



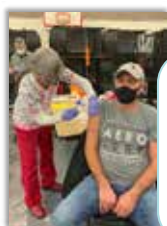
HEALTH & WELLNESS NEWS



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

3.25.21

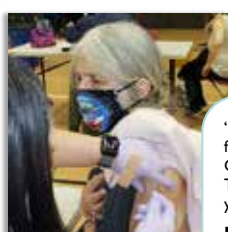
Elder Voices Supporting the Covid Vaccine



"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.



'We don't have to do it all alone. We were never meant to.'
-Brene Brown

iLAUNCH presents
Mental Health Texts!

On Fridays you will receive a message about mental health, a social emotional tip or a simple quote or message of encouragement.

Text JOIN to
(971) 318-3459

Neuroplasticity

the science behind growth mindset

We think **60,000-80,000** thoughts every day

80%
NEGATIVE

95%
REPETITIVE

Our brains are composed of **86 MILLION** neurons **CONSTANTLY** firing

STUCK IN A NEGATIVE PATTERN?

Every time you have the same thought, you increase the chances of having it again!

BUT THERE'S **Good News!** **WE CAN REWIRE OUR BRAINS**

the pathways are like grooves

Habitual thoughts form NEURAL PATHWAYS

continue doing this to deepen the new grooves

Choosing positive thoughts can create new pathways

just like exercise

It takes practice and daily commitment

CONFEDERATED TRIBES OF GRAND RONDE COMMUNITY HEALTH

COVID-19 Relief Community Health Representatives

Community Health is pleased to announce the creation of a new program provided to the community. The COVID-19 Relief Community Health Representatives provide service to all Tribal members who have needs or questions regarding COVID-19.

The services provided include:

- Provides education on COVID-19 and preventive measures.
- Contact your primary care physician regarding questions about testing or exposure.
- Provides client services that promote holistic health and wellness practices.
- Conducts home visits.
- Health screening.
- COVID-19 safety items.

Other services provided:

- Help Assess Home Safety Improvement
- Connect America Safety Pendant Information and installation
- Fall Risk Prevention
- Recording vitals
- Medication Delivery

To inquire on how to get these services, please call Stephanie King at 503-879-2016 or Sam Thornsberry at 503-879-1693