

Covid-19

Squaxin Island Tribe is operating under a state of emergency in an effort to protect the community against coronavirus COVID-19.

Please be aware that we are doing everything possible to keep you safe and up-to-date.

Effective Tuesday, March 24, our community is off limits to non-residents.

The Tribe issued vehicle stickers, two per household, to identify who has access to the community.

All access to the community is blocked off, with the exception of the main entrance. Squaxin Island tribal police and/or IEI Security are posted at the main entrance to ensure only community residents, and essential employees come onto the reservation.

The check point is located beyond the clinic, so tribal members who live off-reservation can still go there.

We encourage you to only go out of the community for essential items or doctors appointments.

We can not reiterate enough to isolate our Elders from younger kids. During this time, please utilize Facetime, or other virtual means to stay in touch with your family.



We believe the greatest threat to our community is to our Elders. We ask that all Elders with compromised immune systems remain in their homes.

CERT members are making contact with our Elders on a regular basis to see what needs they have.

Contact CERT:

cert@squaxin.us
or
(360) 426-5308.

If you are living with an Elder with a compromised immune system, please limit leaving your home.

The Squaxin Island Tribe General Council Meeting is Postponed until June 27



Tribal Members

Running for Election on June 27th

The deadline for submissions about your candidacy for the upcoming special edition of the Klah-Che-Min is now May 15th. However, the notifications will be posted on squaxinidland.org as they come in. Please send a photo and your candidacy announcement to Theresa Henderson at thenderson@squaxin.us or call her at (360) 280-2798 (cell). Thank you.

SIT SQUAXIN TRANSIT

SQUAXIN TRANSIT

NOTE:

In the effort to ensure the safety of our employees, riders, and the general public, due to the increasing concern over the coronavirus, Squaxin Island Transit will be taking steps effective Tuesday, March 24, 2020.

Although scheduled transportation routes will be reduced until further notice, we will provide Dial-A-Ride service for all necessary medical and grocery trips. You will need to make arrangements for services no later than 2pm for the following day. Call 360.280.7612 and 360.789.5936 to schedule your pick-up.

As we navigate these uncharted waters Let's all of us do our part to keep the community safe.

EFFECTIVE

Tuesday, March 24, 2020

Modified Route Service

Squaxin Island				MTA Route 6	
Tribal Center	Reservation Route	Kamilche Transit Center (KTP)	Arrive Tribal Center	① Shelton to Olympia	② Olympia to Shelton
9:30	9:31	9:50 ①②	10:00	9:50	9:55
12:30	12:31	12:50 ①②	1:00	12:50	12:55
3:30	3:31	3:50 ①②	4:00	3:50	3:55

We will provide Dial-A-Ride
For medical & grocery trips.

Call to schedule before 2pm,
For service on the following day.



Walking On Johnny James

Robert Jan "Johnny" James passed away peacefully at home in Naukati Bay, Alaska on Sunday, March 22, 2020. He was 78. He was born in Shelton, Washington on April 6, 1941. He was a United States veteran and a proud member of the Squaxin Island Tribe. Our dad represented well the spirit of the "People of the Water." He was at his best, and most happy, when he was captain of his trolling vessel the FV Seahorse. He was a fisherman and he loved it. A job as a cook (though at the time he only knew how to make cookies and koolaid) on a fishing boat in Alaska is what brought him to the state he would fall in love with. Though he would visit his tribe whenever possible, his heart never left Alaska and he would remain there throughout his adult life. Those who knew him, also knew his sense of humor. He was quite the jokester. And with that comes some great stories that people have shared with us over the years.



Dad had five children, one who preceded him in death, and 11 grandchildren. He raised his children to love and respect nature and family.

Dad was preceded in death by his beloved son, RJ James; his parents, Sally James (Squaxin) and Raymond James (Skokomish); his sister, Annie James; and brothers, Stephen James and Tony James. He is survived by his children; Stephanie Starr of Oklahoma, Juliet James-Blake of Naukati Bay, Alaska, Elena James of Washington State, and Ruth Allen of Washington State; his step-daughter, Carey Purnell of Washington State; grandchildren, Cassidy, Colton, Lola, Eugene, Molly, Cedar, Hurricane, Wolf, Kasper, Rory Jane (RJ), and Wolf; his brother, Pete Kruger; and numerous nieces, nephews and cousins.

Due to the corona virus pandemic, no service was planned. We hope to invite family and friends for a celebration of life dinner sometime this summer. Until then, please be safe and stay healthy.

We love you more, Dad, and will miss you immensely . . . until we meet again.

FV Seahorse, WXT 3390 over and out.

-With love from the James family.



Squaxin Island Behavioral Health Services operations under Tribal /State of Emergency

While the Tribe is operating under a state of emergency, Behavior Health will continue to be available as essential staff through a Tele-Health system. This means we will be working through a face-to-face video chat and telephone application while our employees and clients are in the safety of their home. Our front office staff will also be available to take, return, and transfer calls during this time.

At this time, we are offering the option of replacing current and/or future scheduled counseling appointments with a video chat session through the 3CX web meeting application available to both Apple and Android users. If this is a route you are wanting to explore, please contact Kaitlyn at the front desk (360) 426-1582 to schedule, or, if you have access to your counselor through their work cell, you can schedule a session with them.

We have access to all of our regular contact methods during business hours 8:30 to 5:00 p.m!

As always, if this is an emergency and you are unsafe, dial 911.

BEHAVIORAL HEALTH MAIN LINE: (360) 426-1582

Email: Kaitlyn - KNiel@Squaxin.us or Jessica - JDolge@Squaxin.us

MASON/THURSTON CRISIS CLINIC: (360) 586-2800



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:

- ARNOLD COOPER: Chairman
- CHARLENE KRISE: Vice Chairman
- JEREMIE WALLS: Secretary
- VICKI KRUGER: Treasurer
- BEV HAWKS: 1st Council Member
- DAVE WHITENER: 2nd Council Member
- VINCE HENRY: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us

K L A H - C H E - M I N



Clinic Approach to Testing for COVID-19

Patients with mild symptoms and no history of exposure:
(Example: cough without fever or shortness of breath)

Social distancing

No need to come in to clinic

Patients to stay home, rest and stay hydrated



Patients with no known exposure but concerning symptoms:
(Example: cough, fever, shortness of breath)

Social distancing

Present to clinic for evaluation including testing to rule out influenza and strep and, if necessary, refer out to Kaiser or the emergency room for COVID-19 testing

Patients to stay home, rest and stay hydrated

Patients with a history of exposure to confirmed COVID-19 and concerning symptoms:

Present to clinic for evaluation including testing to rule out influenza and strep and, if necessary, refer out to Kaiser or the emergency room for COVID-19 testing

Hospitalization, if indicated, otherwise, self-quarantine for two weeks

Rest and stay hydrated

All patients presenting to clinic with ANY respiratory symptoms will be masked and immediately moved to an isolated examination room.

As the situation changes this process is subject to change as well.

When seeking testing from the clinic, please be aware the following steps have been put into place.

If we believe we have a patient that meets the criteria, we will take the next steps to get that patient tested. We currently are screening patients prior to arrival via phone. When they call in, we are asking questions regarding symptoms. If the receptionist is uncomfortable with the answer, she will transfer the phone call to the nurse and they will triage further. Staff has been instructed that, when we have a patient who needs to be seen and there is a concern regarding the contagion issue, we will ask meet them at the back door and have them place a mask on. They will then be escorted to a room and the door will be shut. The nurse will have the correct protective equipment on when she meets the patient.



Rent and Utility Payments

Community,

As the Tribal Leadership continues to work hard at protecting our community from the COVID-19 virus, we are also working at easing the burden on you economically. The Council has approved deferring all rent, and utility payments until May 1st, 2020. Be aware that defer means payments that accrue will be added at a later date, the additional amount will be averaged over the remaining 7 months of the year so as to not create the payment of an entire month at once.

For Tribal members who do not live on the reservation but may have been laid off from work, we ask that you call Family Services at (360) 432-3906 to see what funds you may be eligible for.

FedEx and UPS

If you live on the reservation and are expecting a package from FedEx or UPS, those packages are now being delivered to the police department due to the checkpoint.

Please call Kim at 432-3828 and she will let you know if you have a package. If you do have a package, come to the police department and call to let her know you are there. She will place the package on the front porch where you can get it.

This system will be in place Monday thru Friday 8:00 a.m. – 4:00 p.m.

If this system changes, you will be notified asap.

Pharmacy Pickup Until Further Notice



When you have an appointment with the provider:

Either in person or Telehealth

1. Receptionist will get cell phone number and email address from patient
2. Provider - Notify Pharmacist - Runner - Patient

Patient call in Rx refill

1. Patient calls in for refill; Pharmacist tells the patient to call back when they are in the clinic parking lot; wait in the car and we will deliver the Rx
2. Pharmacist - Runner when Rx is ready for pickup
3. Runner will take medications to patient cars
4. Runner will relay pharmacy messages to patient
5. Patient to call pharmacist for counseling if Rx is new

Please call Pharmacist to check and see if your medication is ready.

Thank you for your patience at this time.



Family Services

Family Services has the following plans in place, which is all dependent on essential staff staying well and with other departments we work closely with – safety will be the first priority, as well as being able to keep access to supplies.

We encourage everyone to call and see what you may be eligible for. We have several different programs and, due to current circumstances, there may be services available that you think you cannot get. The front desk line - (360) 432-3906 - will go to a staff cell phone and be answered as though we're in the building.

Elder Programs

All Elders are getting a lunch delivered and homebound Elders/vulnerable adults get shelf-stable foods on Friday, for the weekend. Jamie Queen can be reached at (360) 545-2570.

Indian Child Welfare (ICW) Programs

ICW will continue with investigations only, based on reports received from community or other agencies/tribes. Therefore, no supervised visits or home studies will occur. If communication with the court is necessary, this can be done telephonically and electronic documentation too.

TANF Programs

TANF staff will still be able to get the usual payments into the system, providing the finance system continues operating. A day and hours will be given for picking up checks and other incentives at the office. People will need to arrive to collect at the times we will announce, since the office will not be open outside these hours. We will determine starting new clients on a case-by-case basis, based on safety for both clients and staff. The focus will be on housing and food.

Food Bank

The Food Bank operates on Fridays. Pre-made boxes/bags will be prepared to go directly to your car to reduce social interaction.

Crime Victims, Domestic Violence Services

Crime victims, advocacy, community healing and domestic violence services will provide resources wherever possible related to food, bills, and communicating with other agencies to advocate for telephonic hearings, for example. We cannot provide any transportation for the time being.

Childcare Payments, Vouchers for Gas and Clothing

Childcare payments, for those who are still working, will continue to be paid. We will be submitting all required paperwork, etc. to Finance at both the Tribe and SPIPA to get payments and other incentives out. There will be fewer distributions of vouchers for gas and clothing assistance, because these things were assisting with appointments for children, work, classes, and other usual activities that are now cancelled, and since we have to meet grant requirements. If you live off-reservation and have been receiving services, these will continue. Any potential new clients, please call and we will assess your needs with you.

Essential staff will have calls to their desks go directly to their cell phones.

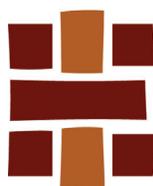
Charlene Abrahamson, Director (360) 432-3914 | cabrahamson@squaxin.us



IMMUNE & RESPIRATORY HERBS

A Resource for Tribal Communities During COVID-19

Go to: <https://squaxinland.org/government/departments/family-services>



ISLAND ENTERPRISES INC

Weaving a strong business foundation for the Squaxin Island Tribe's future.

Island Enterprises, Inc. is doing our very best to follow social distancing. The front door will be locked until further notice.

Elders checks will be available for pickup at IEI on their regular pickup date.

Please ring the bell and the check will be brought out to you. We are relocating the bell. If you would rather stay in your car, please call the front desk, and it will be brought out to you.

Since the casino is closed, we made arrangements with our bank for you to cash your Elders check. It is Columbia Bank on Olympia's west side.

Clam checks can be cashed at any Columbia Bank.

We sincerely appreciate your patience during this time.

WIC, USDA Foods, LIHEAP/Energy Assistance

We are still accepting and processing WIC benefits.

Please call (360) 426-3990 to discuss your WIC needs.

Commodities: You could be eligible for USDA Foods. Call (360) 426-3990 to get set up. You cannot be on SNAP to be eligible for USDA Foods.

Energy Assistance: If you didn't utilize LIHEAP benefits last year, please call the SPIPA office to see how we can help you.

Debbie Gardipee
(360) 545-7281 work cell
gardipee@spipa.org





Grab 'N Go Meals

Parks and Rec is distributing Grab 'N Go meals (see flyer on previous page) at TLC for the residences on the Squaxin Island Reservation. The meals are handed out Monday through Friday from 11:30-12:30. These meals are for any child aged 0-18.

At 12:30 any meals leftover will be handed out to adults who would like one. Due to social distancing, you can drive up and we will hand them to you in your car. We can only pass meals out to people who are present, so please bring your whole family when picking up.

Any questions please contact Janita Raham, Head of Food unit 360-432-3869

Squaxin Island Child Development Center in partnership with Shelton School District will be serving breakfast and lunch Grab and Go style Monday – Friday 9 am to 12pm. Meals will be given to youth 18 and under. Children must be present to get their meals. We will start with 100 meals and adjust as needed.

3851 SE Old Olympic HWY Shelton WA 98584

Squaxin Island Parks & Rec

Free Breakfast & Lunch

Starting: Monday, March 23, 2020
From 11:30-12:30pm
Monday - Friday

Meals will be Grab 'n Go from the Squaxin Gym

***Meals will be served for ages 0-18 years**
***Meals will be available on a first come-first serve basis**
***Child MUST be present to get a meals**

Have any questions, contact Jerilynn at 360-432-3992

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Early Head Start

Now Recruiting Pregnant Women and Children Birth to Three



Early Head Start Provides:

- Parent Training
- Health Screenings
- Family Support

Early Head Start programs provide family centered services for low income families with very young children.

Early Head Start

WASHINGTON EARLY ACHIEVERS
PREPARING CHILDREN FOR SUCCESS IN SCHOOL

We are committed to a high-quality Program. Ask us about:

Squaxin Island Child Development Center
 Sabrina Green or Savannah Fenton
 (360)426-1390



Tribal Government Employees Working for You and Your Family

Erika Thale - This month Covid-19 has taken the world by storm and upended normal life as we know it. While the reverberations have been felt within our own reservations borders, community members and employees have come together in a remarkable way, while responsibly social distancing, to continue to provide much needed services during this tough time.

We are deeply appreciative to all employees and community members for the ongoing work they continue to provide. These individuals, along with many others not pictured, have gone the extra mile and worked long hours to ensure our tribal community remains safe and healthy. We recognize some of the efforts implemented have been difficult, but they are to ensure our community remains safe, healthy, and free from this virus. We will continue to serve together and come out of this stronger on the other side!





Rider Alert Squaxin Transit Service

Effective March 31, 2020, Squaxin Tribal Transit is providing food bank and grocery delivery as well as prescription drop off/pick up for tribal members and HOMEBOUND individuals living within our service area within ten (10) miles of the Squaxin Island Tribe Reservation. We also provide transit services for life sustaining medical appointments. Grocery stores that offer online purchases for pick-up may include Fred Meyer, Safeway, and Walmart.

This service is TEMPORARY and implemented with the support of the Washington State Department of Transportation in response to COVID-19 outbreak. Like others, we are navigating through the unknown and are providing transportation services to our tribal members as well as our rural community.

Your patience at this time is greatly appreciated.

If you live within our service area, and in need of food or medications, please contact our Transit Coordinator, Tammy Ford at (360) 789-5936 or (360) 432-3888.

We will update any changes on our Squaxin Island Tribe website, squaxinland.org, and in our Daily Scoop.

As a community, we cannot reiterate enough to isolate our Elders from younger children. During this time, please utilize Facetime, or other virtual means to stay in touch with your family so we can get through this as soon as possible.

How you can do your part:

1. Stay home. Create social distance. Only go out if necessary. Cancel all social events. Try to engage online.
2. Wash your hands. Washing is so simple, yet really easy to dismiss. Washing your hands is still one of the most effective things you can do to protect yourself from catching the virus. You know you need to do it regularly; do it thoroughly, and do it for at least 20 seconds.
3. Refrain from touch. This advice is equally simple as it is hard. Refrain from touching your face and refrain from shaking hands with other people.
4. Reach out to others. Online preferably - or call. Many people feel scared, lonely, and isolated. Now is a good time to call friends or family to let them know you care about them. Be there for one another.





Online Learning Resources

Even though schools are still closed, it is very important that we keep our brains active and learning. If you have internet access, here are a few educational websites for children that are fun, interactive, and entertaining:

- The Old Farmer's Almanac for Kids
almanac.com/kids
- Learn about history, science and the world at:
kids.nationalgeographic.com
- The Smithsonian Institutet:
si.edu/kids
- For grades 1-6, keep up on your math skills at:
www.mathplayground.com



Higher Education Update

Mandy Valley - Most, if not all, of the colleges have moved services and instruction online to the greatest extent possible. This is the right thing to do to help slow the spread of the COVID-19 virus and keep everyone healthy. We urge you to stay home as much as possible.

For those receiving higher education awards from the Tribe, I am currently in touch and working with all of the colleges you are attending. I understand that some colleges are starting spring quarter 2020 at a later date than originally planned. A few of you have already reached out to me requesting more time to get paperwork and grades turned in. I will work to the best of my ability to support you through this time. While we've never gone through something like this before, and things are changing quickly, one thing that won't change is my dedication to serving you.

At this time, I am still in the office, Monday to Friday from 7:30 to 4:00 and will be available to answer your questions or help you by phone at (360) 432-3882, or by email at mvalley@squaxin.us.

Teen Program News

Jaimie Cruz - The teen program would like to offer some resources to youth during the COVID-19 closures. If you have not already been added to the Squaxin Teen Facebook group, please send a request to be added. I have been, and will continue be, posting activities, updates, and news to this group. I also manage an Instagram page, the squaxin.teens. Please follow that page for updates as well.

In February, Squaxin youth were able to participate in the FIRE Summit hosted by South Puget Sound Community College. Teens were able to explore career options, such as automotive, culinary, arts, and healthcare. The teens also got a chance to meet Steven Paul Judd (Kiowa-Choctaw), an award-winning contemporary artist and filmmaker. He had a great presentation and the youth were able to make artwork with him during the breakout sessions. Most of the youth have never attended the FIRE Summit and it was awesome to see them thinking about the future. We ended the day with Indian tacos made by the culinary students and helped clean up after the day's activities.

The Squaxin Teen Program is open to seeing what kinds of activities youth and families would like to see offered virtually. Please email Jaimie Cruz at jcruz@squaxin.us, or text to 360-742-6527.

Below are some help links for teens.

- https://www.sheltonschools.org/departments/health_wellness/corona_virus_information/complementary_educational_resources
- https://www.k12.wa.us/about-osp/press-releases/novel-corona_virus-covid-19-guidance-resources
- <https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

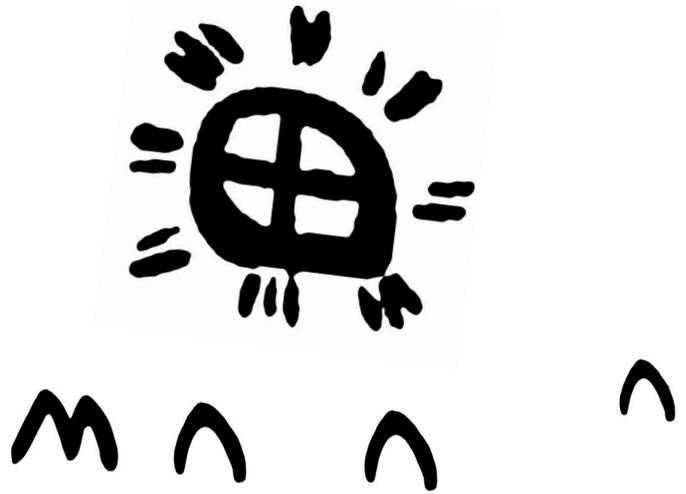
Language Links

- <http://www.puyalluptriballanguage.org/about/>
- <http://www.nisqually-nsn.gov/index.php/heritage/language>
- <http://www.puyalluptriballanguage.org>
- <https://tulaliplushootseed.com>





LEARNING CENTER



<p>Help Protect Our Kids, Families and the Environment</p>  <p>Clean Out Your Medicine Cabinet</p>	<p>Prescription Drug Take Back Boxes</p> <p>Located At: Mason County Sheriff's Office 322 North 3rd Street in Shelton & Mason Regional Fire Authority 460 Northeast Old Belfair Highway in Belfair</p> <p>For More Information Call Mason County Public Health & Human Services 360-427-9670 ext. 400</p> 
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Attention Hunters:

Please return all unused hunting tags to Squaxin Natural Resources Department as soon as you can. We are required to collect all unused tags and develop a harvest report by mid-April.

Thank you!
- Joe Peters



Unbelievable

There are millions and millions of dogs and cats in the world, and no wonder. Consider the reproductive power of these animals:

DOGS are able to reproduce twice a year, from as young as six months old. In just six years, two dogs and their offspring can theoretically produce 67,000 puppies.

CATS can have three litters a year. In that same six-year period, two cats and their offspring may produce as many as 390,000 kittens.

These statistics are certainly a testimonial for spaying and neutering! If you are a Squaxin Tribal member and you need help with having your pet spayed or neutered call Gus at (360) 432-3953.

Federal Student Aid (FSA) to Stop Wage Garnishment, Collections Actions for Student Loan Borrowers, Will Refund More Than \$1.8 Billion to Students, Families



WASHINGTON — U.S. Secretary of Education Betsy DeVos announced today that, due to the COVID-19 national emergency, the Department will halt collection actions and wage garnishments to provide additional assistance to borrowers. This flexibility will last for a period of at least 60 days from March 13, 2020.

“These are difficult times for many Americans, and we don’t want to do anything that will make it harder for them to make ends meet or create additional stress,” said Secretary DeVos. “Americans counting on their tax refund or Social Security check to make ends meet during this national emergency should receive those funds, and our actions today will make sure they do.”

At the Secretary’s direction, the Department has stopped all requests to the U.S. Treasury to withhold money from defaulted borrowers’ federal income tax refunds, Social Security payments, and other federal payments. Such withholdings, known as “Treasury offsets,” are permitted by federal law and applied toward repayment of defaulted federal student loans. At the same time, the Secretary directed the Department to refund approximately \$1.8 billion in offsets to more than

830,000 borrowers. The Department expects the number of borrowers who will benefit from this relief to increase as servicers work through additional offsets in the queue at the time of this announcement.

The refunds represent offsets that were in the process of being withheld on March 13, 2020, the date President Donald J. Trump declared a national emergency and announced emergency executive actions related to COVID-19.

Additionally, private collection agencies have been instructed to halt all proactive collection activities, including making phone calls to borrowers and issuing collection letters and billing statements.

The Department must rely on employers to make the change to borrowers’ paychecks, so it will monitor employers’ compliance with the request to stop wage garnishment. Borrowers whose wages continue to be garnished after March 13 should contact their employers’ human resources department.

Borrowers with defaulted student loans, a current relationship with a private collection agency, and an interest in continuing a prior payment arrangement, consolidating their loans, or beginning a loan rehabilitation arrangement with their private collection agency, should contact the Department’s Default Resolution Group at 1-800-621-3115 (TTY for the deaf or hearing-impaired 1-877-825-9923). Private collection agencies are permitted to provide assistance upon the borrower’s request.

This new student loan relief for borrowers comes just days after President Donald J. Trump announced that borrowers with a federally held student loan will automatically have their interest rates set to 0% for a period of at least 60 days. In addition, these non-defaulted borrowers will have the option to suspend their payments for at least two months to allow them greater flexibility during the national emergency. This will allow borrowers to temporarily stop their payments without worrying about accruing interest.

Visit StudentAid.gov/coronavirus for more information.

The Department encourages borrowers to avoid paying for services the Department provides for free.

A list of private collection agencies contracted by the Department is available at StudentAid.gov/manage-loans/default/collections#contact-collection-agency.



KTP Remodel Grand Opening/Ribbon Cutting

On February 26, Island Enterprises, Inc. and companies, Shelton-Mason County Chamber of Commerce, Shelton City Council, local businesses, and Trading Post Store vendors came together to celebrate the completion of the Kamilche Trading Post refresh. We celebrated with a ribbon cutting, and a barbecue lunch provided by Harbor Wholesale and cooked by the Skookum Creek Tobacco team.

We ate a full kitchen with a dedicated deli and an evolving menu. The back of the store was expanded so employees will have an improved breakroom. We removed all the freestanding beverage coolers and installed a new six-door cooler.

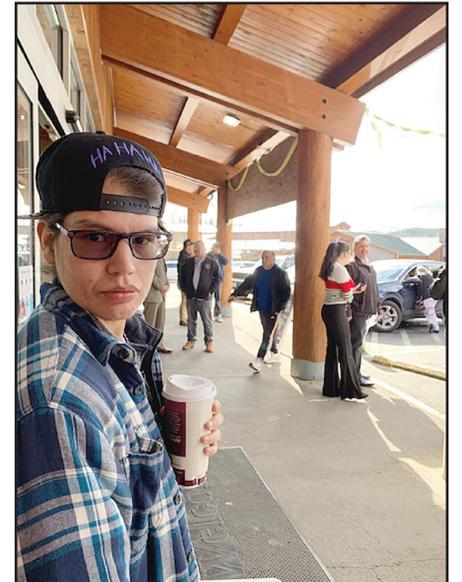
Please come in and enjoy the changes and new menu.

Thank you all for your continued support, and loyalty.

Thank you to all who came out and enjoyed the day!

Remodel construction broke ground late summer/early fall. With the new refresh, we were able to cre-

Photos by Charlene Krise





COMMUNITY



Biggest Elk of the Year
Will Henderson 396 pounds



Close Runners Up
Vinny Henry (L) - 369 pounds

Nicholas Cooper (R) - 367 pounds



Nice hunt! - Dale Croes





HEALTH CLINIC



Heart Healthy Habits

Submitted by Patty Suskin, Registered Dietitian Nutritionist - February 27th at the Elder's building, Patty discussed ways to keep your heart healthy.

Here are some highlights:

1. Get 30 minutes of physical activity a day.
2. Quit smoking.
3. Eat heart healthy: high fiber, more vegetables, more beans, less saturated fats, fish at least twice a week, and less fried foods. Don't skip meals. Consider the Mediterranean eating plan.
4. Know your cholesterol and other numbers.
5. Reduce stress in your life.
6. Keep your weight in a healthy range.

Work with your provider to reduce your risk of heart disease. Make an appointment with Patty for individual support. (360) 432-3929 or psuskin@squaxin.us

Your Heart Is In Your Hands



Quit Smoking

Call Taylor Owens: 360.432.3933
or towens@squaxin.us

WA Quit 1-800-QUIT-NOW



Keep your
blood
pressure
below
140/80



Keep your blood sugar in
a
healthy
range



Keep
your
weight in
a
healthy
range

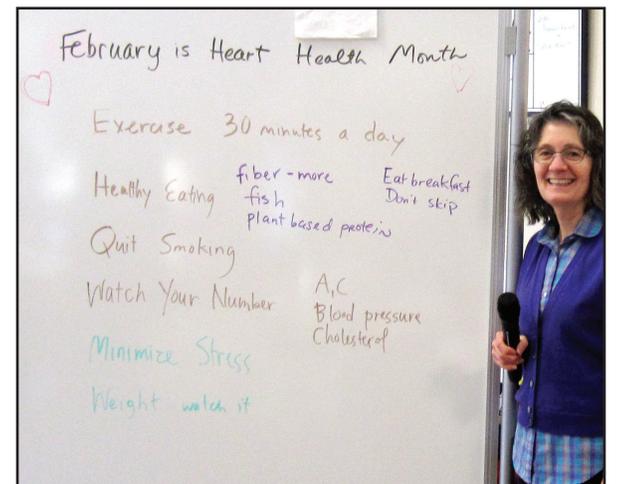


Watch your
cholesterol levels

- Eat Vegetables and Fruits Daily
- Limit Fried Foods: Bake, Broil, or BBQ instead



Be Active





Lost Connections

By Kyle Ferguson

We are bound to our ancestors. This, of course, is easy to forget in our modern world brimming with distractions – not to mention the fact that we are in the throes of a pandemic. A pandemic by the way simply means a disease has spread over an entire country or, as is the case with coronavirus (COVID-19), the world. We are bombarded by a never-ending stream of news feeds, social media posts, popup ads, cell phone notifications dinging constantly, and the list goes on and on. It is easy to get lost in the shuffle.

Sometimes modern distractions only temporarily knock us off course. Sometimes, however – through no fault of our own – we get lost at sea – like a canoe without a skipper. The connection to our past is lost, or at least seems so to us. Our brains make such great story tellers!

Losing the connection to the past is especially hard on tribal youth. This can leave youth feeling marginalized, or pushed out of society – held at arm’s length. Losing their connection to their ancestral roots, tribal youth might feel truly alien and alone in this world.

This feeling of alienation for tribal people goes way back. It can be traced back to colonization (i.e., European expansion) and forced assimilation of tribal people. It is rightly argued that social and mental distress found in many tribal communities can be traced back to this incredibly dark period in our history. Unfortunately, that past is not all that distant. For example, it was not until 1978 that tribal parents gained the legal right to deny having their children taken from them and placed in boarding schools (The Indian Child Welfare Act).

Losing the connection to the past, tribal youth – especially males – are at higher risk of mental health challenges compared to non-tribal youth living elsewhere. Mental health, as used here, means one’s sense of well-being in the context of relationships to other people, as well as one’s connection to the sky, sea, and land.

Mental illness, in contrast, has been aptly called by tribal people a “spiritual injury.” Individuals with these spiritual injuries might experience low self-esteem, sleep difficulties, depression, stress- or anxiety-related conditions, and/or engage in problematic substance use when those things are out of balance. The most tragic outcome of modern despair is when youth take their own lives. But there is hope. There is always hope; even when all seems lost.

Connecting with culture and traditions can lower mental health risks and heal spiritual injuries. Cultural connectedness – knowledge of, and engagement with, aspects of Squaxin Island culture – not only help tribal youth survive daily challenges but also helps them thrive as members of this vibrant community, proud of their heritage.

Take a moment to check in with yourself regarding how connected you feel to your tribal roots. Ask yourself: Do I have a strong sense of belonging to my tribe? Have I recently helped prepare for or have I participated in a sacred ceremony? When I feel overwhelmed by life, do I turn to my culture for help? When I feel spiritually disconnected, do I reach out to tribal members for help? If you have answered “no” to any of the above questions, please read on.

How does one connect with one’s ancestral past? Probably the best way is through

contact with Elders – who might serve as mentors to teach you about history, traditions, and customs. Mentoring is, after all, a traditional way of learning and imparting tribal values.

Do you have a traditional person or Elder to talk to? If not, it might be helpful asking around. Surely, there is someone near you who would gladly talk with you. In this day and age, however, it is probably best to meet over the phone or through a “virtual visit” (e.g., Skype, FaceTime, etc.). Youth often do not even know they have the coronavirus but can easily pass it on to Elders. So, it is always best to be safe and not potentially expose Elders to this wretched virus.

Language has very deep roots in the past. As inseparable as water is to salmon (not to mention The People of The Water!), how we feel, love, interact with nature cannot be separated from the language we speak; the language we think in. It is with us at all times, even while we dream.

As you no doubt already know, the language of the Squaxin Island people is a southern dialect of Lushootseed, a Salish language. Learning the language, even a few simple phrases, can go a long way to connecting you with your ancestors.

Lastly, in your quiet moments, put down the device and go for a walk in the woods. Place a branch in your palm –squeeze it gently – can you can feel the pulse of Mother Earth, which has nourished the Squaxin Island people for thousands of years? Press your ear to the forest floor and listen for the sound of tribal drums. You might also catch a glimpse of shadows of ancestors dancing among the cedar trees. Kneel at the water’s edge. Peer into your reflection and see the faces of your ancestors gazing right back at you, as if no time has passed between you.

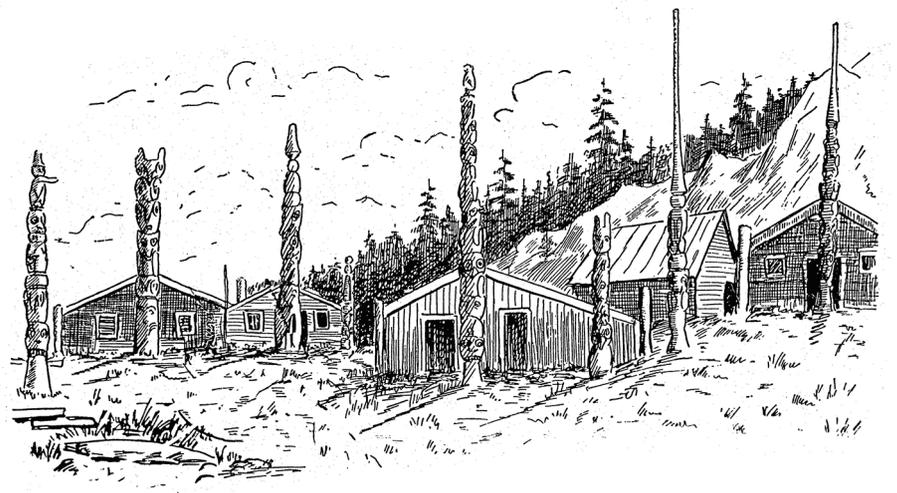
Here a few links for online Lushootseed

<http://www.nisqually-nsn.gov/index.php/heritage/language>

<http://www.puyalluptriballanguage.org>

<https://tulaliplushootseed.com>

https://www.youtube.com/results?search_query=lushootseed+language





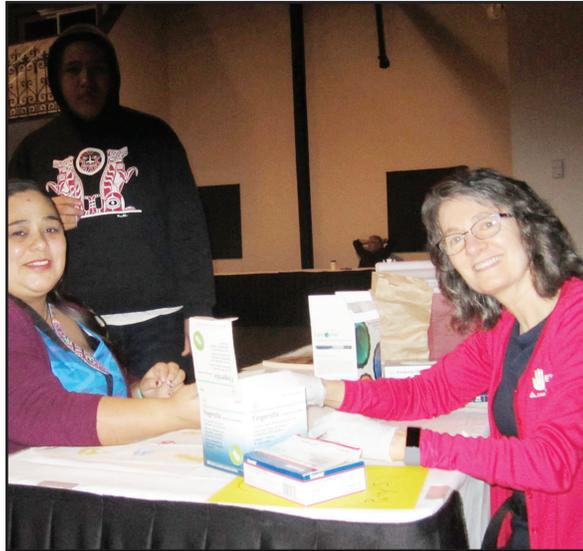
HEALTH CLINIC



Drug and Alcohol Awareness Event

In case you missed Patty's diabetes screening booth at this event in January, remember you can be screened for diabetes by making an appointment with Patty or at the clinic.

Laila Longshore-Smith from Skokomish is shown here being screened by Patty Suskin, Diabetes Coordinator.



Foot Exam Afternoon in February with Dr. Kochhar

Submitted by Patty Suskin, Diabetes Coordinator - Thank you, Dr. Kochhar, for conducting foot exams for people with diabetes. We appreciate your expertise and guidance to stay healthy with diabetes! Rose Davis and Janice Lopeman know how important it is to take care of their feet.

Dr. Kochhar recommends:

- Work up to 30 minutes of physical activity a day along with healthy eating to keep blood sugars in line & protect the blood vessels in your feet.
- Check feet daily for any cuts, cracking, dry skin, red or black spots, sores, or blisters. See your provider right away for any of these problems or changes in your skin.

Dr. Kochhar will return on Wednesday, May 27th for additional foot exams. Contact Patty Suskin if you'd like an appointment.

**Foot Exam Day with Dr. Kochhar
(Foot Doctor)**

Wednesday, May 27, 2020

1—4 pm
At the Clinic

Priority for people with Diabetes
Others will be seen if space is available.

Contact Patty Suskin,
Diabetes Coordinator for an appt.
360.432.3929
psuskin@squaxin.us



**Tribal Families:
Complete Health Screening at
Squaxin Island Tribal General Body
& get a ticket for the photo booth!**

When: 8:30 am —10:30 am
Saturday June 27, 2020

Where: Event Center Lobby

**Health Services Screenings
including diabetes screening**

Know Your A1c!
The blood test with a memory

poor control — more than 8
be careful — more than 7
good control — less than 7

A1c Test Results

Questions?
Contact:
Patty Suskin,
Diabetes Coordinator
360.432.3929 or
psuskin@squaxin.us
or
the clinic at
360.427.9006



Find out if you are eligible for benefits such as food, cash, and some medical programs

Check with Terri Butler,
DSHS Public Benefits Specialist III
to check your eligibility.

**Terri has moved from the clinic
to Health Promotions (across the parking lot
from the clinic)**

Stop by on Tuesday or Friday at the Health Promotions Building or call her at 360.432.3920 on those days.



How Do I Keep My Brain in the Game?

Kyle Ferguson - So-called brain games are hugely popular these days. One popular company, for example, cashed in over \$20 million in 2019 — earning almost as much as ‘Danger Russ’ of the Seahawks! Go Hawks! Such companies cater to people who would like to maintain brain health for as long as possible. But let’s be clear: They really cater to our fears of staving off dementia for as long as possible or, preferably, indefinitely.

The idea behind brain games makes a lot of sense when you think about it (pun intended!): Like a muscle, if you don’t use it, you lose it. Brain games provide a mental gym of sorts for your brain. But the \$64,000 question remains (\$64 million, controlling for inflation): Do they actually work?

The short answer is, well...maybe...I guess. The scientific evidence is all over the map, so it is impossible to make specific recommendations about this game or that. Simply, the quality of research in many studies is often so poor you simply can’t make heads or tails out of the studies.

Oftentimes, the training does not spread to daily life. So, if you get better on, say, a specific memory game, your memory in general might not improve. Some brain researchers even go so far as to say you will likely get better at playing brain games with a little practice, but there is no evidence you will get any smarter or that your brain will get any “fitter” than before. They, however, go on to say any new learning is helpful – especially new learning that involves interaction

rather than passively watching or listening to something or someone (sorry television!).

Clearly, there is no real harm in subscribing to these brain-game services or purchasing the apps if you can afford them. And, of course, if they bring a little joy to your life and connect you with other people: Have at it! The best things, however, in life and – as it turns out – for your brain are free. If medically cleared to do so, exercise – where you get your heart pumping – is great medicine for your brain. Strive for at least 20 minutes daily, every day. Again, be sure you talk to your doctor first before starting any exercise. After all, the brain is a blood hog. It makes up only 2% of your body mass but uses over 20% of your blood supply. So, what’s good for your heart is good for your brain. This, of course, also means that a heart-healthy diet is a brain-healthy diet (sorry Micky Dee’s!). So, how about blowing the dust off your old dance partner to learn a few new dance steps?

Brains thrive on continuous stimulation, so don’t neglect your vision and hearing too. Get your eyes checked regularly to be able to fully see nature unfurl in all her beauty and splendor. Our brains are also constantly stimulated by conversations, eavesdropping on neighbors, music, sounds all around – so consider hearing aids if you become hard of hearing. If everyone seems to be yelling at you (and you are not a teenager), it’s probably time to get your hearing checked! Hearing aids are smaller now, so other people might not even know you are wearing them. Besides, you can always turn them off whenever in-laws are in town! Socializing, reading, learning another language (Lushootseed is a great one to learn), taking photos, chess, Sudoku, basket weaving, storytelling, too, are all great. But surely the best medicine ever are lots and lots of hugs from grandkids!



**Give your Family the Gift of Good Health:
Enjoy Healthy Meals At Home Together**

Success Tips from Parents/Caregivers who make family mealtime most days of the week:

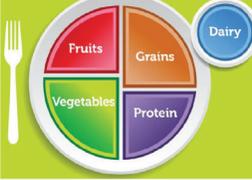
Shop Together and Make Food Together a Family Activity:

1. Some parents have great success when the family grocery shops together every week. Everyone gets a task like go find the best fruit of the week, ingredients for a tossed salad, push the cart, etc.
2. Shopping for food and meal preparation become family entertainment every week.
3. Kids that are old enough get to prepare meals or help with them if interested.
4. Some families watch the food channel, search for recipes online, or go to the farmer’s market so they all learn about new foods and keep the motivation high.



Plan to Fail But Don’t Fail to Plan

1. Planning ahead for meals is essential for eating healthier.
2. Have emergency quick meal ingredients on hand can make it easier when your regular schedule gets changed. These can also provide for meals between shopping trips. Some quick meals include tacos, ravioli, soups, pasta, burritos, stirfry, sandwiches, and more. Consider offering vegetables to snack on before the meal is ready.
3. Many families serve “make your own buffet” using veggie burgers, tacos, salads, baked potatoes with toppings, burritos and chili.
4. Some moms like to plan for the whole week, for a few days, or shop every day. Find what works for you.

When in Doubt, Serve Breakfast

Breakfast foods such as scrambled eggs with toast and fruit can be a quick meal on a busy evening.

Strive for 3 food groups at each meal and 1-2 at each snack.

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




WIC is OPEN- our building is closed.

We care about you and your family’s health and safety!

We’re following guidelines to help prevent the spread of the coronavirus (COVID-19) by continuing to offer the same great WIC services – we’re just doing it by phone.

Contact us by phone 360.462.3224 or 360.462.3227

Or email – gardipee@spipa.org or WICnutrition@spipa.org

We will call you on your scheduled WIC day

The Washington State Department of Health has a call center to answer questions about the Coronavirus, please call 1-800-525-0127.
Phone lines are currently staffed from 6 a.m. to 10 p.m, seven days a week. Please note that this call center can not access COVID-19 testing results. For testing information or results, please contact your health care provider.





COMMUNITY



Elders Menu . . . Fruit and salad at every meal

MONDAY 6:
Crab Cakes, Veggie Rice

TUESDAY 7:
Italian Sausage Potatoe Soup,
Breadsticks

MONDAY 13:
Beef Pot Pie w/Veggies

TUESDAY 14:
Navy Bean Soup, Ham Sandwiches

MONDAY 20:
Fish-N-Chips, Cole Slaw

TUESDAY 21:
Pork Pozole, Tortillas

MONDAY 27:
Beef Stroganoff, Carrots

TUESDAY 28:
Minestrone Soup,
Turkey Sandwiches

WEDNESDAY 1:
Meatloaf, Mashed Potatoes w/Gravy,
Mixed Veggies

WEDNESDAY 8:
Chicken Strips, Fries

WEDNESDAY 15:
Chalupas

WEDNESDAY 22:
Stuffed Bell Peppers

WEDNESDAY 29:
Baked Potato Bar, Broccoli

THURSDAY 2:
Mediterranean Shrimp Linguine

THURSDAY 9:
Burger Dips, Potato Wedges

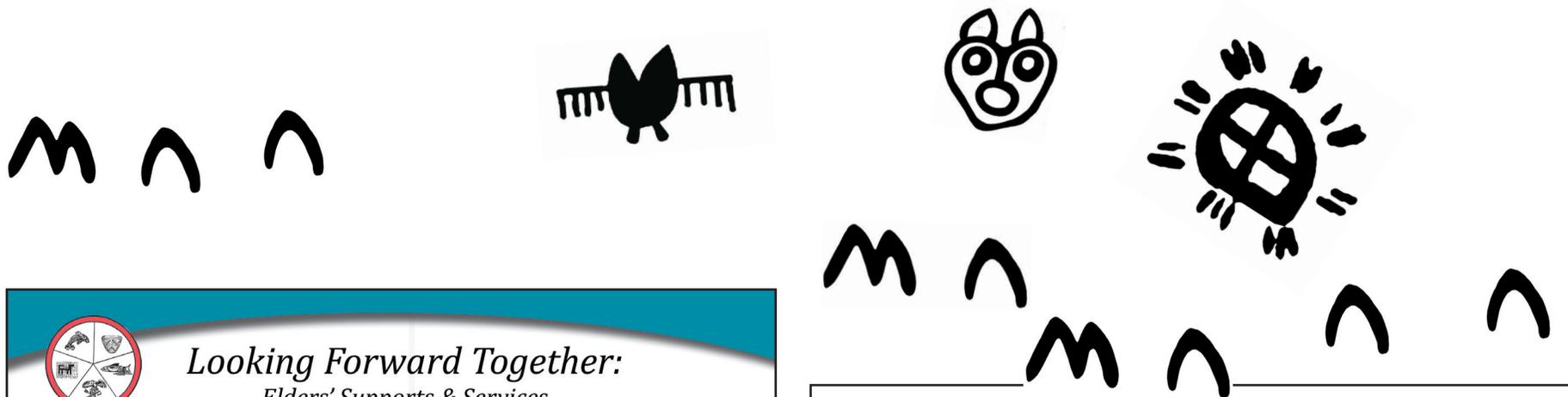
THURSDAY 16:
Hot Dogs, Chips

THURSDAY 23:
Spaghetti, Corn, Garlic Toast

THURSDAY 30
BBQ Ribs, Mac-N-Cheese,
Baked Beans

In an effort to provide additional safety precautions, the Elders staff will only be delivering meals to "Homebound" Elders at this current time. Elders who have met the requirements of "Homebound" will still call in to the Elders staff to request meals.

Thank you for understanding.





Looking Forward Together:
Elders' Supports & Services

Save the Date May 21, 2020
Billy Frank Jr. Center

An intertribal gathering of Tribal members, caregivers, and service providers.

Lunch Provided!

For more information call: 360.426.3990

South Puget Intertribal Planning Agency




To contact a Squaxin Island Police Officer Call:
360-426-4441

If it is an **EMERGENCY** CALL 911



April Happy Birthdays

1
Colby Robert Smith
Duane Arthur Cooper
Famie Marie Mason
Rene Andre Vigil
Seattle Dee Morris

2
Bentley Daniel Gray
David Wayne Peters Sr.
Kaitlyn Rose Niel

3
Deborah Jean Knott
Jacqueline Crenshaw
Tamika May Krise

4
Elizabeth Cooper-Campbell
Janice Nadine Leach
Joseph Nolan Harrell
Kathy Ann Brandt
Traci Jo Coffey
Tyler D. Hartwell

5
Matthew Volker Peters Block

6
Chauncey Eagle Blueback
Robert Jan James

7
Carolyn E. Hoosier
Keesha R. Vigil-Snook
Marie Elaine Snyder
Michael W. Kruger
Rolando Lewis Rocero
Tania Asia Korndorfer

8
Marcella Rease Cooper
Mi'chelle Emily Mach
Nolah Jean Cousins
Rodney James Krise Jr.

9
Alexander Raymond Charles
Henry-Castellane
Andie May Cousins
Cheryl Lynn Hantel
Juan Miguel Araiza
Kiana Jean Henry
Lila Mae Jacobs
William Howard Henderson

10
Antonia D. James
Joanna Lynn Cowling
Kenneth Wayne Selvidge Jr.
Lily Ana Naranjo-Johns

11
Anisaia Manu-Saenz
Talon Jacob Beattie
Tseeka Myrtle Lee Ackerman

12
Dorinda Evon Thein
Elaine LeeAnn Roberts
Russell Dean Harper

13
Latiesha Marie Gonzales

14
Debra Jean Peters
Haelee Hernandez-Smith
James Leroy Peters
Mary Josephine Mae Lewis

15
Grace Elizabeth Pugel

16
Maria Francisco Coley
Ronald Lawrence Schaefer

17
April Ann Leonard
Dena Mae Cools
Jeffery James Peters
Skylehr Monroe Henry

18
Brooke Belle Henry
Daniel Edward Kuntz
Douglas Wayne Johns
Josiah Cruz Saenz-Garcia

19
Dustin P. Greenwood
Elisha R Peters-Guizzetti
Sande Lee Smith III
Trinity Richelle Byrd
Walter Ray Hall

20
Jolene R. Grover
Louise Agnes Rioux
Pamela Ann Peters
Vicky Lee Turner

21
Emily Denise Sigo
Jon Kenneth Vanderwal
Joshua Henry Brady Whitener
Tracy Roy West
Tyrone Seymour

22
Randy William Koshiway
Sarah Gloria Koshiway

23
Rebecca Ray Keith
Ronald Francis Bell
Tristian Villanueva

24
Cameron Kyle Goodwin
Syncere Van Ho

25
Casey Adrian Krise
Cynthia T. L. Parrott
Dawn Marie Caasi
Larain Rose Algea

26
Bear Jon Lewis
Chauncy Roger Blueback
London Rain King
Richard Montano III
Russel Ramon Algea

27
Becky Lynn Barker
Standing Raven

28
Anthony Del Johns
Wesley Kyle Whitener

29
Claudia Josa-Meas
Redwolf S. Krise



**SQUAXIN ISLAND T.A.N.F. SPONSORED
LUSHOOTSEED
CLASSES**

ALL ARE WELCOME TO ATTEND

**WEDNESDAY EVENINGS @ FAMILY
SERVICES CLASSROOM**

5PM-6:30PM
DINNER IS PROVIDED

QUESTIONS? Contact Rose Henry 360-432-3950
We will notify you of any changes in schedule due to holiday
or Tribal closures.





General Body Mtg
June 27th

COMMITTEES COMMISSIONS & BOARDS

Committee

- Aquatics Committee
Elders Committee/Inc.
Elections Committee
Enrollment Committee
Fireworks Committee (TC 6.04.040)
Fish Committee
Gathering Committee
Golf Advisory Committee
Hunting Committee
Shellfish Committee
Veterans' Committee



Council Rep.

- Arnold Cooper
Charlene Krise
None per code
Charlene Krise
Noneper code
Vicki Kruger
Charlene Krise
Arnold Cooper
Arnold Cooper
Vince Henry
None

Staff Rep.

- Jeff Dickison
Traci Coffey
Tammy Ford
Tammy Ford
TBD
Joseph Peters
Rhonda Foster
Marvin Campbell
Joseph Peters
Eric Sparkman
Kim Kenyon

Meetings

- 2nd Wednesday in Feb., May, Aug., Nov.
1st Wednesday or Thursday
March, April, May
2nd Tuesday
May and June
2nd Wednesday in March, June
TBD
2nd Wednesday or Thursday
2nd Tuesday of July, Oct., Jan., April
1st Wednesday of March, June, Sept., Dec.
TBD

Commission

- 1% Committee (Bylaws & Appendix X2)
Budget Commission
Education Commission
Gaming Commission (TC 6.08.090)
Housing Commission
Utilities Commission



Council Rep.

- C.Krise, V. Henry, V. Kruger
Vicki Kruger
Vacant
None per code
Charlene Krise
Vacant

Staff Rep.

- Marvin Campbell
Marvin Campbell
Gordan James
Dallas Burnett
Liz Kuntz
Vacant

Meetings

- Feb., May, Aug., Nov.
June and August
2nd Friday
1st Thursday
1st Friday
1st Thursday

Board

- Business Administration Board
Child Care Board of Directors
Island Enterprises Board
Museum Library and Research Center Board
Skookum Creek Tobacco Board
SPIPA Board of Directors
Tourism Board (TC 2.34.010)

Council Rep.

- None per code
Vicki Kruger & Charlene Krise
Arnold Cooper
Bev Hawks
Vinny Henry
Vicki Kruger
Vacant

Staff Rep.

- Nathan Schreiner
Bert Miller
Dave Johns
Charlene Krise
Mike Araiza
Marvin Campbell
Leslie Johnson

Meetings

- As needed
2nd Monday
Sept., Dec., March, June
4th Tuesday
2nd Friday
TBD



ABC SCAVENGER HUNT

Can you find an item for each letter of the alphabet?

Letter	Item	Letter	Item
A		N	
B		O	
C		P	
D		Q	
E		R	
F		S	
G		T	
H		U	
I		V	
J		W	
K		X	
L		Y	
M		Z	



PICTURE SCAVENGER HUNT

- something red
- something to eat
- something clean
- something sharp
- something hard
- something tiny
- something blue
- something that moves
- something noisy
- something wet
- something pink
- something soft
- something heavy
- something special
- something with hair
- something white
- something black
- something short
- smaller than a mouse
- something green
- something smooth
- something with wheels
- something alive
- something orange
- something tall
- something light
- something fluffy
- something purple
- something colorful
- something dirty
- something shiny
- something yellow
- something stinky
- something glittery
- something tasty
- something you love

3851 SE Old Olympic HWY Shelton, WA. 98584 P: (360) 426-1390

Squaxin Island Child Development Center April Newsletter

Center Highlights

We are closed indefinitely. Teachers should be reaching out to families once a week to ask how you are doing and how we can help your family remotely.

Healthy Active Living

Stay active during this time at home. There are many ways to stay active without leaving your home!

- ◆ Ride a bike
- ◆ Jump rope
- ◆ Hop Scotch
- ◆ Scavenger hunt
 - ◆ Chalk
- ◆ Prep garden beds
- ◆ Observe natural world
- ◆ Document your observations in a nature journal



WE MISS YOU ALL!

During this time of closure we encourage you to reach out to your teachers! We miss our daily conversations with you and your children! If you and your child's teachers are comfortable, help your children write them a letter. You can mail it or drop it off at the center this is a great writing/literacy activity.

If you do one of our activities, we would love to see photos and videos, you can post them to our Facebook page!

Daily Lessons on Facebook

Teachers are assigned to a specific time each day to post a lesson. Watch weekly for our lesson plan so you know what were doing for the week and when. This provides your kiddo with scheduled activities that are very similar to a typical school day and helps you with engaging ideas. Thanks to technology we can all learn and play together.



Activity Boxes

Teachers are working hard to get activity boxes together for our families. These boxes will have activities for your kiddos, materials for some of lessons being taught on Facebook, and resources for families during this strange time.

Curbside Meals

The center is serving curbside sack breakfast and lunch from 9am to 12pm, Monday-Friday



Find us on Facebook
@SquaxinIslandChildDevelopmentCenter



South Puget Intertribal Planning Agency USDA Foods Program

PT GAMBLE 4/2/20
SQUAXIN ISLAND 4/14/20

CHEHALIS 4/17/20
SKOKOMISH 4/21/20
NISQUALLY 4/23/20

Apply for USDA Foods online!

- Go to: spipa.org
- Click on top banner or go to spipa.org/community-resources
- Download, complete, and save to your desktop
- Attach completed form to email and send to: gardipee@spipa.org



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 Foods questions, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.

