make it better by \_\_\_\_\_  
I hope you can forgive me.



## Mobile Mammography

Convenience, Privacy, Certified woman technologists, State of the art equipment and now offering 3D imaging

To schedule an appointment please call:

Kandee Little 503-879-2089

Date: **Thursday, June 17, 2021**

Location: **Upper clinic parking lot**

Must be 35 years of age or older

Must not be pregnant

Must be at least 1 year since last mammogram

Must not have breast fed in the last 6 months

OHSU HMC Breast Health Services are not a preferred provider for Kaiser

No known breast lumps, discharge or breast pain