

## Child Development Center

During the month of January installation of the new playgrounds began. The new playgrounds offer many new climbing structures, shelters, and water features, such as water tables. This is helping us bring more nature-based things into the fenced areas. We are very excited to hopefully play together soon! We are so appreciative of the people who helped make this happen! Thank you!

In January we met with the architect and received the first preliminary drawings for our new building. We are excited to start this new part of our journey. The new building will allow us to serve more families, and help us better support and meet the needs of children.

February is conference month! Please schedule a time with your child's teacher to meet and discuss your child's development and any updates or progress on family goals. Conferences allow teachers and families to talk about what support the family may need and how the center can help. Conferences also allow for relationship building between families and teachers, allowing for more conversation time than drop off and pick ups. We are offering on-site conferences, in-home conferences, virtual conferences, and we are willing to meet you anywhere you are comfortable (for example, at work or at a park).

Beginning in February, we will be starting in-person one-on-one meetings with children. This will include an agreement signed by the parent and teacher about the rules and expectations for these meetings. These one-on-one meetings can look differently depending on the family, so please get in contact with your teacher to discuss what this will look like for your family. Offering in-person meetings during this time is a great

way for us to slowly move back to full time services and get comfortable with being at the center again.

Stay tuned for more updates and information!

We miss you guys, and hope to see you soon!



Squaxin Island Tribe  
2021 Elections



## ELECTION NOTICE

### 2021 General Election Procedure

In light of the ongoing pandemic crisis and risk of disease to our tribal population, Tribal Council has decided, at recommendation of the Elections Committee, that the 2021 General Election for Council Secretary and Treasurer will be done by mail in ballot.

This election will be done similar to how it was done last year, in the 2020 General Election. Last year we had an impressive 51% of our General Body that voted in the General Election! More statistics will be coming soon.

**The ballot count will be held on May 1st 2021.**

**The nominations deadline will be March 26th, 2021.** The Elections Committee will have forms ready and posted soon.

Candidates will have one week to respond to their nomination. Once the candidates list is official and finalized, the Elections Committee will present the list.

Please send questions and concerns to the Elections Committee at [elections@squaxin.us](mailto:elections@squaxin.us).

If you had trouble receiving or mailing your ballots in the previous election, please let the committee know yourself with details.

Election information can be viewed on the tribes website at <https://www.squaxinland.org/elections/>

10 SE Squaxin Lane, Shelton, WA 98584  
*Change Service Requested*





## 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.squaxinisoland.org](http://www.squaxinisoland.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
- CHARLENE KRISE: Vice Chairman
- JEREMIE WALLS: Secretary
- VICKI KRUGER: Treasurer
- ANDY WHITENER: 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

## Walking On



*This photo shows how much he loves his family*

### Glen W. Parker

Glen W Parker (85), born March 8, 1935 in Portland Oregon, died quietly at night with his wife, Ann, at Fieldstone Cooper Independent Living in Olympia, WA on November 23, 2020.

Glen served as a sergeant in the Army during the Korean War. He and his wife, Ann, made their home in Shelton after Glen retired as an electrical engineer at Alliant Techsystems Inc. (formerly Honeywell) and was actively involved with the Squaxin Island Tribe.



*As a young family: Ann, Glen, Kathy, Craig and Bryan*

He leaves behind his wife, Ann; son and daughter, Craig Parker and Kathy Brandt; nine grandchildren and four great-grandchildren.

### Meghan's Story

I'm sad that my grandpa is gone. We loved him.

When I picture my grandpa, in my mind's eye I see him in his pickup, a baseball cap, clean shave, neatly combed hair, blue jeans and suspenders, a folded calendar in his shirt pocket, and a cup of coffee near to hand. He smelled like all of those things put together, and like Old Spice. I can hear him. I can hear his voice, which is remarkable since he didn't use it very much! I can also hear his footsteps, his laugh, I can hear him sip his coffee, or clear his throat. I can still sense about a hundred everyday details about him. I can still relive so many memories with him, too. Christmas mornings, Fourth of July clam bakes, birthdays, mule rides, boat rides, listening to stories, exploring the island, Elder dinners, hearing the latest in tribal politics... In this way, he isn't completely gone.

My grandparents were with each other from high school (did you know they used to race each other in their cars?) through the Korean War where he built and repaired radio communication towers, raising three kids, through daily monotony, joyful moments, tragic and challenging times, until the very end, when he woke up his last night and asked to hold my grandma's hand.



*Glen served in the army during the Korean War*



## Jessica's Story

My grandpa was never one to be overly expressive with his words or call a lot of attention to himself. He often was the (semi) quiet observer, sitting in his recliner, watching his family carry on. I add the SEMI note because whenever Grandpa did have something to say it was usually either a wise ass remark that would turn Grandma a bright shade of red, a story that would have you rolling with laughter, or words you'd hold on to and hope to live by. He never wasted his words or talked just to hear his own voice. He had more work ethic in his pinky finger than I could ever dream to have myself. He could never sit still and always had to be involved in any project we had going on. When he got to where he was too crippled to be right in the middle of it all with us, he'd sit in his Mule and just observe, often times letting us learn from our mistakes before offering his advice.

He was a grounding presence in our family and our hearts are broken over our loss. My prayer is he's in a better place, with a restored body, and all the coffee he could ever dream of. He's left me with a sense that even though he's gone, I can keep running along in this life knowing that Grandpa is still keeping me safe.

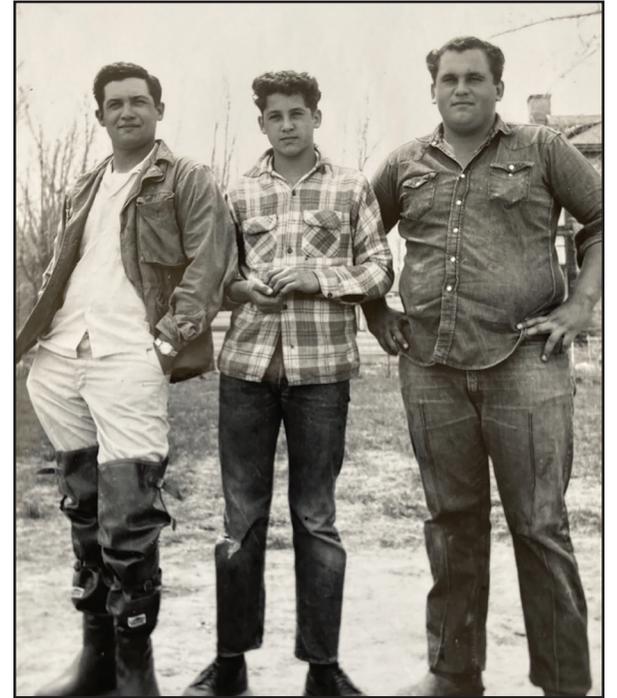
## Ben's Reflections of a Beloved Grandfather

My grandma told me he carried around a picture of me in his wallet, even before we met when I was 5. Family was of utmost importance to him, and I've always felt loved and accepted in my grandparent's home.

Some of my favorite memories are of fishing trips we took together when I was little, on his boat, Snoopy, and later on the Ichiban. Sometimes my Uncle Craig and cousin Josh would be there, too. I peed the bed in the middle of the night once, and another time, in Canada, I remember being hungry and eating what I thought was my lunch at noon. Turns out it was his lunch, and it was 8:00 a.m. It must have been a lot of work to take a little kid on long fishing trips, but I'm glad he did it anyway because they are some of my fondest memories with him.

When I was in high school and college I stayed at their place all the time, especially during journeys and when I was a summer youth worker (and later intern) at natural resources. He introduced me to the world of geoduck diving and a lot of familiar faces. We liked playing cribbage with grandma, and both of them were formidable players who kept me on my toes. Sometimes, we would just hang out in the living room. He'd be doing puzzles, I'd be reading a book or looking at birds through his telescope. Whenever I'd come for a visit, we'd grab a meal at Little Creek or Taylor Station, and sometimes, when I was lucky, he'd tell stories. He talked with me about growing up on the Fort Hall Reservation, and how he moved around a lot with his dad when his dad worked for the BIA.

He didn't say much and didn't need to. He was stoic and though he was a man of few words my grandpa was larger than life to me, and I'll never forget him.



*Glen working the farm on the Fort Hall Indian Reservation with his brothers Lew and Johnny*

Ann is alone, often isolated from even the other residents at the retirement home because of the precautions put in place to prevent the spread of the virus. The family can't go see her. We CAN, however, write letters, and fortunately, getting mail has always been one of her favorite things in the world. She saves every letter and she'd love to see a picture of you and read a note.

Ann Parker  
Fieldstone Cooper Point  
810 Fieldstone Dr. SW #316  
Olympia, WA 98502



*Glen, Kathy, and Craig on the Fort Hall Reservation just before he left to go to college to become an electrical engineer*



*Glen would work all day and then drive down after work to go out fishing. He loved this part of his life.*



### Congratulations Malia Henry!

**OPEN CALL** NATIVE ARTS & CULTURES FOUNDATION

ACCEPTING APPLICATIONS

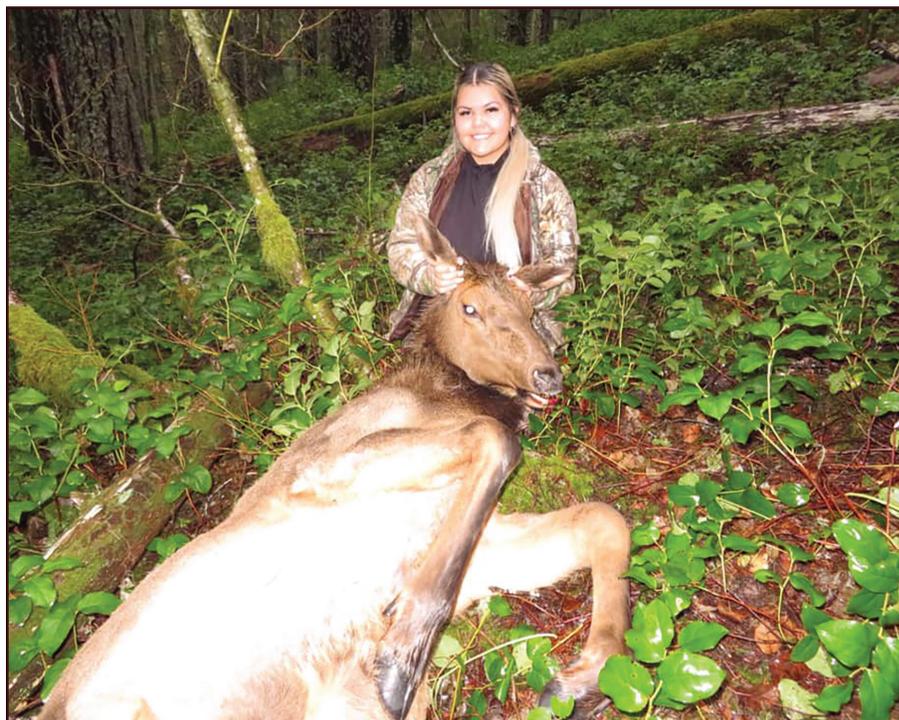
**LIFT** Early Career Support for Native Artists

**ONE-YEAR AWARD OF \$10,000 for EMERGING NATIVE ARTISTS**

<http://bit.ly/NACF-lift> **DEADLINE MARCH 16, 2021**

[nativeartsandcultures.org](http://nativeartsandcultures.org)

2020 Member Artist Fellow  
"Nadaa Jii shosh", acrylic painting on wall (detail), Nani Chacon (Dine), 2016.



**OPEN CALL** NATIVE ARTS & CULTURES FOUNDATION

ACCEPTING LETTERS OF INTEREST

**SHIFT** Transformative Change & Indigenous Arts

**TWO-YEAR AWARD OF \$100,000 for NATIVE ARTISTS**

<http://bit.ly/NACF-shift> **DEADLINE MARCH 16, 2021**

[nativeartsandcultures.org](http://nativeartsandcultures.org)

2017 Member Artist Fellow  
"Jack Rabbit and Companion", photograph (detail), Carl Roman (Chemehuevi), 2016.

We are so proud of our daughter, Malia, for getting not only her 1st elk, but her 2nd elk too, during the same hunt!! She has been hunting with her dad (Vince Henry, Sr.) for several years now, so after this hunt, she's definitely a true blue hunter now.

Not only does Malia hunt, but she's also a fisherwoman and goes clam digging too, learning from a young age that her treaty rights are very important and need to be exercised. Malia is also a full-time student at the Evergreen State College & works in our Natural Resources Department.

We couldn't be more proud of her. Way to go Malia Red-Feather Henry!  
- Margaret and Vince



## Office of Housing Planning Community Development

### ATTENTION HOUSING APPLICANTS...

REMINDER - If you are on the Squaxin Island Tribal Housing Waiting List, it is time to update your housing application. The updated application will be mailed to the last address that the Office of Housing has on file for you. If you have recently moved or have a change of address, please call Lisa Peters at (360) 432-3871.

If you do not update your application by March 31, 2021, your name will be removed from the housing waiting list.



**BE PREPARED FOR A  
WINTER STORM**

Winter storms create a higher risk of car accidents, hypothermia, frostbite, carbon monoxide poisoning, and heart attacks from overexertion.

**FEMA**  
FEMA V-1014/June 2018

Winter storms and blizzards can bring extreme cold, freezing rain, snow, ice, and high winds.



Greater risk



Can last a few hours or several days



Can knock out heat, power, and communication services

### IF YOU ARE UNDER A WINTER STORM WARNING, FIND SHELTER RIGHT AWAY

Stay off roads.



Use generators outside only.

Stay indoors and dress warmly.



Listen for emergency information and alerts.

Prepare for power outages.



Look for signs of hypothermia and frostbite.



Check on neighbors.

## GET YOUR TAXES DONE FOR FREE

### SQUAXIN ISLAND

### TAX SITE

(Basic returns)

February 8, 2021—

April 9, 2021

By appointment only

Contact Lisa Peters to schedule an appointment 360-432-3871

#### WHAT YOU NEED:

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents, ITIN
- Birth dates for you, your spouse and dependents on the tax return
- Wage and earning statements (Form W 2, W-2G, 1099-R, 1099-Misc) from all employers
- Interest and dividend statements from banks (Forms 1099)
- A copy of last year's federal and state returns, if available
- To file taxes electronically on a married filing-joint tax return, both spouses must be present to sign the required forms
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Forms 1095-A, B and C, Health Coverage Statements
- Copies of income transcripts from IRS and state, if applicable
- Proof of bank account routing and account numbers for direct deposit such as a blank check



IRS Certified Volunteers Providing  
**FREE TAX PREPARATION**

Sponsored by Squaxin Island Tribe—Office of Housing

## Thank YOU for wearing your mask!

- Squaxin Island Tribal Council





## Council Treasurer Vicki Kruger

Good Day! Vicki Kruger, Tribal Council Treasurer here. This is my final article, so I'll be repeating some things I've mentioned in my previous articles.

At the Winter General Body meeting I discussed an account that I'm a signature on and made this statement: "If you have the ability to review backup documentation justifying expenditures to ensure they are appropriate (in some cases the checks are over \$500,000), then I encourage you to run for the Treasurer position.

I previously made the following statements:  
1) If you have the ability to review Request For Proposals (RFPs) from financial businesses, complete a matrix scoring those RFPs, and assist in determining the best financial option for the Tribe's investments, then I encourage you to run for the Treasurer's position.

2) If you have the ability to review and understand audits, the wherewithal to follow the money, and the ability to bring any issues to the attention of your peers – I encourage you to run for the Tribal Council Treasurer position.

3) If you have experience choosing audit firms, meeting with auditors, and understanding various audit reports, you should run for the Treasurer's position.

Of course, any person (who lives in a 50 mile radius) can run for the Treasurer position. I'm simply pointing out some of the things I do as your Treasurer. Many of these things have taken me 6 years to learn. Although I do have experience as a bookkeeper and have some accounting experience, I believe it would greatly benefit the Tribe if you elect a person who comes into the position with experience in the above mentioned areas. The Constitution states, "The Treasurer shall have custody of and be responsible for all funds in the control of the tribal council. The Treasurer shall deposit all funds in Federally insured banks as directed by the tribal council and shall keep and maintain adequate and correct records of such funds and of business transactions of the tribe. The Treasurer shall report on all receipts and expenditures and the amount and nature of all funds on hand at the annual general council meeting, and upon the request of the tribal council. The Treasurer shall not pay out or authorize payment of any funds except when properly authorized to do so by a resolution of the tribal council. All checks shall be signed by the Treasurer and countersigned by the Chairman. The tribal council shall decide when the amount of funds being handled by the Treasurer has become large enough to justify the need for an annual audit. It shall then require that the books and records of the Treasurer be audited either by a competent auditor or by a Federal employee appointed by the Secretary of the Interior or his authorized repre-

## HOW TO STAY SAFE WHEN A WINTER STORM THREATENS



**Know your area's risk for winter storms.** Extreme winter weather can leave communities without utilities or other services for long periods of time.

**Prepare your home to keep out the cold with insulation, caulking, and weather stripping.** Learn how to keep pipes from freezing. Install and test smoke alarms and carbon monoxide detectors with battery backups.

**Pay attention to weather reports and warnings of freezing weather and winter storms.** Sign up for your community's warning system. The Emergency Alert System (EAS) and National Oceanic and Atmospheric Administration (NOAA) Weather Radio also provide emergency alerts.

**Gather supplies in case you need to stay home for several days without power.** Keep in mind each person's specific needs, including medication. Do not forget the needs of pets. Have extra batteries for radios and flashlights.

**Create an emergency supply kit for your car.** Include jumper cables, sand, a flashlight, warm clothes, blankets, bottled water, and non-perishable snacks. Keep the gas tank full.

**Learn the signs of and basic treatments for frostbite and hypothermia.** For more information, visit: [www.cdc.gov/disasters/winter/staysafe/index.html](http://www.cdc.gov/disasters/winter/staysafe/index.html).



**Stay off roads if at all possible.** If trapped in your car, stay inside.

**Limit your time outside.** If you need to go outside, wear layers of warm clothing. Watch for signs of frostbite and hypothermia.

**Avoid carbon monoxide poisoning. Only use generators and grills outdoors and away from windows.** Never heat your home with a gas stove top or oven.

**Reduce the risk of a heart attack. Avoid overexertion when shoveling snow.**

**Watch for signs of frostbite and hypothermia and begin treatment right away.**

**Check on neighbors.** Older adults and young children are more at risk in extreme cold.



**Frostbite** causes loss of feeling and color around the face, fingers, and toes.

- **Signs:** Numbness, white or grayish-yellow skin, and firm or waxy skin.
- **Actions:** Go to a warm room. Soak in warm water. Use body heat to warm. Do not massage or use a heating pad.

**Hypothermia** is an unusually low body temperature. A temperature below 95 degrees is an emergency.

- **Signs:** Shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech, and drowsiness.
- **Actions:** Go to a warm room. Warm the center of the body first—chest, neck, head, and groin. Keep dry and wrapped up in warm blankets, including the head and neck.

### Take an Active Role in Your Safety

Go to **Ready.gov** and search for **winter storm**. Download the **FEMA app** to get more information about preparing for a **winter storm**.





sentative. The Treasurer will be required to have a surety bond satisfactory to the tribal council and to the Superintendent of the Agency. The surety bond will be obtained at the expense of the Squaxin Island Indian Tribe."

I keep repeating that this position has fiduciary responsibility and this is a great weight that should be filled by someone with financial and budget experience.

Thank you again, for allowing me to be in your service for the past 6 years!

If you have the ability to review Request For Proposals (RFPs) from financial businesses, complete a matrix scoring those RFP's, and assist in determining the best financial option for the Tribe's investments, then I encourage you to run for the Treasurer's position.

If you have the ability to review and understand audits, the wherewithal to follow the money, and the ability to bring any issues to the attention of your peers – I encourage you to run for the Tribal Council Treasurer position.

If you have experience choosing audit firms, meeting with auditors and understanding various audit reports you should run for the Treasurer's position.

As we continue the food program, we are working on our new four week spring menu cycle. Our new menu will start in March.

## Just a few reminders about the Food Program

- If your youth is attending school, please notify us. Youth cannot receive the meals we prepare and the meals from school.
- If you do not need meals for a day, please notify us at least 24 hours in advance.
- If you need meals to be delivered to another address within the reservation, we try our best to accommodate any request.
- Families are always welcome to pick meals up at the community kitchen; please let us know if this works better for you and we can keep meals.
- Some of the meals are being served in nice reusable containers. Due to Covid-19 and quite a few restaurants also using to-go containers, we cannot always get the same brand. Prior to reheating food in the micro-wave, please make sure it is safe to use the container in that way.

### Did you know?

Since March 2020 we have served:

Breakfast: 10,402  
 Lunch: 10,438

If you have any questions regarding the food program, please contact:

Jerilynn at (360) 432-3992

or

[jvail@squaxin.us](mailto:jvail@squaxin.us)



## NEW FITNESS CENTER HOURS

Monday: 7:30 am-4:00pm  
 Tuesday: 7:30am-4:00pm  
 Wednesday: 7:30am-6:30pm  
 Thursdays: 7:30am-6:30pm  
 Friday: 7:30am-6:30pm  
 Saturday: 10:00am-6:30pm  
 Sunday: 10:00am-6:30pm

To Reserve a time contact Cassidy at  
[cgott@squaxin.us](mailto:cgott@squaxin.us)  
 or call (360)  
 432-3852

EFFECTIVE TUESDAY 12TH 2021

## POOL HOURS

*Wednesday: 1:00pm-6:30pm*

*Thursday: 10:00am-6:30pm*

*Friday: 1:00pm-6:30pm*

*Saturday: 10:00am-6:30pm*

*Sunday: 1:00pm-6:30pm*

\*ONLY FOR RESERVATION RESIDENTS

To reserve a time to swim email **Rafael**  
 at [pool@squaxin.us](mailto:pool@squaxin.us) or call (360)  
 432-3852

## ELDER WATER AEROBICS

WEDNESDAY, FRIDAY, AND  
 SATURDAY  
 FROM 10:00AM-11:30AM

MUST BE ATLEAST  
 55 AND A  
 RESIDENT ON THE  
 RESERVATION

TO SIGN UP EMAIL  
 RAFAEL AT  
[POOL@SQUAXIN.U](mailto:POOL@SQUAXIN.U)  
 S OR CALL US AT  
 (360)  
 432-3852



## Tutoring

The tutors are offering tutoring services in person and virtually. In person tutoring is available at the TLC, Monday through Friday, from 12:00 to 4:00 p.m. Please call Redwolf at 360-432-3958 to schedule an appointment. Don't forget to bring your material and a mask. A temperature check and health check are required to enter the center. We miss seeing the youth and can't wait to help you! If you would like virtual tutoring, you can contact the tutor for your grade level.

For elementary grades contact:  
Lynice May at Lmay@squaxin.us

For middle school and junior high contact:  
Lynn White at Lwhite@squaxin.us

For high school contact:  
Julie Youngs at Jyoungs@squaxin.us  
or at (360) 470-1493

## Higher Education Students

If you have not sent your final grades from fall in yet, please do so as soon as possible. Scholarships are now becoming available. As soon as I receive scholarships, I will forward them to all Higher Education students. Spring quarter is quickly approaching. If you plan to attend and are not a current Higher Education student, please stop by my office or give me a call so I can go over the required documents with you. Paperwork for spring quarter is due back no later than March 12th.

Thank you,  
Mandy  
(360) 432-3882  
mvalley@squaxin.us



# Happy Valentines Day



## Virtual Job Club



### Please join us for our next Virtual Job Club

- Obtain tools and Techniques for applying for jobs virtually
- Connect to current job leads and postings
- Receive customized job search assistance through one on one follow meetings
- Open to all Workforce Development Program clients and community members

**When:** Every 1st and 3rd Monday of the month at 11:00 am

**February 1, 2021 Topic:** Special Guest Desiree Sanchez from Amazon talks about the Amazon hiring process

Veterans and VR Clients are welcome to attend this Zoom meeting

**Join Zoom Meeting:**

<https://zoom.us/j/97077705770?pwd=Y3BveDFjS2lNcINabmNEcEFwdydz09>

**Meeting ID:** 970 7770 5770

**Passcode:** 703096

**Contact Hilda McIntosh, Workforce Navigator, at 360-545-2123  
or hmcintosh@spipa.org for more information**



# HEALTH CLINIC



## Covid-19 Vaccines

Ruth Creekpaum (L) was the first tribal member to receive the Covid-19 vaccine on January 29th.

The first round of vaccinations were for Elders 65+. They received their second dose on January 26th. The clinic has now begun vaccinating Elders who are 55+.

If you have any questions about the vaccines, email [clinic@squaxin.us](mailto:clinic@squaxin.us).

Please continue to wear your masks and practice social distancing.

Thank you!



## Stay Active, Stay Healthy in Winter Free and Cheap Ideas

Cook a meal together:

Foodnetwork.com has a section of healthy recipes for kids and families

### Fun with Empty Plastic Milk Jugs



Search on Line for: **youtube walk at home**

You'll find simple one mile and longer walks to try inside.



### *Bundle up for the weather, and go for a walk in your neighborhood*

You can still round up the kids and explore your neighborhood as long as you follow the social distancing guidelines recommended by the CDC: Stay at least **six feet away** from anyone outside of your household, and **wear a facial mask** that covers the nose and mouth for anyone over the age of 2.

### Make some fun, healthy snacks



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

Wednesday, February 24, 2021

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](mailto:psuskin@squaxin.us)



**This institution is an equal opportunity provider.**

**Washington State WIC Nutrition Program doesn't discriminate.**



## Protect Your Loved Ones From Falling

By Kyle Ferguson, PhD (Clinical Psychologist) at the Clinic - The pandemic poses many challenges for individuals of all ages and from all walks of life, though it has been especially hard on our elders who fall in the highest risk category for developing severe COVID-19 (the disease caused by the novel coronavirus). Given the increased risk of contracting severe COVID-19, many elders have been – for their own (and others’) safety – remaining in their homes. Social distancing, after all, is an effective strategy for infection control because it breaks down the chain of human-to-human transmission. The virus needs someone to hop to for it to spread.

Social distancing, however, can contribute to social isolation. Isolation can be detrimental to the health of our elders because it can potentially increase sedentary behavior. Sheltering in place translates into fewer social events, fewer gatherings, fewer sporting events and concerts, fewer trips to the gym, fewer walks with friends, and on and on. Moreover, the law of inertia is especially powerful when individuals are stuck at home. For example, sitting on your butt watching football in the morning often leads to watching football in the early afternoon which, in turn, leads to even more football watching in the evening (i.e., Sunday Night Football). Of course, with the law of inertia, that momentum (or lack thereof) can be redirected if acted upon by an external force; in this case, a honey-do list served to the would-be armchair quarterback with as much levity as a court summons.

Let’s face it, virtual visits with grandchildren are no substitute for chasing them around the house, playing catch, taking them for walks in the woods, taking them fishing or hunting, changing diapers, helping young parents pick up after their toddlers, etc. These activities get your body moving. Visiting with them by way of monitor only gets your eyeballs moving. Eyeball exercises do nothing for your other important muscles below your eyes. As we shall soon see, keeping those muscles in shape – especially those core muscles needed for postural stability – is essential for preventing falls.

### Falls Are Common with Elders

Approximately 35% to 40% of reasonably healthy elders, aged 65 and older, living in the community fall each year. And about half of those individuals experience more than one fall per year. That number increases with elders who have transitioned to alternative living arrangements like skilled nursing facilities, where about two-thirds of facility residents fall in a given year.

Readers should note that injuries sustained in a fall are more likely to be serious than injuries due to other reasons. Falls may result in head injuries (e.g., from relatively mild concussions to severe brain injuries), joint dislocation, hip fractures, other types of fractures [e.g., hand, forearm, upper arm (humerus), thigh bone (femur), ankle, pelvis, and spine (vertebrae) fractures, etc.], and even death. For fear of sounding morose, fall-related death rates increase more and more with age, with the greatest increase after 80; where physical frailty, immobility, and reduced functional capacity are all too common.

Though about half of falls by elders result in only minor injuries, anywhere from 5% to 15% of falls result in serious injuries requiring hospitalization. Hip fractures and head injuries, particularly, result in most fall-related hospitalizations.

Most hip fractures occur from falling sideways, where an elder might lose his or her balance. Moreover, hip fractures usually require lengthy bed rest, which further contributes to loss of muscle mass and functional status. Further muscle wasting in turn prolongs recovery or necessitates having to transition to a skilled nursing facility at discharge (for rehabilitation or, possibly, a long-term stay). Unlike younger persons, elders take a lot longer to build those muscles back.

### Muscle Weakness and Fall risk

Muscle weakness (especially in the lower extremities) is the greatest physical risk factor for falls in persons with advancing age according to carefully controlled scientific studies. On average, studies suggest that muscle weakness alone increases one’s risk for falls 5-fold. In other words, muscle weakness makes it 5 times more likely an individual will fall in a given year.

Tai Chi is an ancient Chinese martial art involving a series of slow but continuous movements of every body part. It has the most scientific evidence to date supporting its use in fall-prevention programs. The evidence, however, is modest at best and improvement is significant only with sufficient amount of practice (so stick with it!). Proponents of Tai Chi claim that it might benefit elders because Tai Chi movements incorporate elements of strengthening, balance, postural alignment, and concentration.

If Tai Chi might be of interest to you, please see the following brief introductory video titled, How Tai Chi and Qigong exercises can help prevent falls in older adults: <https://www.youtube.com/watch?v=uOqkdvQPXkU>. The kind folks at Tai Ji Quan: Moving for Better Balance in Thurston County would be willing to conduct classes at the reservation if there was enough interest (<https://www.betterbalance.net/>).

Also, please see the link below to a brief handout featuring a simple chair rise exercise designed to strengthen the muscles in your thighs and buttocks. Before starting any exercise, however, please consult with a qualified medical provider to make sure it is safe to do.

### Other (Potentially) Modifiable Factors Related to Fall risk

There are other factors associated with fall risk including environmental hazards, medication side effects, and diet, among others.

- **Environmental hazards:** Environmental tripping hazards like slippery surfaces, uneven flooring, poor lighting, toys strewn about the room, loose rugs, rickety furniture, your dog Fido and cat Fifi curled up at your feet, are risk factors. Conversely, installing grab bars in the shower, using a shower chair, removing tripping hazards (Sorry Fifi. You’re going outside!), proper lighting, and removing loose rugs are factors that lower the risk of falls
- **Medications:** Certain types of medications, too, are associated with falls in the elderly. Sedatives, pain medicine, antidepressants (due to what’s called cholinergic effects), antihistamines (to relieve allergy symptoms), muscle relaxers, and medications that affect blood pressure, are medications that can increase fall risk. If you are concerned that your medications might be affecting your balance or how you walk, or they otherwise make you feel dizzy or “spacy,” you might discuss potential medication changes with the provider who prescribed them. This, of course, might not be possible, as going off of them might cause more harm. There might also be non-pharmacologic (i.e., non-medication) options to manage these conditions.
- **Health Conditions:** Certain health conditions increase fall risk too. Parkinson’s disease and Multiple Sclerosis are obvious examples, because they affect balance and your ability to move. Alzheimer’s disease and other progressive illnesses that affect thinking increase risk for falls. Peripheral neuropathy (nerve damage) due to diabetes affects walking, negotiating stairs, balance, etc., so, naturally, it increases one’s fall risk. Depression, too, which might not seem so obvious, has been associated with increased fall risk.



## Check Your Risk for Falling

Circle "Yes" or "No" for each statement below			Why it matters
Yes (2)	No (0)	I have fallen in the past year.	People who have fallen once are likely to fall again.
Yes (2)	No (0)	I use or have been advised to use a cane or walker to get around safely.	People who have been advised to use a cane or walker may already be more likely to fall.
Yes (1)	No (0)	Sometimes I feel unsteady when I am walking.	Unsteadiness or needing support while walking are signs of poor balance.
Yes (1)	No (0)	I steady myself by holding onto furniture when walking at home.	This is also a sign of poor balance.
Yes (1)	No (0)	I am worried about falling.	People who are worried about falling are more likely to fall.
Yes (1)	No (0)	I need to push with my hands to stand up from a chair.	This is a sign of weak leg muscles, a major reason for falling.
Yes (1)	No (0)	I have some trouble stepping up onto a curb.	This is also a sign of weak leg muscles.
Yes (1)	No (0)	I often have to rush to the toilet.	Rushing to the bathroom, especially at night, increases your chance of falling.
Yes (1)	No (0)	I have lost some feeling in my feet.	Numbness in your feet can cause stumbles and lead to falls.
Yes (1)	No (0)	I take medicine that sometimes makes me feel light-headed or more tired than usual.	Side effects from medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I take medicine to help me sleep or improve my mood.	These medicines can sometimes increase your chance of falling.
Yes (1)	No (0)	I often feel sad or depressed.	Symptoms of depression, such as not feeling well or feeling slowed down, are linked to falls.
<b>Total</b>		Add up the number of points for each "yes" answer. If you scored 4 points or more, you may be at risk for falling.	

This checklist was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011; 42(6)493-499). Adapted with permission of the authors.

### Further Fall Prevention Information:

Check for Safety: A Home Fall Prevention Checklist for Older Adults (Centers for Disease Control and Prevention)  
[www.cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf](http://www.cdc.gov/steady/pdf/STEADI-Brochure-CheckForSafety-508.pdf)

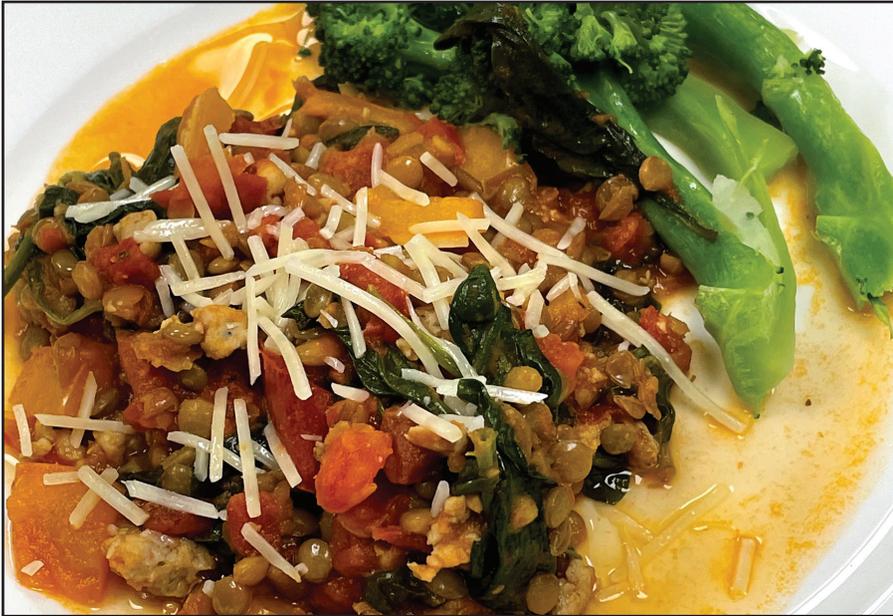
Family Caregivers: Protect your Loved Ones from Falling (Centers for Disease Control and Prevention)  
[www.cdc.gov/steady/pdf/STEADI-CaregiverBrochure.pdf](http://www.cdc.gov/steady/pdf/STEADI-CaregiverBrochure.pdf)

Fall-Proofing Your Home (National Institute on Aging)  
[www.nia.nih.gov/health/fall-proofing-your-home](http://www.nia.nih.gov/health/fall-proofing-your-home)

Chair Rise Exercise to strengthen muscles in your thighs and buttocks (Centers for Disease Control and Prevention)  
[www.cdc.gov/steady/pdf/STEADI-Brochure-ChairRiseEx-508.pdf](http://www.cdc.gov/steady/pdf/STEADI-Brochure-ChairRiseEx-508.pdf)

Postural Hypotension: What it is & How to Manage it (Centers for Disease Control and Prevention)  
[www.cdc.gov/steady/pdf/STEADI-Brochure-Postural-Hypotension-508.pdf](http://www.cdc.gov/steady/pdf/STEADI-Brochure-Postural-Hypotension-508.pdf)





## Lentils with sausage and tomatoes

Submitted by Patty Suskin, Diabetes Coordinator - Try something new! Lentils are an inexpensive protein source. Check out this tasty recipe that adds lentils to sausage and tomatoes.

### Ingredients:

- |                     |  |
|---------------------|--|
| 8 oz                | Green lentils  |
| 2 tablespoons       | Olive oil  |
| 13 oz               | Fresh chicken sausage with roasted garlic and herb (All natural Al Fresco brand) |
| 1                   | Bell pepper, chopped, any color (I used yellow)                                  |
| 5                   | Cloves garlic, crushed   |
| 2 x 14.5 ounce cans | Stewed tomatoes  |
| 1 x 14.5 ounce can  | Chopped tomatoes   |
| 1 teaspoon          | Salt   |
| ½ teaspoon          | Italian seasoning  |
| 8 oz                | Fresh spinach  |
|                     | Parmesan cheese for serving  |

### Preparation:

- Place lentils in small pot and cover with water.
- Bring to boil. Cover and simmer on low for 15 - 25 minutes or until tender.
- Drain and reserve the lentils.
- While lentils are simmering, cook the sausage. Add olive oil to large nonstick frying pan. Heat on medium high. Squeeze sausage from the casing into the fry pan. Break up the sausage with a spoon.
- Add the chopped bell pepper. Stir and cook until sausage no longer pink.
- Add garlic and salt and cook a few minutes more.
- Add cans of tomatoes and Italian seasoning and mix.
- Simmer uncovered for about five minutes.
- Add spinach and cook until wilted.
- Simmer, uncovered on low for about 10 minutes or until water from spinach cooks away. Should be saucy, not dry. But not watery.
- Sprinkle with parmesan cheese when serving.



**Squaxin Island WIC**  
(Women, Infants, and Children)  
provides healthy foods & nutrition information for you and your child up to age 5.  
**Please have available:**  
Your child, Provider One Card or paystub and identification for you & your child

**Contact at SPIPA for an appointment:**  
Patty at 360.462.3224, [wicnutrition@spipa.org](mailto:wicnutrition@spipa.org)  
or  
Debbie Gardipee-Reyes 360.462.3227 [gardipee@spipa.org](mailto:gardipee@spipa.org)

Main SPIPA number: 360.426.3990

**Next WIC:**  
**Tuesday, February 9**  
We are continuing remote phone appointments at least through Feb 2021 due to the COVID-19 virus  
We will call you on your appt day



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

**COVID-19 is real.**  
Stay home,  
save lives.



**STAY HEALTHY-  
LOVE YOURSELF!**





## Elders Menu . . . Fruit and salad at every meal

**MONDAY 1:**

Baked Ham, Scalloped Potatoes, Cauliflower

**MONDAY 8:**

Spaghetti, Corn, Garlic Toast

**MONDAY 15:**

Teriyaki Chicken, Rice, Veggies

**MONDAY 22:**

Enchilada Bake, Black Beans

**TUESDAY 2:**

Tomato Soup, Grilled Cheese

**TUESDAY 9:**

Chicken w Rice Soup, Tuna Sandwiches

**TUESDAY 16:**

Pork Pozole, Tortillas

**TUESDAY 23:**

Beef Stew, Biscuits

**WEDNESDAY 3:**

French Dips, Potato Salad

**WEDNESDAY 10:**

Tator Tot Casserole, Brussel Sprouts

**WEDNESDAY 17:**

Tacos, Spanish Rice

**WEDNESDAY 24:**

Hot Dogs, Chips

**THURSDAY 4:**

Pork Chops, Stuffing, Carrots

**THURSDAY 11:**

Baked Chicken, Red Potatoes, Green Beans

**THURSDAY 18:**

Baked Potato Bar, Broccoli

**THURSDAY 25:**

BBQ Ribs, Ma-N-Cheese, Mixed Veggies

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.



**EMERGENCY**  
CALL **9-1-1** FIRE  
POLICE  
MEDICAL  
RESCUE

**SQUAXIN ISLAND TRIBE**

**Non-Life Threatening Emergencies**

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

**Friday • February 19<sup>th</sup>** **DAUBIN' IN THE DARK**  
Daubin' in the Dark Black Light Bingo AGES 21+  
Doors Open 6pm | Early Birds 8pm | Session Starts 8:30pm

**Saturday • February 20<sup>th</sup>**  
Doors Open 9am | Early Birds 11:30am | Session Starts 12pm  
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

**Sunday • February 21<sup>st</sup>**  
Doors Open 2:30pm | Early Birds 4pm | Session Starts 4:30pm

**Bring a canned food item and receive a FREE 6-on level 1**

Multiple winners split the payout. See Keno or call 360-427-3020 for more details. Ages 21 and over only for Friday session. Must be age 21 or older for Bingo Specials. Management reserves the right to modify or cancel Bingo if not enough players.

**LIVE a little**



## February Happy Birthdays

1  
Camden Bear Adams-Lewis  
Harry James Johns Jr.  
Winter Raven Perez

3  
Donald John Briggs  
Mistifawn Andi Martinez  
Tatum Guijosa-Bryson

4  
Isaiah Lewis Rees  
James Arnold Cooper  
Kalea Anne Johns  
Lareciana Broussard-James  
Larry J. Bradley Jr.  
Lydia Anna Trinidad

5  
Anthony Andrew Pinon  
Dylan Lee Suarez  
John Clayton Briggs  
Shannon R Cooper

6  
Stephanie Jeanne James

7  
John Edward Tobin  
Michael James Mosier  
Ruth Ann Lopeman  
Sebastian R. Rivera

8  
Apisai Taule'ale'a Moliga Jr.  
Barbara Lynn Knudsen  
Fawn Patricia Ann Tadios  
Imani Rose Murray  
Justin Lopeman-Dobson

9  
Michael Sheldon Henderson  
Stefanie D. Kenyon

10  
Aries Mae Blueback  
Crisaleena Rees

11  
Aleil Leslie- Renea Henderson  
Hunter Merriman  
Shaelynn Dawn Peterson

12  
Che-Vonne J. Obi  
Emilio Hernandez-Capoeman  
Russ M. Addison

13  
Addison Maralee Henry  
Alaiyah Adair Marie Lewis  
Eugene Russell Cooper  
Ramona Lee Mosier

14  
Michael James Furtado

15  
Alicia Nicole Boyette  
Owen Francis Bell  
Sean Daniel Jones  
Sonja Mae Clementson

16  
Jean Deanna Henry  
Jennifer Lynn Reboin  
Justine Susan Crone

17  
Antone Hidalgo-Hawks  
Clayton Mc Cloud Bethea  
Micheal Scott Kenyon  
Raul Cristian Avalos  
Sophia Lynne Martin

18  
Haley Nicole Wilson  
Kimberli Anne Burrow-Elam  
Steven Mitchell Peters

19  
Benjamin Q. Parker  
Katalina Michelle Lewis  
Rachel Fame Ford  
Robert Wesley Whitener Jr.

20  
Cheryl Louise Sept

21  
Annie Martha Ruddell  
Jordan D. Sweitzer  
Kristopher Klabsch Peters  
Margaret Mary Witcraft  
Steven Ray Peters  
Timothy Lee Linn

22  
Grace Marie Pughe  
Kimberly Ann Allen

23  
Joshua Darryl Melton  
Lydia Cecile Parrott  
Marlo Lynice Andrews  
Marvin Dale Newell Jr.

25  
Jonathon Joseph Fry  
Zachariah Ashton Mirka

26  
Katrina F. Parker  
Samuel Joseph Penn

27  
Alex Ryan Salgado  
Amar'e Lucio Carrington  
Cameron Fitzgerald Henry  
Juana Cherati Rose Nelson  
Leilani Georgia Blueback

28  
Katherine Mae Ackerman

29  
Dennis Lloyd Sigo

CELEBRATING  
SALISH CLIFFS GOLF CLUB  
**10 YEAR ANNIVERSARY**

SQUAXIN ISLAND TRIBE  
**DESIGN CONTEST**  
FEBRUARY 1-20, 2021

**Winners**

The winners of the art contest will be selected by Tribal Council. Council will pick 2 design winners.... One winner being a tribal youth member.

The artist name will be put on each head cover that is sold in the golf shop. Also receive a golf membership for a year which includes rental clubs if needed. A gift certificate for the club house.

Tribal members including youth members have the opportunity to create a design that will be used on golf head covers that will be sold in the golf shop. A percentage of sales of the head covers will be put aside to promote the tribal youth golf program.

**DIMENSIONS**  
Barrel Style Head Cover  
**10\"H x 5\"W**

**LITTLE CREEK CASINO RESORT.**  
Contest Submissions: [mpuhn@squaxin.us](mailto:mpuhn@squaxin.us)



# What's Happening

## NOTICE TO CREDITORS in the matter of the Estate of: Leanora Christine Krise Deceased. Case No. CV-2020-03-11

The personal representative named below has been appointed as personal representative of the estate of Leanora Christine Krise.

Mrs.Krise's address at the time of her death was 10 SE Qua-TaSat Circle, Squaxin Island Tribe Reservation, Shelton, Washington, 98584.

Any person having claim against the decedent, or claiming to be an heir under the decedent's will, must, within one hundred twenty (120) days of the date of the first publication of this notice, present the claim in the manner as provided in Squaxin Island Tribal Code, §8.07.010, by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. If the claim is not presented within this time frame, the claim is forever barred. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: 5/15/2020 Personal Representative declares under penalty of perjury under the laws of the state of Washington that the forgoing is true and correct.

Jaimie Cruz

271 SE Whitener Rd, Shelton, WA 98584 | (360) 742-6527

### Court:

FAMILY COURT: February 4 (through Zoom)  
CRIMINAL/CIVIL COURT: February 9 (in person)

### WIC

February 9



## 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.

- Kris Peters
- Charlene Krise
- None per code
- Charlene Krise
- None per code
- Vicki Kruger
- Charlene Krise
- Kris Peters
- Kris Peters
- 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
- Island Enterprises Board
- Museum Library and Research Center Board
- Skookum Creek Tobacco Board
- SPIPA Board of Directors

### Council Rep.

- None per code
- Kris Peters
- Bev Hawks
- Vinny Henry
- Vicki Kruger

### Staff Rep.

- Nathan Schreiner
- Dave Johns
- Charlene Krise
- Mike Araiza
- Marvin Campbell

### Meetings

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

— HAPPY —  
**Valentine's**  
 — DAY —



South Puget Intertribal Planning Agency



**USDA Foods Program  
 February Dates**

- PT. GAMBLE S'KLALLAM** 2/3/21
- SQUAXIN ISLAND** 2/9/21
- SKOKOMISH** 2/12/21
- NISQUALLY** 2/16/21
- CHEHALIS** 2/19/21

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.



**NATIVE  
 FUTURES  
 ARE  
 BRIGHT.**



**Early  
 Childhood  
 Education &  
 Assistance  
 Program**  
Washington State Department of Early Learning

**Free Quality Preschool for Your Child**

ECEAP helps all children enter kindergarten ready to succeed

**Who is eligible?**

Children 3 years old or 4 years old by August 31st who are:

- ▶ From a family with a low annual income; or
- ▶ Qualify for school district special education services; or
- ▶ Have developmental or environmental risk factors that could affect school success.



**Questions?**

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



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

**ECEAP Provides:**

- Preschool
- Nutritious meals & snacks
- Health screenings
- Family support

**Early Head Start**

Now Recruiting Pregnant Women and Children Birth to Three



**Early Head Start  
 Provides:**

- Parent Training
- Health Screenings
- Family Support



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



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

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