

# Olympia Oyster Population Improving in Sough Sound

*Trevor Pyle, Northwest Indian Fisheries Commission* - A partnership between the Squaxin Island Tribe and The Nature Conservancy (TNC) has allowed one of the Tribe's first foods to begin to flourish.

The Tribe and the environmental nonprofit teamed up three years ago to revive Olympia oysters, which have long been prized by the Tribe and others but have been imperiled by pollution, over-harvesting and other threats.

"We've had success and want to build on that," said Eric Sparkman, the Tribe's shellfish manager.

Olympia oysters are the only oyster species native to the West Coast. Relatively small in size, they are valued both as food and as a part of the ecosystems they live in—filtering water and creating beds that serve as habitat for other species, including salmon.

Over the years, a number of threats have diminished the oysters' population, including effluent and predators such as the Japanese oyster drill, an invasive sea snail that eats Olympia oysters along with other prey.

The partnership aims to bolster the oyster population on Squaxin Island, which is spiritually sacred to the Squaxin Island Tribe as a place of healing. The island is used exclusively by tribal members for fishing, hunting and shellfish gathering.

With support from The Nature Conservancy, tribal staff laid down cultch—a substrate of oyster shells—and oyster seed that will settle and grow on the cultch.

"I'd say what we see is we've got a lot of oysters on shell," Sparkman said. "There's mortality, but there's a good amount of oysters there. To have a large number of oysters in that vicinity is the goal—to have a spawning, dense, population of oysters."



Squaxin Island shellfish manager Eric Sparkman (right) and The Nature Conservancy Marine Conservation manager Molly Bogeberg examine oysters in the spring as part of the Tribe and nonprofit's ongoing partnership to improve the population of Olympia oysters



## Community Talking Circle with Tribal Council

August 13, 4:30 p.m.  
Ballfield

Dinner will be served at 5:00 p.m.

This is YOUR opportunity to chat with your Tribal Council to share your thoughts, concerns, ideas and enjoy time with your community!

Questions? Please call the Tribal Center at 360-426-9781.

# CALLING ALL Vendors!





## Festival of the Steh-Chass

Whether you sell unique products, delicious food, or offer exciting services, we want to showcase your talents and bring your business to a whole new audience!

FRIDAY | AUGUST 14  
1:00 PM -4:00 PM

SIGN UP → Megan Banks  [mbanks@squaxin.us](mailto:mbanks@squaxin.us)





## Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane  
Shelton, WA 98584

**PHONE:** (360) 426-9781  
**TOLL FREE:** (877) 386.3649  
**FAX:** (360) 426-6577  
**www.squaxinisland.org**

Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.

**Submissions Deadline:**  
15th of each month

### SQUAXIN ISLAND TRIBAL COUNCIL:

|                  |                    |
|------------------|--------------------|
| KRIS PETERS:     | Chairman           |
| TAYLOR KRISE:    | Vice Chairman      |
| JIM PETERS:      | Secretary          |
| JOSHUA WHITENER: | Treasurer          |
| TYLER JOHNS:     | 1st Council Member |
| GREG LEHMAN:     | 2nd Council Member |
| CAMERON HENRY:   | 3rd Council Member |

**Klah-Che-Min Staff:**  
THERESA M. HENDERSON:  
thenderson@squaxin.us

## Public Announcement: PhD Funding Opportunity

The Education Commission is pleased to announce an expansion of graduate student funding to provide equitable support for eligible PhD students.

Effective fall quarter/semester, PhD students who have not previously received Master's-level funding will be eligible to receive funding at the same rate and for the same duration as the Master's funding program.

This funding will be awarded under the same terms and conditions that apply to Master's students. The initiative is intended to ensure equitable financial support for students who enter the PhD program without having previously benefited from Master's-level funding.

Students who believe they meet the eligibility criteria are encouraged to contact Mandy Valley at the Education department.

We are committed to supporting graduate student success and providing fair access to funding opportunities throughout students' academic journeys.

Mandy Valley  
mvalley@squaxin.us  
(360) 432-3882

### Squaxin Island Tribe Office of Housing

Housing staff is available. Please do not hesitate to call or email with any questions or concerns.

#### The Office of Housing contact information:

- ⇒ Liz Kuntz — Housing Manager  
⇒ Email: lkuntz@squaxin.us PH: 360-432-3937
- ⇒ Lisa Peters — Housing Counselor  
⇒ EMAIL: lpeters@squaxin.us PH: 360-432-3871
- ⇒ Kristin Penn — Housing Occupancy Specialist  
⇒ EMAIL: kpenn@squaxin.us PH: 360-432-3863
- ⇒ Ashly Sigo — Housing T-HOPE Specialist  
⇒ EMAIL: asigo@squaxin.us PH: 360-432-3888
- ⇒ Guy Cain — Housing Maintenance Technician  
⇒ EMAIL: gcain@squaxin.us PH: 360-432-3957
- ⇒ John Ackerman — Housing Maintenance Technician  
⇒ EMAIL: jackerman@squaxin.us PH: 360-432-3953
- ⇒ For Housing related emergencies call Maintenance PH: 360-545-2768
- ⇒ Ryan Fox — Housing Compliance Officer  
⇒ EMAIL: ryfox@squaxin.us PH: 360-545-0924

Squaxin Island Tribe  
Office of Housing  
10 SE Squaxin Lane  
Shelton, WA 98584



## Join Our Team

*Care for Our Land.*

*Care for Our Future.*

At Little Creek Casino Resort, sustainability is part of our commitment to our community and the environment.

We invite Tribal Members to help us reduce paper waste by opting in to receive job opportunities electronically. By signing up for email job notifications, you'll stay informed about career opportunities at LCCR while supporting a more sustainable future.

Whether you're exploring a new career path or looking for your next opportunity, we encourage you to stay connected with us.

Scan the QR code below to opt in for electronic job notifications and receive updates on current job openings.



**Joe Peters was recently re-elected Treasurer of Northwest Indian Fisheries (NWIFC) Commission where he has served since 2023.**





## Council Corner

Squaxin Island Tribal Council convened on June 25 and July 9, approving more than a dozen resolutions spanning natural resources, legal agreements, and tribal governance while hearing updates from department directors on ongoing projects.

Council approved the annual Chinook and Coho/Chum fishing regulations, the 2026 hunting regulations, and updated to the geoduck regs extending harvest testing deadlines to July. Council also approved timber harvest plans for two parcels on Kamilche Point Road. They also signed off on a water monitoring agreement with Thurston County covering Kennedy Creek and Summit Lake.

Legal updates included passage of the updated Motor Vehicle Code, and a resolution authorizing FEMA grant applications to address landslide damage at the Clam Fresh facility. Council also approved an amendment to the Revenue Allocation Plan governing Little Creek Casino Resort distributions.

Department updates touched on continued progress on the Community Master Infrastructure Project, the Northwest Indian Treatment Center groundbreaking, and significant operational challenges at the Wastewater Treatment Plant. The Tribe's FY2025 audit, presented by Baker Tilly, showed clean opinions on major federal programs and improved net position across tribal entities.

Council also heard from community members and partner organizations, including a proposal for a recovery house model, an education initiative surveying tribal youth about their goals ahead of per capita distributions, and updates from Elders Inc. and the Education Commission, both of which had bylaw revisions approved. Preparations for the Canoe Journey, running July 23 through August 5, were a recurring topic across both meetings.

## Olympia Oysters

*Continued from Page 1*

The Tribe is exploring three more sites to potentially repeat the effort, aided by a grant through Natural Resources Conservation Service, an agency of the U.S. Department of Agriculture.

The Puget Sound Restoration Fund (PSRF) provided the seed for the project with TNC. In addition, since 2015, the Tribe and PSRF have been monitoring Olympia oyster recruitment by placing sticks laced with oyster shells to catch oyster spat. The Tribe later pulls them to send to PSRF, which provides the Tribe with data on how the posts have worked to recruit young oysters.



Squaxin Island

## Tribal Council Meetings

SECOND & FOURTH THURSDAYS  
Each month

Watch the meetings here:



Tribal Council hosts a Public Comment Period at every Council Meeting. This period is from 9:15 - 9:30am. Attendees are encouraged to bring their comments in written form, and each individual's time will be limited.

**Public Comment Period**

REGISTER FOR THE PUBLIC COMMENT BY TUESDAY BEFORE THE MEETING:

Email Melissa Puhn to get on the Public Comment Period:  
[mpuhn@squaxin.us](mailto:mpuhn@squaxin.us)

## Tribal Council feedback form:

[https://squaxin.formstack.com/forms/feedback\\_form\\_tribal\\_council](https://squaxin.formstack.com/forms/feedback_form_tribal_council)

Feedback forms are available for tribal members to provide feedback at the top of each department's main page, as well as the Tribal Council page. Your valuable feedback will go directly to the director of the department and Executive Director, Erika Thale.



Feedback Form







# VOCA

## **LISTEN. ACT. ADVOCATE.**

Protect Victims, Serve Communities.

CRIME IS NOT TRADITION!!!!

### **Who to contact:**

SQUAXIN ISLAND PUBLIC SAFETY  
(360) 426-5222

### **CRISIS HOTLINE:**

1-844-7NATIVE (762-8483)

IN IMMEDIATE DANGER  
911



## **VOCA Program What is VOCA?**

The Victims Of Crime Act is United States federal government legislation aimed at helping the victims of crime through means other than punishing the criminal.

**Possible Crime Types:** ASSAULT, BURGLARY, IDENTITY THEFT, DUI, HATE CRIMES, ROBBERY, KIDNAPPING, FRAUD, STALKING, ELDER ABUSE, PROPERTY CRIME, DOMESTIC VIOLENCE, SEXUAL ASSAULT, CHILD ABUSE & NEGLECT, & VEHICULAR VICTIMIZATION.

**Who Qualifies?** Many individuals do not identify as being a “victim of a crime” or “survivor” and not all individuals identify actions or experiences as “crime”. Programs funded by Office of Crime Victims Advocacy support All individuals regardless of when the crime occurred, regardless of when the crime was reported, and regardless of the individual’s sexual identity/orientation. Services are confidential and determined case by case.

**Types of Services Provided:** Client Intake \* Personal Advocacy \* Emergency Support Services \* Follow Up Contact \* Crisis Counseling \* Wrap Around Services \* Safety Plan \* Resource referrals \* Limited Transportation Assistance.

### **“Don’t Suffer In Silence, We Can Help”**

#### **CONTACT:**

Joanne Decicio, Client Advocate  
jdecicio@squaxin.us  
(360) 432-3887



## **Attention Squaxin Tribal Veterans**

The Squaxin Elders Program and Squaxin Transit are conducting a short survey to better understand the needs of our Tribal Veterans and identify transportation and service gaps.

Your feedback will help us explore ways to improve access to:

- VA Medical Appointments
- Commissary Trips
- Veterans Benefits Appointments
- Community Resources
- Other Veteran Services

The survey takes about 5 minutes to complete.

Scan this QR Code or navigate to the link below.

### **Squaxin Tribal Veteran Needs Assessment Survey**



Link:

[https://forms.office.com/Pages/ResponsePage.aspx?id=K8A1s4sH0Umdwve4cMQUos-d\\_2wN-q-VDmJwuhTJPMjpUNFk4RD-VPV0RRMkhOUjNGNIBOVVdQWkRTOC4u](https://forms.office.com/Pages/ResponsePage.aspx?id=K8A1s4sH0Umdwve4cMQUos-d_2wN-q-VDmJwuhTJPMjpUNFk4RD-VPV0RRMkhOUjNGNIBOVVdQWkRTOC4u)





**ROSE BLUEBACK**  
360-432-3856  
OR  
**TONYA HAAPANEN**  
360-427-9006

**TRIBAL ASSISTERS**

WHO HAVE THE ABILITY TO DO  
... **MEDICAID RENEWALS** ...  
OR  
**NEW APPLICATIONS**



*Culture Night*  
5pm  
Wednesdays  
Squaxin Community Kitchen

Bring your dancing feet,  
drums, rattles & crafty hands

Contact Deanna for more info  
360-463-0991



**HARVESTERS  
DONT FORGET!**

**LIFE JACKETS ARE  
REQUIRED FOR THE BARGE**

For any clarification on harvesting regs  
please call the NR Front Desk at  
360-432-3802/3805



**SQUAXIN ISLAND**  
**COMMUNITY EMERGENCY  
PREPAREDNESS & SUMMER FAIR**  
2-6PM | AUGUST 26  
DEPARTMENT INFO BOOTHS 2-4:30PM  
SQUAXIN BALLFIELD

Bring the whole family for a fun and important  
afternoon of community readiness!

Giant Water Slide ~ Bouncy House Fun ~ Music ~ Kid Zone ~ Climbing Wall  
Backpack & Emergency Kit Giveaways ~ Preparedness Activities  
Community Department Booths ~ Face Painting ~ Ballistic Swing  
Obstacle Course ~ Super Slide ~ AND MORE!  
Fundraiser Food Stands ~ Eat for a good cause!

**GET INFORMED. GET CONNECTED. GET PREPARED.**

Come learn about emergency resources, talk with Tribal departments,  
and walk away with tools to help keep your family safe.

For more info, contact the Tribal Administration Building at 360-426-9781



**Squaxin Transit  
Services**

Squaxin Transit provides FREE public  
transit service within 100 miles of the  
Squaxin Island Reservation.

**Operating Hours:**  
Monday through Friday  
6:00 AM – 5:00 PM

**Dial-a-Ride:**  
Please request your ride at least 24 hours  
in advance.  
Call dispatcher, Windy, at  
360-490-0567

**We offer transportation for:**

- Medical appointments
- SeaTac airport runs
- Grocery routes
- Farmers Market in Olympia (Fridays –  
pending interest)

We welcome all riders and are committed to  
serving our community with care and respect.





# SUMMER YOUTH EMPLOYMENT



**Taeahni Fox**  
**MLRC Apprentice**

Hi! I am from the Bagley family. My mom is Morningstar Green and my dad is Ryan Fox.



**Jaidon Henderson**  
**Fish Tech**

Hi! I am from the Bagley-Henderson family and just graduated from high school.



**Madelynn Henderson**  
**Summer Rec Assistant**

Hi! My parents are Jaimie Whipple and Michael Henderson. I will be going into 10th grade at Montesano High School.



**Beau Henry**  
**Wastewater Trainee**

Hi! I come from the Henry family, known hard workers I feel most excited about this position because I'm going to work with my dad. I look forward to working for my community and learning more about utilities.



**Samuel Hunt**  
**LCCR Facilites and Golf Course**

Hi! I am from the Bagley family. My mom is Kezia Wentworth. I just finished 11th grade at Shelton High School. I am very excited for this opportunity and excited to work.



**Lolyta Johns**  
**MLRC Apprentice**

Hi! I am from the Johns family. My grandma is Terri Capoeman and my mom is Latoya Johns.



**John Krise III**  
**Maintenance**

Hi! I am from the Krise family. My parents are John Krise, Jr. and Shayla Krise. I am from the Shelton High School class of 2023. I am looking forward to my last year in Maintenance.



**Aiyana Longshore**

Hi! I am from Skokomish and Squaxin. I just finished 11th grade at Shelton High School. See you around.







# SUMMER YOUTH EMPLOYMENT



**Jacqueline Ogno**

**Mentor**

Hi! I am from the Peters family, and my mom is Jennifer Ogno, the Assistant CFO at the Tribe. I go to school in Kettle Falls near Spokane. I really look forward to working with all of you guys.



**Heather Perez**

**Natural Resources Tech**

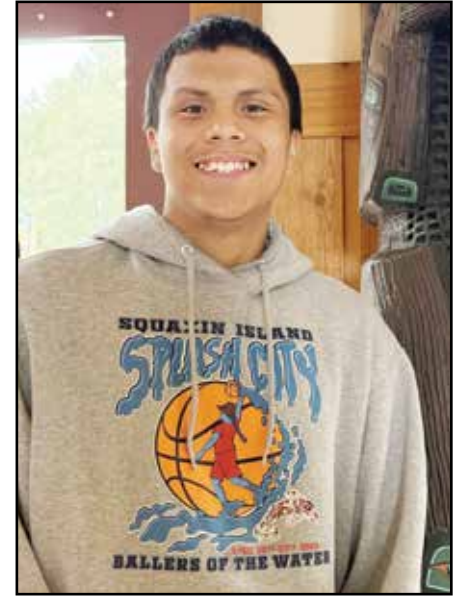
Hi!



**Josiah Perez**

**MLRC Apprentice**

Hi! My mom is Jennifer Brown. I attended CHOICE High School where I got my diploma. I look forward to working at the museum



**Keona Rocero**

**Natural Resources Fish Tech**

Hi! My parents are Janita and Jay Raham. I went to school at Shelton High School and just graduated this year.



**Jessica Ryker**

**Summer Rec Assistant**

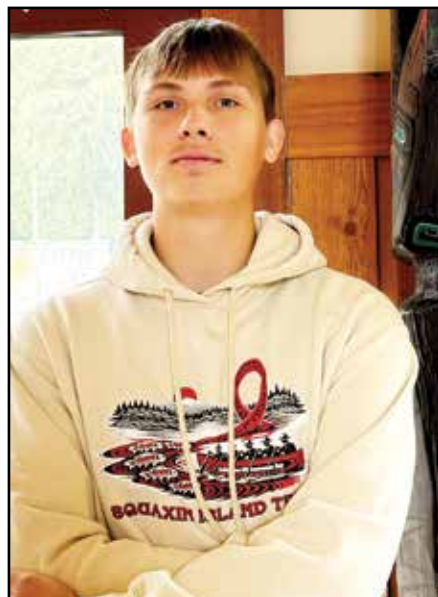
Hi! I am from the Bagley family. My parents are Diana Van Hoy and Daniel Ryker. I just completed 9th grade at Shelton High School.



**Hayden Seymour**

**SICDC Assistant**

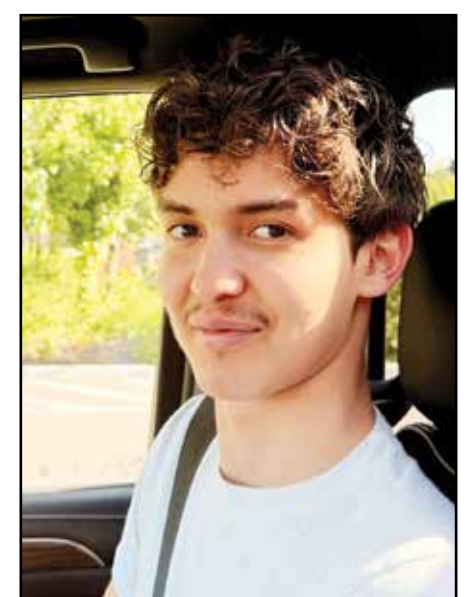
Hi!



**Aidan Sizemore**

**Fish Tech**

Hi! My parents are Tiffany Henderson and Blake Sizemore. I just completed 12th grade through South Puget Sound Community College (SPSCC).



**Kye Sparr**

**Maintenance**

Hi! My parents are Janita and Jay Raham. I just finished 10th grade at CHOICE High School.







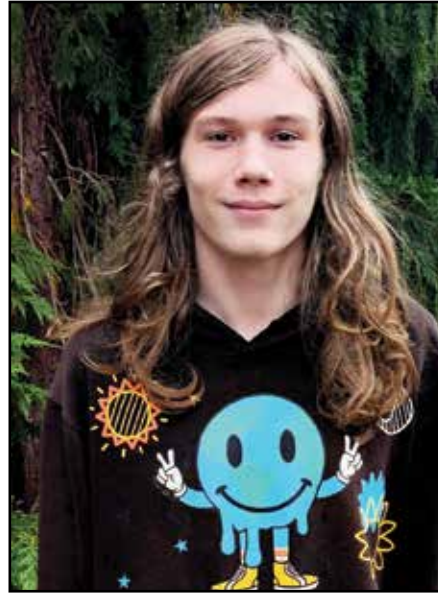
# SUMMER YOUTH EMPLOYMENT



**Elise Thale**

***Summer Rec Assistant***

Hi! I am from the Krise family. My parents are Erika and Tyler Thale. I am in 10th grade at Capital High School.



**Adrian Tucker**

***Summer Rec Assistant***

Hi!



**Carmela Velancia**

***Maintenance***

Hi! I am from the Krise and Thomas family. My grandma is Viola Thomas and my great-grandma is Ramona Mosier. I attended Shelton High School and completed my freshman year. I am very happy to be working with the kids this summer and learning new things along the way.



**Lilah Wentworth**

***Summer Rec Assistant***

Hi! I am from the Bagley family. My parents are Kezia and Ben Wentworth. I am a freshman at St. Martins University. I'm grateful for this opportunity and I am excited to be at the golf course this summer!



**Wyatt Wentworth**

***Summer Roots Assistant***

Hi! I am from the Bagley family. My mom is Kezia Wentworth. I am in 9th grade at Shelton High School.



**Luna 'Cat' West**

***Garden Field Tech***

Hi! My dad is Jason West and my grandma is Bonnie Sanchez. I just completed 9th grade at Shelton High School. Thank you for your time. I look forward to working with you.



**William Weythman**

***Pool Receptionist***

Hi! I am from the Bagley family. My parents are Tamika Green and Juston Weythman. I am going to be a senior next year. I take pride in my professionalism. I hope you all stop by and say hi!







## Stepping Stones Special Project with Taylor Krise

Several older youth went to Lacey MakerSpace. There, they worked on cedar projects with Taylor Krise. Youth were introduced to advanced tools and fabrication equipment used in several industries. While focused on traditional art and salmon designs, youth also experienced a woodshop and digital lab environment.







## SICDC Celebrates the Class of 2026 Preschool Graduates

On June 18, 2026, the Squaxin Island Child Development Center (SICDC) proudly celebrated nine Squaxin Island Child Development preschool graduates with approximately 100 students, family members, staff, and community guests in attendance.

The ceremony began in a good way with a prayer and words of encouragement from the Squaxin Island Tribal Council, followed by drumming and song led by Squaxin Tribal Elder Vicki Kruger.

Graduates shared handmade gifts with guests before SICDC Center Director Janita Raham honored each child by reciting a heartfelt poem featuring every graduate's name.

Children proudly walked across the stage to receive their diplomas and posed for photos with Tribal Council members. Families then enjoyed breakfast and cupcakes together before graduates received a special gift to celebrate their next adventure, a backpack filled with school supplies and a personally selected, signed book from SICDC staff.

Congratulations to the SICDC Class of 2026! We are proud of all you have accomplished and wish you continued success as you begin kindergarten.



M







# CHILD DEVELOPMENT CENTER







## Youth Weaving Workshop with Denita Holmes

With hands-on help from instructor Denita and TYC staff, Stepping Stones youth worked on completing weaving projects. Weaving takes patience, persistence, attention to detail, and working through mistakes. These are all skills that also prepare young people to be successful in their future careers. By blending culture and career readiness, Stepping Stones helps youth prep for the next phase of their lives.



## HELP OUR YOUTH SUCCEED IN SCHOOL

### Squaxin Truancy Prevention Program

Working Together to Support Student Attendance, Success, and Well-Being

Our Truancy Prevention Program partners with families, families, schools, and the community to help FERPA stands for the Family Educational Rights and Privacy Act. It is a U.S. federal law that protects the privacy of student education records.

#### This helps us:

- Monitor attendance and academic progress
- Identify barriers to school participation
- Coordinate support services for students and families
- Connect youth with mentoring, cultural activities, and resources
- Work collaboratively with schools to improve student outcomes

#### Your Privacy Matters

Information will be kept confidential and used only for authorized educational support purposes. Signing a FERPA release is voluntary. Families can ask questions before signing. Records will be handled according to federal privacy requirements.

#### Who Should Complete a FERPA Form?

Parents or guardians of youth ages 5-17  
Students age 18 or older may complete their own FERPA authorization

#### Benefits of Participation

- Attendance support
- Academic advocacy
- Family engagement services
- Referrals to community resources
- Individualized student support planning

Please complete and return your FERPA Release Form to participate in the Truancy Prevention Program & Squaxin Student Advocate Program

Squaxin Truancy Prevention Program  
Jaime Cruz  
360-432-3842  
jcruz@squaxin.us  
Tu Ha' Buts Youth Center





# LEARNING CENTER



## Summer Rec Highlights

Youth went to several parks, including Squaxin Park, Yauger Park, and the Lacey Regional Athletic Complex. Other field trips included the Family Fun Zone, Insert Coin, and the Zoo!

Days at TYC included a variety of activities. Kids enjoyed swimming, arts and crafts, gym, games, sports, and connecting with their summer rec mentors. We also hosted a magic performer and reptile specialist; youth experienced both delight and learning.

TYC also served breakfast and lunch for all youth. Thank you to all the hard-working TYC and Summer Rec staff.



August 2026

More photos on pages 15, 23, and 24

| Monday                                                                                                                                                         | Tuesday                                                                                                                     | Wednesday                                                                                                                                                                                  | Thursday                                                                                                       | Friday                                                                                                                                                                                     | Saturday                                                                                                                                                                           |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Summer Rec Hours: 8:30-3:00pm<br><b>CENTER BASED:</b><br>Swimming Frogs & Salmon: 10-12pm<br>Bears & Orcas: 1-2:45pm<br>Making Drums, Green Rez Park and Slime | Summer Rec Hours: 8:30-3:00pm<br><b>Center Based:</b><br>Homemade playdough, Sports, Making Raspberry Syrup, Scavenger Hunt | Summer Rec Hours: 8:30-3:00pm<br><b>Field Trip:</b><br>Wild Waves Theme Park<br>Leave Gym at 9:20am Return at 3:15pm<br>Call Mandy Valley to reserve your youths spot or get your tickets. | Summer Rec Hours: 8:30-3:00pm<br><b>Center Based:</b><br>Homemade Pizza, Tpeeksin Park, Soccer, and water play | Summer Rec Hours: 8:30-1:00pm<br>Last Day of Summer Rec<br><br><b>First Salmon Ceremony</b><br>Leave at 11:00am Return 12:30pm<br>Snack & Sign out at 1:00pm.<br>Have a Wonderful Summer 🍌 |                                                                                                                                                                                    |
| Youth Program Closed                                                                                                                                           |                                                                                                                             |                                                                                                                                                                                            |                                                                                                                |                                                                                                                                                                                            |                                                                                                                                                                                    |
| Youth Program Closed                                                                                                                                           |                                                                                                                             |                                                                                                                                                                                            |                                                                                                                |                                                                                                                                                                                            |                                                                                                                                                                                    |
| Youth Program Closed<br>See you in September in the school year!<br>After School Start Date and Registration<br>Will be posted on Remind.                      |                                                                                                                             | <b>End of Summer Community Fair &amp; Backpack Giveaway -</b> 🍌                                                                                                                            |                                                                                                                |                                                                                                                                                                                            | <b>JR. Storm Free Basketball Camp at TYC</b><br>Rise Above Basketball Camp<br>Ages 6-18 welcome! Event in gym from <b>12:00-3:00pm</b><br>Check in with coach Tae'lor for details. |
| Frogs: Ages 5-6<br>Salmon: Ages 6-7<br>Bears: Ages 9-10<br>Orcas: Ages 11-12                                                                                   | Summer Rec Mealtimes:<br>Breakfast: 9:00am-9:50am<br>Lunch: 12:00-12:50pm                                                   | Activity Time:<br>10-11am, 11-12pm, 1-2 & 2-2:45pm<br><br>Rec Room Number 360-432-3986                                                                                                     |                                                                                                                | Swimming: Mondays 10-12 & 1-2:45pm,<br>Fridays 10-11 & 11-12pm                                                                                                                             |                                                                                                                                                                                    |





## Stepping Stones Career Week July 6-10

Keesha Vigil-Snook - On Monday, we got to visit NWITC, where they had speakers talk about the important work and roles each department has at their center. We ended Monday with a visit from one of our PAs (Nissan) from the clinic. He told the youth about how he got into the medical field!

On Tuesday, the youth started the day with our Chief of Police, Ed! He told us about the different career paths within law enforcement, and we also got to hear some stories from when he worked in Los Angeles. We ended Tuesday with our Finance Department where Jen told the youth about all the amazing things Finance has to offer for careers!

On Wednesday, we got to hang out with our PCD team where they showed us the new bus shed and water plant operation. There were so many job opportunities the teens learned about! We ended the day with Finance where Jen talked about the life of our Finance peeps and how important they are.

On Thursday, we started the day at NR and Candace Penn took us to Arcadia where the teens got to collect an algae sample! Erica took a group to Council to watch her present about NR info! We ended our day with visiting SPIPA, Family Services and the Elders program! They learned how these programs are so meaningful to our community.

SPECIAL SHOUT OUT! LJ Cooper took a healthy risk and sung us the paddle song before lunch.

## Salish Cliffs Week July 13-17

The following week, Stepping Stones had the opportunity to visit the golf course. Salish Cliffs golf course planned an amazing week for the Stepping Stones youth! They learned all about the operations and laid out the course. We also got to learn from the maintenance crew at the golf course and learned about how much goes into maintaining the grass at the golf course! The teens also learned about degrees and career paths that grass can offer! We ended the week learning some basics on how to play golf.



*Gracie - Golf Course Week*



*Kodiak - Golf Course Week*



*Stepping Stones learning how the golf course stays green!*



*Career Week at Family Services*



*Ariah and Leilani - Golf Course Week*





## Higher Education

New and returning Higher Education students, Fall quarter/semester is starting back up soon! If you haven't gotten your paperwork turned in yet, please do so ASAP or you could lose the opportunity to receive funds for fall. Paperwork for fall quarter was due August 7th.

I can still work with students who are planning to attend fall quarter. However, paperwork will need to be turned in ASAP in order for paperwork to be processed in time with the college. Turning in your required documents early makes the process easier and smoother for everyone involved.

If you have any questions, need a Higher Education packet, or need assistance filling it out, please give me a call or send me an email. I will be more than happy to assist you.

Thank you,  
Mandy Valley  
Higher Education Coordinator  
mvalley@squaxin.us  
(360) 432-3882



## Community Kitchen Repairs Update

Repairs are being made in the Community Kitchen to fix damaged flooring. Repairs are scheduled to begin in late August through the fall and mainly impact the ladies' restroom.

We are doing our best to schedule work around reservations. You may still see construction, plumbing, or carpentry work taking place during your reserved time. You may also be asked to move or cancel a reservation depending on the urgency of the repair work. Both ice machines are also being repaired and should be done by late August.

We appreciate your flexibility and understanding as we complete these important improvements. Please plan accordingly and exercise caution around clearly marked work areas.

| AUGUST 2026 POOL CALENDAR                                                                                 |                                                                                                   |                                                                                                  |                                                                                                   |                                                                                                  |                                                                                                   |                                                                                                           | KEY:<br>LS: LAP SWIM<br>OS: OPEN SWIM<br>EA: ELDER'S AEROBICS<br>ASP: AFTER SCHOOL PROGRAM<br>PPP: PRIVATE POOL PARTY<br>SR: SUMMER REC<br>SICDC: SQUAXIN ISLAND CHILD DEVELOPMENT CENTER                                                                                                |
|-----------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Sunday                                                                                                    | Monday                                                                                            | Tuesday                                                                                          | Thursday                                                                                          | Friday                                                                                           | Saturday                                                                                          | Sunday                                                                                                    |                                                                                                                                                                                                                                                                                          |
|                                                                                                           |                                                                                                   |                                                                                                  |                                                                                                   |                                                                                                  |                                                                                                   | 1<br>LS/OS:<br>8:30 AM - 10:30 AM<br>CLOSED for PPP:<br>11:00 AM - 1:30 PM<br>LS/OS:<br>1:30 PM - 5:30 PM | <div>Front Desk:<br/>360-432-3852<br/>(Call for recording of daily schedule)</div> <div>Pool Office:<br/>360-432-3873</div> <div>Non-tribal swim fees:<br/>\$5/visit<br/>or<br/>\$30/month for single pass<br/>\$45/month for family pass</div> <div>Tribal members swim for free!</div> |
| 2<br>LS/OS:<br>8:30 AM - 10:30 AM<br>CLOSED for PPP:<br>11:00 AM - 3:30 PM<br>LS/OS:<br>3:30 PM - 5:30 PM | 3<br>LS/OS:<br>8:30 AM - 10:00 AM<br>SR:<br>10:00 AM - 3:00 PM<br>LS/OS:<br>5:00 PM - 5:30 PM     | 4<br>LS/OS:<br>8:30 AM - 10:30 AM<br>EA:<br>10:30 AM - 11:30 AM<br>LS/OS:<br>11:30 AM - 5:30 PM  | 5<br>CLOSED<br>Staff are attending Summer Rec Field Trip                                          | 6<br>LS/OS:<br>8:30 AM - 10:30 AM<br>EA:<br>10:30 AM - 11:30 AM<br>LS/OS:<br>11:30 AM - 5:30 PM  | 7<br>CLOSED<br>For First Salmon Ceremony                                                          | 8<br>LS/OS:<br>8:30 AM - 5:30 PM                                                                          |                                                                                                                                                                                                                                                                                          |
| 9<br>LS/OS:<br>8:30 AM - 5:30 PM                                                                          | 10<br>LS/OS:<br>8:30 AM - 9:45 AM<br>SICDC:<br>9:45 AM - 11:30 AM<br>LS/OS:<br>11:30 AM - 5:30 PM | 11<br>LS/OS:<br>8:30 AM - 10:30 AM<br>EA:<br>10:30 AM - 11:30 AM<br>LS/OS:<br>11:30 AM - 5:30 PM | 12<br>LS/OS:<br>8:30 AM - 9:45 AM<br>SICDC:<br>9:45 AM - 11:30 AM<br>LS/OS:<br>11:30 AM - 5:30 PM | 13<br>LS/OS:<br>8:30 AM - 10:30 AM<br>EA:<br>10:30 AM - 11:30 AM<br>LS/OS:<br>11:30 AM - 5:30 PM | 14<br>CLOSED<br>For All Staff Meeting                                                             | 15<br>LS/OS:<br>8:30 AM - 5:30 PM                                                                         |                                                                                                                                                                                                                                                                                          |
| 16<br>LS/OS:<br>8:30 AM - 5:30 PM                                                                         | 17<br>LS/OS:<br>8:30 AM - 9:45 AM<br>SICDC:<br>9:45 AM - 11:30 AM<br>LS/OS:<br>11:30 AM - 5:30 PM | 18<br>LS/OS:<br>8:30 AM - 10:30 AM<br>EA:<br>10:30 AM - 11:30 AM<br>LS/OS:<br>11:30 AM - 5:30 PM | 19<br>LS/OS:<br>8:30 AM - 9:45 AM<br>SICDC:<br>9:45 AM - 11:30 AM<br>LS/OS:<br>11:30 AM - 5:30 PM | 20<br>LS/OS:<br>8:30 AM - 10:30 AM<br>EA:<br>10:30 AM - 11:30 AM<br>LS/OS:<br>11:30 AM - 5:30 PM | 21<br>LS/OS:<br>8:30 AM - 9:45 AM<br>SICDC:<br>9:45 AM - 11:30 AM<br>LS/OS:<br>11:30 AM - 5:30 PM | 22<br>LS/OS:<br>8:30 AM - 5:30 PM                                                                         |                                                                                                                                                                                                                                                                                          |
| 23<br>LS/OS:<br>8:30 AM - 5:30 PM                                                                         | 24<br>LS/OS:<br>8:30 AM - 9:45 AM<br>SICDC:<br>9:45 AM - 11:30 AM<br>LS/OS:<br>11:30 AM - 5:30 PM | 25<br>LS/OS:<br>8:30 AM - 10:30 AM<br>EA:<br>10:30 AM - 11:30 AM<br>LS/OS:<br>11:30 AM - 5:30 PM | 26<br>CLOSED<br>For Annual Backpack Giveaway/ Emergency Preparedness Fair                         | 27<br>LS/OS:<br>8:30 AM - 10:30 AM<br>EA:<br>10:30 AM - 11:30 AM<br>LS/OS:<br>11:30 AM - 5:30 PM | 28<br>LS/OS:<br>8:30 AM - 9:45 AM<br>SICDC:<br>9:45 AM - 11:30 AM<br>LS/OS:<br>11:30 AM - 5:30 PM | 29<br>LS/OS:<br>8:30 AM - 5:30 PM                                                                         |                                                                                                                                                                                                                                                                                          |
| 30<br>LS/OS:<br>8:30 AM - 5:30 PM                                                                         | 31<br>LS/OS:<br>8:30 AM - 9:45 AM<br>SICDC:<br>9:45 AM - 11:30 AM<br>LS/OS:<br>11:30 AM - 5:30 PM |                                                                                                  |                                                                                                   |                                                                                                  |                                                                                                   |                                                                                                           |                                                                                                                                                                                                                                                                                          |

\*Schedule is subject to change at any time due to community/staff/youth events\*





## Purchase Referred Care (PRC)

### Eligibility Information

The patient must be registered at the Squaxin Health Clinic and live in the Purchase Referred Service Delivery Area.

The patient must provide proof of enrollment or descendency in the Squaxin Island Tribe.

The patient must be established and seen in the clinic at least once per calendar year.

Patients without insurance must provide proof of denied coverage from the state once per calendar year.

### Authorization for Emergency Room/Urgent Care Visit:

Notify PRC within 3 days/72 hours of onset of illness/accident. If the clinic is open, you must first call to see if there are any available appointments.



### Authorization for doctor's appointment, x-rays, labs and prescriptions:

You must obtain authorization from PRC at least 3 days/72 hours before your scheduled appointment.

Separate authorizations are required for each appointment.

You must be referred originally by clinic provider or have proof that the emergency room referred you to a specialist.

PRC payment is limited by medical priorities.

If the tribe is on Priority I basis, some treatments and procedures are not eligible for payment.

*Purchase Referred Care is not an entitlement program and cannot guarantee payment.*





## SUPPORTING OUR COMMUNITY'S HEALTH

AUGUST: APPENDIX CANCER AWARENESS MONTH

### Know the warning signs of appendix cancer & get medical care early!

- Rare cancer, but important to detect early
- Often found during surgery
- Signs: pain or swelling in the lower right side of the belly



### Strong communities care for one another.

Learn the signs, seek care early, and help protect future generations.

### Take Action

- ✓ Talk to a healthcare provider if you have ongoing belly problems
- ✓ Ask questions if something doesn't feel right
- ✓ Encourage family to get checked
- ✓ Care for yourself & your community

For More Information, talk to your healthcare provider, visit [ClevelandClinic.org](https://ClevelandClinic.org) | Appendix-Cancer or scan the QR code.





## WORLD LUNG CANCER DAY

AUGUST 1



### HONORING NATIVE COMMUNITY STRENGTH & HEALTH

#### LUNG CANCER IMPACTS MANY OF OUR FAMILIES

Protect our health by learning the signs & getting checked early!

#### TOBACCO

- Commercial tobacco increases cancer risk
- Traditional tobacco is sacred & used with respect

#### WHAT TO WATCH FOR

- Cough that won't go away
- Shortness of breath
- Chest pain
- Coughing up blood
- Feeling very tired
- Weight loss without trying

#### TAKE ACTION

- Talk with your healthcare provider
- Get help quitting commercial tobacco
- Encourage family & friends to quit & get screened for lung cancer
- Take care of each other & our community

#### SCREENING

- Finding cancer early saves lives
- Ask your healthcare provider for lung cancer screening information

### PROTECT OUR BREATH. HONOR OUR TRADITIONS. CARE FOR FUTURE GENERATIONS.

Visit [americanindiancancer.org](https://americanindiancancer.org) | Lung Cancer, scan the QR, or Ask Your Tribal Clinic Patient Navigator for More Information







## Nine Ways to Stay Safe Around Water This Summer

Splashing in the pool, boating on the lake, playing at the beach—summer and water go hand in hand, and some of our family's best memories happen there. A few simple habits can help make sure the whole family comes home happy and safe after a day by the water. Whether you're out on the boat or spending the afternoon at the pool, here are the water safety basics every family should know.

**1. Never leave children unattended in or near the water, even for a moment.**

According to the National Drowning Prevention Alliance, 88% of child drownings happen with at least one adult present, usually because that adult got distracted. A great family habit is to take turns being the "Water Watcher"—one adult whose only job for that stretch of time is watching the swimmers, with phones, books, and conversations set aside. Drowning can also happen quickly and quietly, without the splashing or shouting you might expect, so keep your eyes on the water, not just your ears.

**2. Always wear a life jacket in open water, including when riding on boats.**

Life jackets are required on the Barge for digs, and they're just as important any time you're near open water. Make sure each life jacket is U.S. Coast Guard-approved and fitted properly for the wearer's size and weight—a loose or oversized jacket can slip off in the water. Younger children and less confident or inexperienced swimmers should wear a life jacket any time they're in or around the water, even in a pool.

**3. Stick to designated swim areas and always swim with a buddy.** In open water, these areas have been checked for hidden hazards like harmful chemicals, steep or sudden drop-offs, strong currents, or murky water with poor visibility. Swimming with a friend or family member means someone is there to help or call for help if something goes wrong. A solo swim might sound peaceful, but it's never worth the risk if an emergency comes up.

**4. Learn CPR and basic first aid.** In an emergency, knowing CPR can save a life, and anyone in the family old enough to learn can take a class—many local Red Cross chapters and community centers offer family-friendly courses. Even when lifeguards are present, having a few family members trained in CPR means help is close by no matter where you're swimming.

**5. Check the weather before you head out.** Tides can change quickly and may leave you stranded or unable to reach land. It's not safe to swim during thunder or lightning storms—at the first sound of thunder or sight of lightning, get everyone out of the water and seek shelter. As a good rule of thumb, wait at least 30 minutes after the last thunder or lightning before heading back in.

**6. Never swim under the influence of drugs or alcohol, and keep an eye out for any adult supervisors who may be impaired—**impairment slows reaction time and judgment, which are both critical in the water.

**7. Check the depth before diving or jumping in.** Never dive headfirst into water of unknown depth, and remind kids that pools, lakes, and rivers can have shallow spots or hidden hazards just below the surface.

**8. Protect against sun and heat.** Apply sunscreen generously and reapply every couple of hours (or right after swimming), have kids wear hats and sunglasses when they're out of the water, and encourage everyone to drink plenty of water throughout the day to avoid dehydration.

**9. Be prepared for an emergency.** Keep a charged phone nearby, know the address or location of where you're swimming so you can direct help quickly, and know where the nearest lifeguard station or first aid kit is located.

None of these steps take the fun out of summer! If anything, they're what let everyone relax and enjoy the water with peace of mind. A little preparation and a few good habits go a long way towards keeping yourself and your family safe. Here is to a safe and memorable summer!







## Clinic Referral Process

1. Make an appointment
2. Provider places a referral
3. Referral coordinator receives clinic notes and referral request
4. Referral coordinator faxes all pertinent information to specialist, such as radiology, etc.
5. Specialist processes referral/calls patient (specialist offices vary on how long it takes to process the referrals on their end, we have no control over this.)
6. If you qualify for Indian Health PO's - you then call with appointment date and time for a Purchase Order number from our PRC department

This process can take a couple of weeks or longer depending on the type of referral and what information is needed for the referral.

### Things that could possibly hold up your referral

- Not having updated insurance information
- Specialist not accepting your insurance, therefore referral getting returned and having to resubmit the referral to another specialist
- Needing prior authorization from your insurance company before scheduling is allowed
- Not having an updated phone number for the specialist's office to contact you.

### How you can help

1. Make sure the clinic has all the most updated information on you, for example:
  - Phone number
  - Mailing address
  - Current insurance information
2. Let the provider know at your appointment if you prefer a specific specialist and make sure that specialist takes your insurance, otherwise we will send it to the specialist that is closest to you with availability
3. Get the referral coordinator's phone number so you can call if you don't hear from the specialist in two weeks.
4. Call our referral coordinator for the phone number of the specialist office so you can follow up with the referral
5. Keep all scheduled appointments or call ahead to reschedule if necessary. This ensures that you will be able to schedule again with this specialist in the future. Keep in mind other offices have policies and procedures for cancelling and rescheduling appointments.

Our Referral Coordinator's name is Shashoney Fenton, and she is working diligently to get all referrals processed as quickly as possible. Her phone number is (360) 432-3991. Her office hours are Monday - Thursday 7:30 to 6:00.

If, for any reason, you cannot get a hold of Shashoney, you can call Clinical Manager Tonya Haapanen for assistance at (360) 427-9006.



## MyChart

The Health Clinic is switching their Electronic Health Record (EHR) to EPIC starting August 25th, 2026.

This comes with the benefit of MyChart.

MyChart allows you to access your medication list, test results, see upcoming appointments and availability to message your primary care team. You can sign up today by downloading the app in your app store. You will also have the availability to sign up at your next appointment.

This will all go live on August 25th, 2026.



**OCHIN | mychart**

**Do you have internet access? MyChart gives you online access to and control of your medical record.**

- Manage your appointments
- Request prescription refills
- Access your test results
- Communicate with your doctor
- Keep track of immunizations
- Pay bills online



**Ask about MyChart today!**







**All your health information in one place**

See your medications, test results, upcoming appointments, medical bills, price estimates, and more all in one place, even if you've been seen at multiple healthcare organizations.

Blood Pressure 131/113

Pulse 77

Weight 167

Add Readings

Ask about MyChart and sign up today.

Download on the App Store



GET IT ON Google play



MyChart® is a registered trademark of Epic Systems Corporation.

**MyChart**

Your secure online health connection.



**Quickly schedule appointments and find care**

Make appointments at your convenience, complete pre-visit tasks from home, and find the nearest urgent care or emergency room when you need it.



**Connect with a doctor no matter where you are**

Send a message, get online diagnosis and treatment, talk face-to-face over video, or arrange to follow up with a doctor in person, depending on the level of care you need.



**Take care of your children and other family members**

Stay on top of everyone's appointments and check in on family members who need extra help, all from your account.



MYCHART 9:15 AM  
You have a new message in MyChart.

## Dental Services

### ***Why Should I Floss?***

Why do dentists encourage patients to floss their teeth? What is the big deal anyway?

When we eat something, food gets stuck in between the teeth and can sneak into the crevices of the gums. Over time, the food and bacteria can cause cavities and bleeding gums.

Brushing with toothpaste only gets the front and back surfaces of the teeth.

What about the areas in between? That is where flossing comes in: Take about 6 inches of string floss between your hands and gently go in between the surfaces of the teeth. This will help remove the remaining food pieces, plaque and prevent bleeding gums.

If using string floss is not an option, using a water flosser (Waterpik) can also be helpful.

If you need floss, toothpaste, or have questions about flossing, feel free to stop by the dental clinic at any time.

- Minjin Ko, DDS

### ***I do not plan on stopping drinking energy drinks anytime soon, so what should I do?***

I, myself, am a fan of energy drinks (personally the Costco brand). . . the carbonation, flavor, and the quick burst of energy . . . they are amazing!

Unfortunately, the drinks are very acidic and with long-term exposure, they cause severe damage to the teeth.

What are the possible methods to lessen the damage?

1) Finish the energy drink in a short period of time (ideally within 1 hour). The whole purpose is to lessen the exposure time of the acidic drink to the teeth.

2) Rinse your mouth with water after finishing the energy drink. This helps combat the acidic environment in the mouth from the energy drink.

These two simple steps can help protect your precious teeth from those enticing drinks. If you have any other questions, feel free to stop by the dental clinic or make an appointment. We would be happy to assist you!

- Minjin Ko, DDS







## The Lasting Impact of Trauma: Understanding PTSD and the Path to Recovery

By Dr. Fergie - While many people experience traumatic events, only a subset develop posttraumatic stress disorder (PTSD). Trauma can take many forms. It may involve directly experiencing or witnessing actual or threatened death, serious injury, sexual violence, learning that such an event happened to a close loved one, or repeated occupational exposure to the graphic details of traumatic events (e.g., service members, law enforcement officers, firefighters, paramedics, emergency medical personnel, crime scene investigators, medical examiners, and other professionals whose work routinely exposes them to the aftermath of traumatic events). The latter is called vicarious trauma because professionals working with trauma survivors -- who experience similar trauma-related symptoms -- do not experience the trauma directly.

Importantly, some forms of trauma are much more likely than others to lead to PTSD. Research consistently demonstrates that traumatic events intentionally inflicted by other people are approximately twice as likely to develop into PTSD as traumatic events not caused by the intentional actions of others like earthquakes, flash floods, tornados, or other natural disasters.

Sexual assault, particularly, is associated with one of the highest rates of PTSD. This heightened vulnerability extends beyond the physical injuries that might have occurred. Sexual violence constitutes a profound violation of a person's bodily autonomy (bodily self-sovereignty), psychological safety, and sense of self and identity. Survivors often describe not only fear, but other secondary negative emotions as well, including shame, guilt, self-blame, disgust (with oneself), humiliation, betrayal, and a loss of control over their own bodies ("My body is no longer my own").

Why are these experiences so psychologically devastating? Human beings are fundamentally social creatures. We are, in a sense, pack animals. From our first breath, we are wholly vulnerable -- totally dependent on others. From infancy onward, our brains develop within tightly-knit relationships, learning that other people can provide protection, comfort, and security. These early experiences of trust become the foundation for how we navigate the world throughout our lives (so-called "attachment").

Unlike accidents or natural disasters, trauma caused by the intentional actions of others may fundamentally challenge our beliefs about safety, trust, and the predictability of human relationships. Survivors frequently struggle with questions such as: How could another person do this to me and say they love me? Can I ever feel safe again? Can I ever learn to trust again? These disruptions to core assumptions about oneself and the world in which we live are central to understanding why trauma perpetrated by others is so often associated with persistent posttraumatic symptoms.

In an effort to protect themselves from being hurt again, many trauma survivors avoid emotional intimacy, keep others at arm's length, and withdraw from close relationships. The closer one gets, the scarier the relationship becomes to the survivor. Although these strategies lower one's sense of vulnerability in the short term, they can also prevent survivors from learning that some people -- perhaps even most people -- are trustworthy, supportive, and safe. How else could they know this?

Traumatic experiences, such as sexual assault, severe physical violence, torture, or some childbirth-related complications often involve a profound loss of bodily autonomy. Survivors frequently describe feeling as though their bodies were invaded or that control over their bodies was taken from them. This violation of bodily autonomy can become a central feature of the trauma, altering a person's sense of safety, identity, and control.

### The Core Symptoms of Posttraumatic Stress Disorder (PTSD)

Posttraumatic stress disorder (PTSD) is more than simply remembering a frightening event. It is a trauma-related psychological condition in which the brain and body continue to respond as though danger remains present, even after the threat has ended. According to the Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition (DSM-5) -- the main psychiatric diagnostic system in the United States -- PTSD symptoms are organized into four primary symptom clusters: (1) Intrusion, (2) avoidance, (3) negative alterations in thinking (worldview) and mood, and (4) alterations in arousal and reactivity (to people, situations, and trauma-related stimuli like smells, sounds, certain kinds of touch, among many others too numerous to mention). Some individuals also experience prominent dissociative symptoms (i.e., feeling detached from the world around them).

### Intrusion Symptoms: When the Trauma Keeps Returning

Intrusion symptoms involve the involuntary re-experiencing of the traumatic event. These may include distressing memories, recurrent nightmares, or flashbacks in which an individual feels as though they are reliving a specific moment of the trauma rather than simply remembering it. During a flashback, sensory experiences such as sights, sounds, smells, or physical sensations may feel extremely vivid and profoundly real (as if you traveled back in time to that exact horrific moment).

Even when a full-blown flashback does not occur, reminders of the trauma can trigger intense enough emotional distress or physical reactions, including rapid heart rate, sweating, trembling or shakiness, nausea, or a sense of panic or dread. These symptoms are not voluntary and often occur unexpectedly, making them among the most disruptive aspects of PTSD.

### Avoidance: Staying Away from Reminders of the Trauma

Avoidance is a natural human response to manage distress, but often becomes one of the factors sustaining PTSD over time, as mentioned earlier. Individuals may avoid people, places, conversations, activities, or situations that remind them of the traumatic event. If trauma occurred in a stairwell, for example, the survivor might not only avoid that particular stairwell but all stairwells (or anything resembling stairwells for that matter).

Many survivors avoid internal reminders by pushing away memories, emotions, or thoughts associated with the trauma. Many people turn to alcohol or drugs, or reckless, impulsive behavior.

Although avoidance may provide temporary relief, it prevents the brain from learning that these reminders are no longer dangerous.

### Negative Alterations in Cognition and Mood: How Trauma Changes the Way People Think and Feel About Almost Everything

Trauma can profoundly alter the way individuals view themselves, others, and the world. Many people experience persistent feelings of guilt, shame, or self-blame, even when they were not responsible for what occurred. Only perpetrators are to blame, regardless of the circumstances.

Others develop enduring beliefs that the world is unsafe or that they cannot trust anyone. They often adopt pessimistic or cynical worldviews like: Everyone is out for themselves. There are no good people in the world.





Emotional numbing, diminished interest in previously enjoyable activities (anhedonia), feelings of detachment from others, and difficulty experiencing positive emotions are also very common.

Memory may be affected as well, with some individuals struggling to recall important aspects of the traumatic event while simultaneously experiencing vivid, persistent, unwanted recollections of other parts of the trauma.

### **Alterations in Arousal and Reactivity: Living as Though Danger Is Always Present**

PTSD often leaves the nervous system in a persistent state of heightened alertness. Individuals may feel constantly on guard, perpetually scanning their environment for potential threats, or experiencing an exaggerated startle response to unexpected sounds or movements.

Irritability, anger outbursts, and sleep disturbance are also common. Many people describe feeling as though they can never fully relax because their brains "can't shut off." It does not matter if their brain is resting on a pillow.

This chronic state of hyperarousal can be physically exhausting, too, contributing to many of the cognitive and emotional difficulties associated with PTSD. Chronic stress has many ill health effects, which you probably already know.

### **Dissociation: Feeling Disconnected from Reality**

Although not present in every individual with PTSD, some people experience dissociative symptoms. Dissociation involves a disruption in the normal integration of awareness, memory, identity, or perception. Individuals may feel detached from their thoughts or emotions, experience themselves as unreal or disconnected from their own body (depersonalization), or perceive the surrounding world as dreamlike or unreal (derealization).

These experiences often resurface during periods of overwhelming stress -- the brain's attempt to temporarily distance the individual from intolerable emotional pain. While dissociation may reduce distress in the moment, it can interfere with emotional processing, and recovery if it becomes persistent. Dissociation also makes it difficult to connect with other people.

### **There Is Always Hope...**

It is important to remember, however, that PTSD is not an inevitable outcome. Many individuals exposed to even severe trauma recover naturally over time, particularly when they receive emotional support (by trustworthy people), feel safe, and have access to effective treatment. Modern evidence-based interventions -- including Cognitive Processing Therapy (CPT), Prolonged Exposure (PE), Eye Movement Desensitization and Reprocessing (EMDR) -- have been shown to significantly reduce PTSD symptoms and help survivors reclaim a sense of safety and control -- reclaiming their lives.

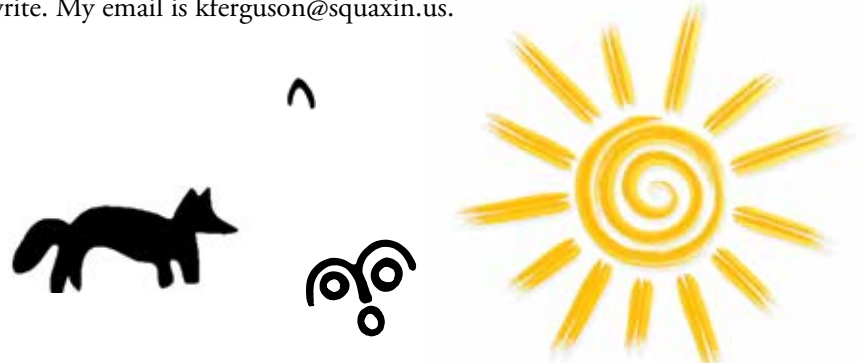
### **One Final Word...**

Many people feel understandably uncomfortable talking in detail about their traumatic experiences with another person. Moreover, for some, putting thoughts and emotions onto paper feels more natural, private, and/or manageable. If you are someone who already finds journaling helpful, Written Exposure Therapy may be an approach worth discussing with a mental health professional.

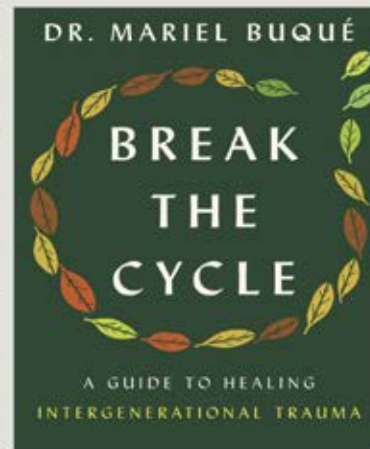
During Written Exposure Therapy, individuals write about their traumatic experience in a structured, therapeutic way over the course of five treatment

sessions. Although the treatment is brief, research has found that it can reduce PTSD symptoms as effectively as longer, well-established treatments such as Cognitive Processing Therapy and Prolonged Exposure for many individuals.

Whereas Written Exposure Therapy is completed in just five sessions, traditional trauma-focused therapies often involve 8 to 15 or more sessions, making Written Exposure Therapy an appealing option for people seeking an effective treatment that requires less time while still producing meaningful improvements. If you are interested in learning more about these treatments, don't hesitate to write. My email is [kferguson@squaxin.us](mailto:kferguson@squaxin.us).



## BOOK CLUB



**Interested in healing in community?**  
Join an upcoming Book Club as we explore

**Break the Cycle: A Guide to Intergenerational Trauma.**

**\*\*Book materials will be provided\*\***

Thursdays 4:00-5:30 PM | Start date: TBD | Guided by Laurel

### **Part 1: Unearthing Your Inherited Roots**

Chapter 1: The Anatomy of Generational Trauma

Chapter 2: The Transmission of Trauma

Chapter 3: Mapping the Lineage of Your Family's Pain

### **Part 2: The Healing Journey**

Chapter 4: The Holism of Healing

Chapter 5: Reconnecting to the Body

Chapter 6: Soothing the Nervous System

Chapter 7: Processing Ancestral Grief

### **Part 3: The Breaking of the Cycle**

Chapter 8: Our Intergenerational Loyalty to Pain

Chapter 9: Breaking Up with Intergenerational Shame

Chapter 10: How to Have Difficult Conversations About Trauma

Chapter 11: Leaving Behind Intergenerational Guilt

**Call BHOP  
to learn  
more**





# COMMUNITY | HEALTH CLINIC



8/1  
Barbara Gail Kennedy  
Jeremie John Walls

8/3  
Anne Elizabeth Burgain  
Darlene Wood  
Louise Isabelle Kathy Burgain  
Randolph Bert Foster  
Tiffany Jean Lowery

8/4  
Kelly Josephine Jones  
Lawton Jebadiah Case  
Legend Josiah Rosander  
Leighton James Case  
Norman Riley Price  
Tyrone Stuart Seymour

8/5  
Christopher Eugene Brown

8/6  
Debra Kay Eagle

8/7  
David Charles Johns  
Robert David Koshiway Jr.

8/8  
Lettie Ann Machado-Olivo  
Lisa Fawne Eaton  
Margaret Hazel Johns  
Robert Edward Sigo  
Roy Journey Bear Perez

8/9  
Araceli Hernandez-Capoeman  
Chasity Faye Masoner  
David Wayne Peters Jr.  
Juliet Lindsay James-Blake  
Memphis Shawn Penn-Dodge  
Molly Eileen Kirk  
Nikieta Sue Ho

8/10  
Kalysi Renee Whitener

8/11  
Marilyn Helene Mcfadden

8/12  
Aaron James Edgley  
Zaiden Elijah Jimmie

8/13  
Arlo Jay Woodard  
Brandon Eugene Campbell  
Lola Noelle Bonin

8/14  
Elena Lin James  
Rory Jane Allen

8/15  
Llewellyn Frank Parker  
Zachary White Wolf Sanchez

8/16  
Beverly Jean Mesplie  
Kevin Henry Spezza  
Matthew James Cooper  
Rachel Mae Naranjo

8/17  
Amanda Parks Grover  
Magdelano Roy Perez

8/18  
Hannah Lucille Forcier  
Jordan Scott Saenz-Blueback

8/19  
Naomi Reyes

8/20  
Dionna Ariel Purdy King  
Rock James Johns

8/22  
Aidan Alan Sizemore  
Greg Anthony Lewis Glover  
Jessica Eliza Spiering  
Rene De Anne Salgado

8/23  
Andre James Woody-Johns  
Cadence Joseph Henry  
Jeremiah Obi-Rivera

8/24  
Bryce Mitchell Penn  
Victoria Lee Sanders



8/25  
Mitchell John Carrington  
Nicole Mae Cooper

8/26  
Eden Lee Van Cleave

8/27  
Kaytlyn Joi Henderson  
Meghan Elizabeth Burgain

8/28  
Eathon Caasi  
Ezekial Jesus Salas  
Jasper Silver-Hawk Cooper  
Nancy Carol Combes  
Rhonda Madge Foster

8/29  
Ernesto Naranjo Johns Jr.  
Joseph Delano Furtado  
Lindsey Nicole Harrell

8/30  
Catherine Mary Tuller  
Debra Lee Sayers  
James Ronnie Trinidad  
Loreta Marie Swan Krise  
Simon Patrick Bell  
Taylor Jeffrey Porad



## Health Services What is 340B?

The 340B Drug Pricing Program is a federal initiative that allows eligible health care organizations, known as covered entities, to purchase outpatient drugs at discounted prices directly from manufacturers. Here are some key points about the program:

### Discounted Prices

Covered entities can buy outpatient drugs at a 20-50% discount compared to regular market prices.

### Eligibility for Tribal and Urban Indian Health Centers

1. Tribal Contract or Compact Health Centers: These centers are operated by Tribes or Tribal organizations. They provide care for American Indians and Alaska Natives under the Indian Self-Determination Act.

2. Urban Indian Health Centers: These centers are designated Federally Qualified Health Centers that specialize in caring for American Indians and Alaska Natives. They receive funding through Title V of the Indian Health Care Improvement Act.

### Patient Impact

By leveraging the cost savings, these centers can allocate resources toward better care for uninsured or under-insured individuals within their communities.

Kamilche Pharmacy and the Squaxin Island health clinic are a part of the 340B program.

*If you would like to fill prescriptions at Kamilche pharmacy, you must first be a patient at the Squaxin Island Health Clinic and keep an active health record by seeing one of our providers at least once a year. This also applies to Squaxin Island tribal members.*

The 340B Program aims to enhance access to affordable medications and improve health outcomes for vulnerable populations. *We are very lucky to be a part of this program. Therefore, we must abide by the 340B rules to continue this discount program that benefits our community.*





## What's Happening

**CANOE JOURNEY TO NISQUALLY  
TALKING CIRCLE  
FESTIVAL OF STEH-CHASS  
FENTANYL AWARENESS & PREVENTION  
EMERGENCY PREPAREDNESS FAIR**

Through August 5  
August 13  
August 14 - 16  
August 21  
August 26

**WIC  
USDA  
DIAPER DISTRIBUTION**

August 3  
August 7  
August 14

### COURT

|             |           |                         |
|-------------|-----------|-------------------------|
| Family      | August 6  | Beginning at 9:30 a.m.  |
| Criminal    | August 25 | Beginning at 9:30 a.m.  |
| Civil Court | August 25 | Beginning at 11:00 a.m. |



Summer Rec

## Elders Menu

*Fruit and salad at every meal*

### MONDAY 3:

Shrimp Alfredo, Broccoli

### TUESDAY 4:

Chili, Cornbread

### WEDNESDAY 5:

Sandwich Bar

### THURSDAY 6:

Crab Cakes, Veggie Rice

### MONDAY 10:

Goulash, Cauliflower, Garlic Bread

### TUESDAY 11:

Clam Chowder, Frybread

### WEDNESDAY 13:

Baked Ham, Scalloped Potatoes,  
Diced Carrots

### THURSDAY 14:

Indian Tacos

### MONDAY 17:

Hamburger, Steak Fries, Chips

### TUESDAY 18:

Broccoli Cheddar Soup,  
Turkey Sandwich

### WEDNESDAY 19:

Fish Tacos

### THURSDAY 20:

Stroganoff, Veggies

### MONDAY 24:

Salmon, Red Potatoes, Veggies

### TUESDAY 25:

Chicken Noodle Soup,  
Egg Salad Sandwich

### WEDNESDAY 26:

Pizza

### THURSDAY 27:

Chicken Fried Steak, Mashed Potatoes  
w/Gravy, Mixed Veggies

### MONDAY 31:

Hot Dogs, Baked Beans, Mac Salad



**AA Meeting  
Wednesdays  
7:30-9:00 p.m.  
Elders Building**








### Squaxin Island WIC

**Women, Infants, and Children**  
WIC provides healthy foods & nutrition information for you and your child up to age 5.

For appointments and questions, contact:  
**Debbie Gardipee**  
360.463.4439  
dgardipee@spipa.org

SPIPA main number: 360.426.3990

Next WIC date:  
**August 3rd, 9-3**  
SPIPA IPC, phone appts.

**Phone and in person appointments. Date subject to change.**



**WOMEN, INFANTS & CHILDREN**

**This institution is an equal opportunity provider.**  
Washington WIC doesn't discriminate.





**South Puget Intertribal Planning Agency**

## USDA Foods Program

### Delivery Date

**Squaxin Island**  
**Friday, August 7th**

SPIPA IPC Parking Lot  
**10:00am-1:30pm**



NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff. For USDA Food, call SPIPA at 360.426.3990. This institution is an equal opportunity provider.





# EMERGENCY

**CALL 9-1-1**

**FIRE  
POLICE  
MEDICAL  
RESCUE**

## SQUAXIN ISLAND TRIBE

### Non-Life Threatening Emergencies

|                                                                                                                                                                                                                                                                                                                                                            |                                                                                                                                                                                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>Emergency Operations Center (EOC) Hotline</b><br/>(Information only - no voicemail)<br/>(360) 432-3947</p> <p><b>Community EOC Hotline</b><br/>(Questions and voice mail message)<br/>(360) 443-8411</p> <p><b>Emergency Management Coordinator</b><br/>(360) 443-8410</p> <p><b>Community Emergency Response Team (CERT)</b><br/>(360) 426-5308</p> | <p><b>Squaxin Police Department</b><br/>Office Hours Monday - Friday 8:00-4:00<br/>(360) 432-3831</p> <p><b>PUD No. 3 Outage Hotline</b><br/>(360) 426-8255</p> <p><b>Mason County Police Dispatch Non-Emergency</b><br/>(360) 426-4441</p> <p><b>Mason County Fire Non-Emergency</b><br/>(360) 426-3348</p> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|



**South Puget Intertribal Planning Agency**

## Diaper Distribution

### Squaxin Island Tribe

**Friday, August 14th**  
SPIPA IPC  
**10:00am-1:30pm**



**Pull-ups | Diapers | Wipes | More**

**Need diapers? You may qualify! Households on or near Tribal lands and enrolled in programs like WIC, SNAP, or TANF may be eligible.**  
Call SPIPA at 360.426.3990.

