

SQUAXIN ISLAND TRIBAL ELECTIONS COMMITTEE NEEDS VOLUNTEERS FROM ALL FAMILIES



In an effort to ensure all families of the Squaxin Island Tribe have representation on the Elections Committee, we are seeking a volunteer from the following families:

Cooper
Henry
Johns

Please submit your interest to serve on this committee by **February 9, 2022**.

The names received will be presented to the Tribal Council for decision at their following meeting.



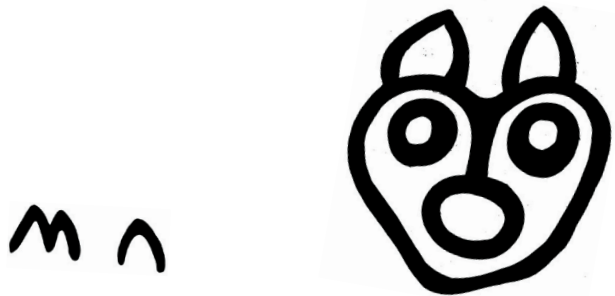
TIME TO GET INVOLVED!

Sign up using the link below
or visit
www.squaxinisland.org

Any questions can be sent to mpuhn@squaxin.us

www.signupgenius.com/go/10C0C44ACAB2AA7FBC52-elections

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



SQUAXIN ISLAND TRIBAL COMMITTEES & COMMISSION VACANCIES

- **One Percent Commission:** Implements the one percent distribution provisions of Appendix X of the Tribal-State Compact for Class III Gaming. Distributes revenues derived from the TLS to nonprofit charitable organizations.
- **Emergency Management Homeland Security Committee:** The purpose of the Committee shall be advisory: To provide guidance, participate in preparation, and implementation of a Tribal Comprehensive Emergency Management Plan (CEMP) and all other emergency preparedness plans. These plans are necessary to assist and mitigate, prepare for, respond to, and recover from injury and damage to persons or property resulting from emergencies or disasters, whether natural or man-made.
- **Housing Commission:** Provide recommendations and advice to the Tribal Council and to the Tribal Department of Community Development. The commission is authorized to define policies, identify rules and regulations to the Tribal Council for enactment.
- **Aquatics Committee:** This Committee is established by the Squaxin Island Tribal Council to provide advice and recommendations concerning the management, harvest and perpetuation of sub-tidal shellfish resources
- **Education Commission:** Provides recommendations and guidance to the Tribal Council and to the Tu Ha' Buts Learning Center. Participates fully in all aspects of planning, development; implementation and evaluation of all educational programs, including supplemental and operational support; be directly involved in all Tu Ha' Buts Learning Center Programs; recommend appropriate action to the Squaxin Island Tribal Council; evaluate performance and program results; exercise authority delegated by Tribal Council (e.g., monetary awards).
- **Gaming Commission:** The Squaxin Island Gaming Commission, as established under the Tribal/State Compact between the Squaxin Island Tribe and the State of Washington, shall ensure on-site regulation, control and security of the gaming operation, and protect the health, welfare and safety of the Squaxin Island Tribe, its members, and guests. Interested individuals must be able to pass a ten year background check in order to be eligible for a Class III Gaming license.
- **Constitution Committee:** Advise the Squaxin Island Tribal Council on possible amendments to the Tribal Constitution.

TIME TO GET INVOLVED!

Apply online using the link below OR at www.squaxinisland.org
Tribal Council will choose names at their upcoming meeting.

Questions? Email Melissa Puhn at mpuhn@squaxin.us

Application deadline February 16, 2022

www.signupgenius.com/go/10C0C44ACAB2AA7FBC52-2022



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

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.

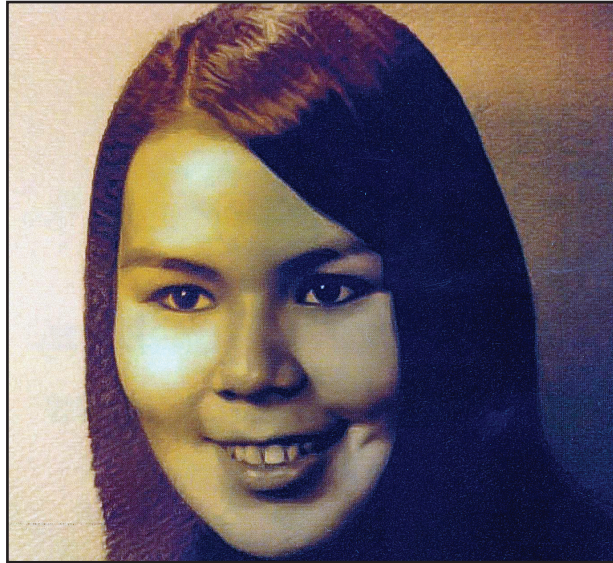
Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

KRIS PETERS:	Chairman
CHARLENE KRISE:	Vice Chairman
PATRICK BRAESE:	Secretary
MARVIN CAMPBELL:	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

Walking On



Debbie Obi

Debbie Obi was born on December 3, 1951 in Eureka, California to Elsie (Natt) and Lewis Napoleon, and peacefully passed away on November 29, 2021 at home in Kamilche, Washington.

She loved arts and crafts and was a master basket weaver. She enjoyed clam digging and working at KTP as a cashier.

There was a candlelight service at the Mud Bay Indian Shaker Church on Thursday, December 2, 2021 at 7:00 p.m. The funeral service was held at Squaxin Island Sacred Grounds on Friday, December 3rd, at 11:00 a.m., and was officiated by Rose Davis. Internment is at Squaxin Island Sacred Grounds. Pall bearers were: Daniel Napoleon, Astro Gamboa, Larry Bradley, Joe Hudson, Marty Allen, and Jerome Obi. Honorary pall bearers were: Tyrone Seymour, Jack Napoleon, Thaylor Vilter, Olivia Obi, James Kennedy, Chevonne Obi, Linda Saux, Lolita Black, Lila Jacobs, Robert Napoleon, Melanie Sequak, Nutella Obi, Jeremiah Obi, Martin Sequak, Shalee Allen, Terri Capoeman, Shannon Bryson, Theresa Davis, Sis Napoleon, Meg & Bub Napoleon, Mandy Howard, Gloria Hill, Margaret Seymour-Henry, Donald & Douglas Washburn, Marilyn Mcfadden and Meloney Hause and Latoya Johns.

She was preceded in death by her parents; daughter, Liz Obi; and granddaughter, Alicia Obi.

She leaves behind her younger brother, Robert Napoleon.

*I'm Super Indian Man,
those Pseudo-warriors
always shouted on the Reservation.
Able to leap tall HUD houses in a single bound.
Faster than a BIA pickup.
Stronger than a block of Commodity Cheese.*
- Sherman Alexie



Levi Henry Connally

Levi, born Levi Lee Henry in Tacoma, Washington on September 9, 1962, was a tree-climbing, mischief-seeking young boy.

He grew up in Aberdeen, Washington. His sisters are Michelle and Cathy, and his brothers are Stephen, Vernon and Levi.

He was adopted becoming Levi Lee Connally.

He studied at Molar Barber School from 1991-1992.

He has five beautiful daughters, Brittany Montoure, Kendra Lee Lewis, Deanna Misplic, Cheyenne Chiechi, and Eden VanCleave. He also has nine beautiful grandchildren, Craig, Emma, Bailey, Harper, Leah, Madison, Aaliyah, Isaiah, and Beverly.

He married his beautiful bride, Cathie Connally, on July 30, 2016, and gained three new children, Alaina Lemm, Nick Lemm, and Rebecca Farrah-Cascio. He also gained four new grandchildren, Ethan Almonte, Awnamarie Almonte, Genevieve Almonte, and Ilana Farrah-Cascio.

He began his successful touring company, Tent City Tours, with his wife in 2017.

<https://alaskatentcitytours.com>

He passed away in Anchorage, Alaska on January 19, 2022, at 8:11 p.m. with his wife and some of his children by his side. He was 59 years old.





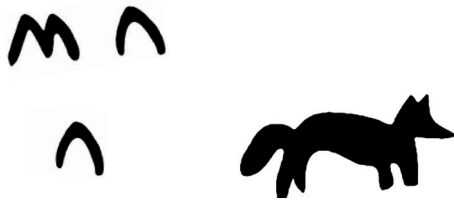
Winter 2021

While we were all snug and warm inside, relaxing and enjoying the beautiful snowfall during the winter break, Planning and Community Development employees were working hard tending to snowy roads and icy facilities to ensure cars and feet could move around safely.

They were even out Christmas night deicing ahead of the storm. They used their new snow plow to tend to roads and parking lots all week long, day and night. We are so grateful to have such hardworking staff and excited they got to use their new gear to keep the community safe!

Great team work and thank you so much for your diligence! We appreciate you!

Jeromy Meyers
Beau Henry
Alan Cooper
Lawton Case
Tully Kruger
Richard Gouin
Patrick Whitener
Patrick Braese





Congratulations Dad (Dave Johns)



Your first mountain goat hunt!

It was nice to get the opportunity to guide you on an alpine dream hunt!
- Justin

New Employee



Haily Cullerton Medical Assistant

Hi, I have been hired into the Medical Assistant position and will be working at the clinic.

I have five siblings. My mother is Teri Goos. I decided to work in the medical field because I love helping people. I do plan on going back to school for my Associates degree and become a radiology technician.

I am most excited about working for the Tribe again and seeing everybody in the community.



South Puget Intertribal Planning Agency

LIHEAP

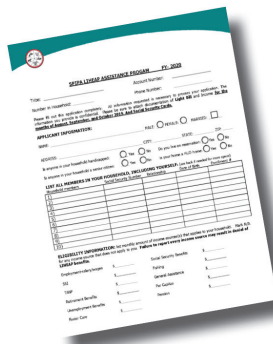
NEED HELP WITH YOUR LIGHT BILL?

SPIPA is still accepting applications for energy assistance. If you have not utilized LIHEAP benefits in the past year, you may be eligible for assistance.

LIHEAP APPLICATIONS ARE AVAILABLE AT THE FOLLOWING LOCATIONS

Chehalis	Debra Shortman	360.273.5504
Nisqually	Warehouse	360.438.4216
Shoalwater Bay	SPIPA IPC	360.426.3990
Squaxin Island	SPIPA IPC	360.426.3990
Skokomish	Rosetta LaClair	360.426.7788

Questions? call Debbie Gardipee at 360.462.3227



FREE Wills for Squaxin Tribal Members and Their Spouses

The Tribe is offering the services of Mark Allen, an attorney who has worked for the Squaxin Community for 10 plus years. Mark Allen is ready to assist Squaxin Tribal members and their spouses plan for themselves and loved ones by drafting wills and other end-of-life documents.

- Wills
- Powers of Attorney
- Advance Directives
- Health Care Directives
- Estate Planning



If you are interested in these services, please contact **Lindsey Harrell**, Legal assistant at the Squaxin Island Legal Department, at (360) 432-1771 ext. 6 or Lharrell@squaxin.us.

There is currently a waitlist for consultations, but we will be scheduling appointments each month. Call/email now to get on the list.



Parks and Rec Youth Program

Kasia Seymour and Kenna Acosta - Happy New Year! We hope everyone had a safe and relaxing holiday break.

During the month of December, we had our Community Christmas Celebration that was so much fun to help put together! Thanks to Brittney and Jerilyn for organizing such a magical event with Santa and his reindeer! We were all so excited to see all the youth and their families!

Kenna held a Christmas themed coloring contest in December, and she picked one winner for each age group. The winners were notified when they attended the after school program in January.

We will be announcing our weekly and monthly drawing winners on our Facebook page, so stay tuned!!

Parents, please keep an eye on our Facebook page for the Covid-19 symptoms we will be watching for. We hope you are all staying healthy and safe!

It is still getting dark pretty early, so please keep an eye out for our youth who may be walking home when we close at 6:00 p.m. every evening! Thank you.

We made beaded key rings on Thursday, January 6th during the after school program's cultural activity time.

On Friday, January 7th, we did a STEM science challenge with the youth entitled, "Which Paper Column Can Hold the Most Books?" During this challenge, youth made a sturdy tower out of paper, to the best of their abilities, with only a few supplies. Then we saw whose could hold the most books. A few winners of the challenge received a little something.

Every Monday we will continue to learn about traditional medicines with Jerilyn and do activities relating to this. January's plant focus was cottonwood. Monday, January 10th the youth made cottonwood bud oil and they were able to bring this home to share.

Tuesday, January 11th we made no bake cookies and on Thursday, January 13th youth made strawberry freezer jam to go along with Monday's activity of ... how to make fry bread! We also took a tour of our Squaxin Island Museum Library and Research Center that evening!

We tried something new at the end of the month - making ribbon shirts and skirts!

We hope you all had some fun family time in the snow. Be advised, due to the weather this time of year, we follow the Shelton School Districts schedule for delays or closures.

We will be open during mid-winter break, which is February 21st & 22nd for Shelton and Griffin School Districts. Stay tuned for activities and times. Any upcoming events and activities will be on our Facebook page, Squaxin Island Parks and Recreation Dept.

Squaxin Island Parks & Rec

Mid-Winter Break

February 21-22, 2022
Open 10am-3pm

Monday

- *Nature Walk
- *Make Homemade Butter
- *Animal Keychains

Tuesday

- *HM Apple Tarts
- *Bingo
- *Tpeeskin Playground

Safety Standards

All youth will be temperature checked upon arrival.

Families must notify one of the Parks & Rec Staff to reserve your youth's spot!

Call Kasia @ 360-432-3801
Jerilynn @ 360-432-3992

Tu Ha' Buts Youth Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Online After-School: 10-2 After-School Rec: 3-6pm Homework Help: 3-7pm	2	3 Online After-School: 10-2pm After-School Rec: 3-6pm Homework Help: 3-7pm	4 Online After-School: 10-2 After-School Rec: 3-6pm	5
7 Online After-School: 10-2 After-School Rec: 3-6pm Homework Help: 3-7pm	8 Online After-School: 10-2 After-School Rec: 3-6pm Homework Help: 3-7pm	9	10 Online After-School: 10-2 After-School Rec: 3-6pm Homework Help: 3-7pm	11 Online After-School: 10-2 After-School Rec: 3-6pm	12
14 Online After-School: 10-2 After-School Rec: 3-6pm Homework Help: 3-7pm	15 Online After-School: 10-2 After-School Rec: 3-6pm Homework Help: 3-7pm	16	17 Online After-School: 10-2 After-School Rec: 3-6pm Homework Help: 3-7pm	18 Online After-School: 10-2 After-School Rec: 3-6pm	19
21 Mid-Winter Break Open 10-3pm *Contact Kasia to Sign-up*	22 Mid-Winter Break Open 10-3pm *Contact Kasia to Sign-up*	23	24 Online After-School: 10-2 After-School Rec: 3-6pm Homework Help: 3-7pm	25 Online After-School: 10-2 After-School Rec: 3-6pm	26
28 Online After-School: 10-2 After-School Rec: 3-6pm Homework Help: 3-7pm					

• [Pool is currently Closed due to Maintenance.](#)

After-School Rec Program:

- Lunch is offered: 12:00-12:30
- Early Snack is offered: 3-3:45 pm
- Late Snack is offered: 4:00-4:45 pm

Homework Helpers in the TLC

- Monday, Tuesday and Thursday from 3-7:00pm
- Kindergarten and up!!

All activities are drug, alcohol, e-cigarette and tobacco free.
Activities and Calendar are subject to change at any time.



Pool Closure

The Squaxin Island wellness pool is currently closed and is in need of important maintenance and repairs. The Squaxin Island Parks and Recreation team is working hard at fixing this issue! In the meantime, please follow the Squaxin Island Parks and Recreation Facebook page to get updates on when we will reopen!

These programs will restart once we complete maintenance on the pool:

Early Morning Lap Swim:

Tuesday & Thursday
6:00 a.m. - 7:30 a.m.

Lifeguard Conditioning:

Tuesday & Thursday
6:00 a.m. - 7:30 a.m.

Daycare Swimming Lessons:

Tuesday, Wednesday, Thursday
9:30 a.m. - 10:30 a.m.

Open Swim:

Fridays 3:00 - 5:00 p.m. & 6:00 - 8:00 p.m.
Saturdays 4:00 - 8:00 p.m.

Swim Lessons:

Friday: 5:00 - 6:00 p.m.
Saturday 1:00 - 3:00 p.m.

Before the closure, we enjoyed an awesome community holiday pool event. During the Saturday evening of December 11th, we watched Frozen & Elf on the blow up screen. The youth had a great time splashing around while a holiday film played!

When we open up again, there will be more fun events planned! Some examples of the community events that the Squaxin Island wellness pool will host include but aren't limited to:

- Disco orb dance swim (swim with LED waterproof colored orbs and listen to family fun music)
- Soccer (sign up on teams and play giant blow up soccer in the pool)
- Capture the fish (capture the flag, but fish)
- AND SO MUCH MORE!

The Squaxin Island wellness pool misses you so much and will see you soon!

SQUAXIN ISLAND PARKS & REC

WE WANT TO SAY THANK YOU FOR THE EXTRA HELP DURING OUR COMMUNITY CHRISTMAS CELEBRATION.

*The Education Department helped in a variety
of ways throughout the event.*

*The Housing Department served yummy
treats and hot cocoa. Thanks to Maintenance,
also, for setting up our tent and portable
heaters.*

*This year DCD and Family Services
joined in decorating a tree!*

*The community voted on the
Best Decorated Tree:
The Winner was DCD*



Squaxin Island Parks & Recreation

Pool Closed

The Squaxin Island Wellness
Pool is closed for repairs.

If you have any questions or concerns
email pool@squaxin.us
Or call (360) 432-3852

Follow the Squaxin Island
Parks & Recreation Facebook to receive
updates on when the pool will re-open!

January 6 2022



– PLANNING AND COMMUNITY DEVELOPMENT –



Office of Housing

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 Juana Nelson at (360) 432-3863.

If you do not update your application by March 31, 2022, your name will be removed from the housing waiting list.



Attention Squaxin Island Tribal Homeowners

Have you been financially impacted by Covid-19 (on or off reservation)?

The Squaxin Island Tribe, Office of Housing, has applied for the Homeowner Assistance Fund (HAF) through the Department of Treasury and is waiting for approval on funding. We are accepting applications from Squaxin Island tribal homeowners (who live on- or off-reservation) who meet the following criteria:

1. You own the home, and it is your primary residence.
2. You have experienced financial hardship due to Covid-19 (after January 21, 2020) from one of the following:
 - Mortgage delinquencies
 - Foreclosure
 - Unpaid property tax
 - Past due utilities
 - Critical home repairs that would cause displacement
3. Your income falls at or below the following guidelines:

1 person (\$55,930)	2 persons (\$63,920)
3 persons (\$71,910)	4 persons (\$79,900)
5 persons (\$86,292)	6 persons (\$92,684)
7 persons (\$99,076)	8 persons (\$105,468)

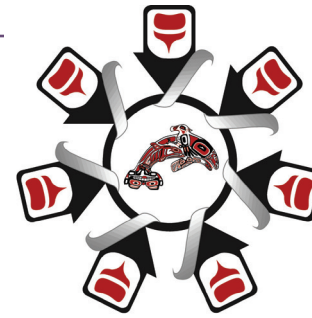


If you answer yes to all three questions, you may qualify for assistance through the HAF Program.

You may use this link to fill out the HAF application: <https://squaxin.formstack.com/forms/hafa>, or you may request a copy of the application from the contact list below.

If you have any questions or need assistance with the application, please contact:

Lisa Peters: lpeters@squaxin.us (360) 432-3871
OR
Liz Kuntz: lkuntz@squaxin.us (360) 432-3937



Planning and Community Development invites qualified contractors to register with us.

Register at:

<http://www.squaxinidland.org/contractor-registration>

Contact:

Diane Deyette, Facilities Planner
ddeyette@squaxin.us or (360) 432-3833
10 SE Squaxin Lane, Shelton, WA 98584

Squaxin Island Tax Site

BASIC RETURNS

February 7, 2022 -
April 8, 2022



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
- Wage and earning statements (Form W-2, W-2G, 1099-R, 1099-Misc) from all employers
- Interest and dividend statements from banks (Forms 1099)
- Other income documents and records of virtual currency transactions
- A copy of last year's federal returns, if available
- Total paid for daycare provider and the daycare provider's tax identifying number such as their Social Security number or business Employer Identification Number
- Form 1095-A, Health Insurance Marketplace Statement, to reconcile advance Premium Tax Credits for Marketplace coverage
- Letter 6419, 2021 Total Advance Child Tax Credit Payments to reconcile your advance Child Tax Credit payments
- Letter 6475, Your 2021 Economic Impact Payment, to determine whether you're eligible to claim the Recovery Rebate Credit
- 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



What's up at the Tu Ha' Buts Learning Center

Julie Youngs - This school year has been a challenge for sure. Just as we were thinking January 2022 was going to start smoothly, we ended up with staff unable to work in person! Unfortunately, this meant Student Advocates, the Virtual Academy staff, Homework Helpers, and pretty much everyone else was working from home and not able to work on site with students. We are hoping February is an easier month!

Student Advocates are now available at:

Bordeaux Elementary:	Tamika Krise
Olympic Middle School:	Kiana Wily
Shelton High School:	Isabelle LeClair
OBJH:	We hope to fill this position soon

If your student attends one of these schools and needs any help, tell them to ask for their Squaxin Student Advocate! If your student needs to miss school for any reason, please coordinate with your Student Advocate to arrange for schoolwork.

Squaxin Island Tribe's Virtual Learning Academy had a couple of truly virtual weeks where the students had to work from home due to Covid restrictions, but we are back in person. Eighth - 12th grade students attend in the mornings and K-7th grade students attend in the afternoons. The school is open Mondays,

Tuesdays, Thursdays and Fridays. Parks and Rec is partnering with us to provide snacks and lunch as well as before and after school activities. Students are able to do schoolwork from home as well as in-person at the Education Center.

Homework Help is back Mondays, Tuesdays and Thursdays from 3:00-7:00 p.m. at the Education Center. We now have three Homework Helpers each afternoon to help students with whatever schoolwork they wish to work on, such as practicing math facts for fun, getting creative with art projects, finding a comfy spot to read a book, or whatever! This is open to kids from any school, any district.

If you are struggling with attendance issues, please get in touch with Jaimie Cruz, she can help find resources, new strategies, student support, or something else we haven't thought of yet. This year is a tough one for students, and staying engaged can be a huge challenge. Jaimie is someone who can help provide opportunities and options.









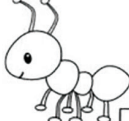






Higher Education students, if you have not sent in your final grades from fall yet, please do so as soon as possible. Scholarships are now becoming available. As soon as I receive information on scholarships, I will forward that to all Higher Education students. Spring quarter is quickly approaching. If you plan to attend and are not a current Higher Education student, please stop 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 11th. If you have any questions, reach out to Mandy Valley, (360)432-3882, mvalley@squaxin.us.

Name: _____



Nature WALK

Directions: Check off the items you find on your walk.

 dirt <input type="checkbox"/>	 leaf <input type="checkbox"/>	 flower <input type="checkbox"/>
 spider <input type="checkbox"/>	 butterfly <input type="checkbox"/>	 mushroom <input type="checkbox"/>
 worm <input type="checkbox"/>	 bird <input type="checkbox"/>	 ant <input type="checkbox"/>
 bee <input type="checkbox"/>	 squirrel <input type="checkbox"/>	 sprout <input type="checkbox"/>
 tree <input type="checkbox"/>	 cloud <input type="checkbox"/>	 grass <input type="checkbox"/>

Name: _____

Neighborhood Nature Scavenger Hunt

Put an X over everything that you find

 bird	 cloud	 leaf	 garbage
 flower	 stick	 bag	 mushroom
 bee	 dirt	 bug	 newspaper
 pollution	 feather	 recycle bin	 tree



You Can Help Your Family Lower Their Cholesterol

When you go to the clinic and get your cholesterol level checked, your health care provider will talk to you about your cholesterol numbers and what they mean.

The reason these numbers are important is because having cholesterol in target ranges means you have less risk for heart disease.

But no matter what the numbers are, you can improve you and your family's overall health, and reduce everyone's risk for heart disease. As a family, start doing these four things:

1. Walk at least 30 minutes, five days a week.
2. Eat foods high in fiber like beans, broccoli, apples, and whole grains like oatmeal.
3. Eat fewer high-fat foods.
4. Stop smoking, or if you don't smoke, don't start.

Call your health care provider today to get your cholesterol level checked. Make the four steps listed above parts of your family's healthy lifestyle.



Basic Bean Soup Recipe

Ingredients:

- 3 tablespoons olive or Canola oil
- 1 medium onion, chopped
- 1 tablespoon ground cumin
- 2 - 3 cloves garlic, diced
- 2 (14 1/2 ounce) cans black beans, rinsed
- 2 cups chicken or vegetable broth
- salt and pepper
- 1 small red onion, chopped fine
- 1/4 cup cilantro, chopped

Directions:

1. In a large pot, sauté onion in oil until cooked.
2. Add cumin.
3. Cook 30 seconds, then add garlic and cook for another 30 to 60 seconds.
4. Add the black beans and vegetable broth.
5. Bring to a simmer, stirring occasionally.
6. Add salt and pepper to taste.
7. Serve with garnish of red onion and cilantro

You can add carrots, celery and squash to make this an even healthier dish! In step 1, sauté cube-sized vegetables with the onion, then continue with the rest of the steps.



Produced by the IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov



South Puget Intertribal Planning Agency



USDA Foods Program February Dates

PT. GAMBLE S'KLALLAM 2/3/22

SQUAXIN ISLAND 2/8/22

SKOKOMISH 2/11/22

CHEHALIS 2/17/22

NISQUALLY 2/18/22

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.



Healthy for Good™

MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides — in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!



10
Minutes

of stretching is like walking the length of a football field



2.5
Hours

of walking every week for a year is like walking across the state of Wyoming



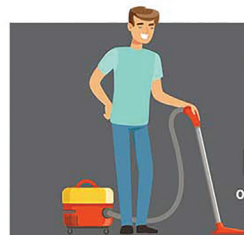
30
Minutes

of singles tennis is like walking a 5K



1
Hour

of dancing every week for a year is like walking from Chicago to Indianapolis



20
Minutes

of vacuuming is like walking one mile



30
Minutes

of grocery shopping every other week for a year is like walking a marathon

Source: purdue.edu/walktothemoon/activities.html

EAT SMART **MOVE MORE** BE WELL

For more ways to add activity to your life, visit **HEART.ORG/MOVEMORE**



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

12.23.21

Get Boosted!

What is a COVID-19 booster shot?

A COVID-19 booster shot is an additional dose of a vaccine given after the protection provided by an original vaccine has begun to decrease. Boosters help people maintain or increase their level of immunity.

Boosters do not mean an original vaccine is not working. Many vaccines need boosters, especially those that are not derived from a live virus, such as the COVID-19 vaccines.¹

Why do we need boosters?

Over time, COVID-19 vaccines lose some of their ability to protect against mild to moderate disease. They are still very good at fighting serious disease, but preventing **any** spread of the disease is important. Boosters rebuild, and can even increase, our immunity against COVID-19² and boosting the immune system after a pause can also improve immunity against new COVID-19 variants.

Who is eligible to get a booster?

All fully-vaccinated people ages 16 and older for Pfizer and 18 and older for Moderna and Johnson and Johnson are eligible for booster shots. You can receive a booster after:

- Six months after your second dose of either the Pfizer or Moderna vaccines.
- Two months after your Johnson and Johnson vaccine.

Which booster should I get?

Anyone 18 and older can choose any vaccine for their booster. The CDC recommends either the Pfizer and Moderna vaccines.³ Children ages 16 and 17 are only eligible for the Pfizer vaccine at this time.

Do boosters have side effects?

You can expect the same side-effects you experienced when originally vaccinated. Common side effects include pain at the injection site, chills, fever, tiredness, headache, and muscle pain. These are normal signs that your body is building protection against COVID-19 and the booster is working.

Where can I get a booster? Will I have to pay for it?

Just like COVID-19 vaccines, boosters are free. Some providers may charge administrative costs.

Check with your Tribal health clinic to see if they are offering booster shots. Boosters are also available at many pharmacies, including Walgreens, Rite Aid, Safeway pharmacies, and others. You can also check the Vaccines.gov website to find a site near you. <https://www.vaccines.gov/>

Stay safe for the holidays.

Many people will not receive boosters in time for holiday gatherings, but you can still stay safe.

Protect yourselves and your guests by planning your gathering so people can circulate easily, there is good air flow, and vulnerable people are not crowded. **And, wear well-fitted masks when not eating.**

Boosters and the Omicron Variant

Boosters can increase protection against Omicron 25 to 37 times over people not receiving boosters, early studies have shown.^{4, 5}

Only 30% of AI/AN people have received boosters⁶ and our elders are very vulnerable to COVID-19.

Get your booster as soon as possible!

“Vaccination and getting a booster dose when eligible are currently the most important things we can do to protect against COVID-19 caused by the Delta variant and a potential Omicron threat.”
Dr. Jeff Duchin, Seattle & King County Health Officer⁷

¹ <https://www.hhs.gov/immunization/basics/types/index.html>

² <https://www.houstonmethodist.org/blog/articles/2021/oct/how-do-i-know-if-i-need-a-covid-19-booster-shot/>

³ <https://www.cdc.gov/media/releases/2021/s1216-covid-19-vaccines.html>

⁴ <https://directorsblog.nih.gov/2021/12/14/the-latest-on-the-omicron-variant-and-vaccine-protection/>

⁵ <https://www.npr.org/2021/12/20/1065734884/moderna-says-its-covid-booster-increases-protection-against-omicron>

⁶ <https://publichealthinsider.com/2021/12/03/>

⁷ https://www.cdc.gov/mmwr/volumes/70/wr/mm7050e2.htm?s_cid=mm7050e2_w



HEALTH CLINIC



Covid-19 Statistics

Vaccinations

Dec. 15 - Jan. 15

Vaccine	1st Dose	2nd Dose	Booster
Moderna	1	3	65
Pfizer (5-11 year-olds)	12	8	0

Totals

Through Pandemic

	1st Dose	2nd Dose	Booster
	1,138	1,126	276
Fully Vaccinated	1,123		
Vaccines Provided		2,532	

Tests

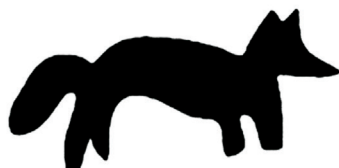
Dec. 15 - Jan. 15

Positive	Negative	Total Tests
106	353	459

Vaccine Status of Positive Cases

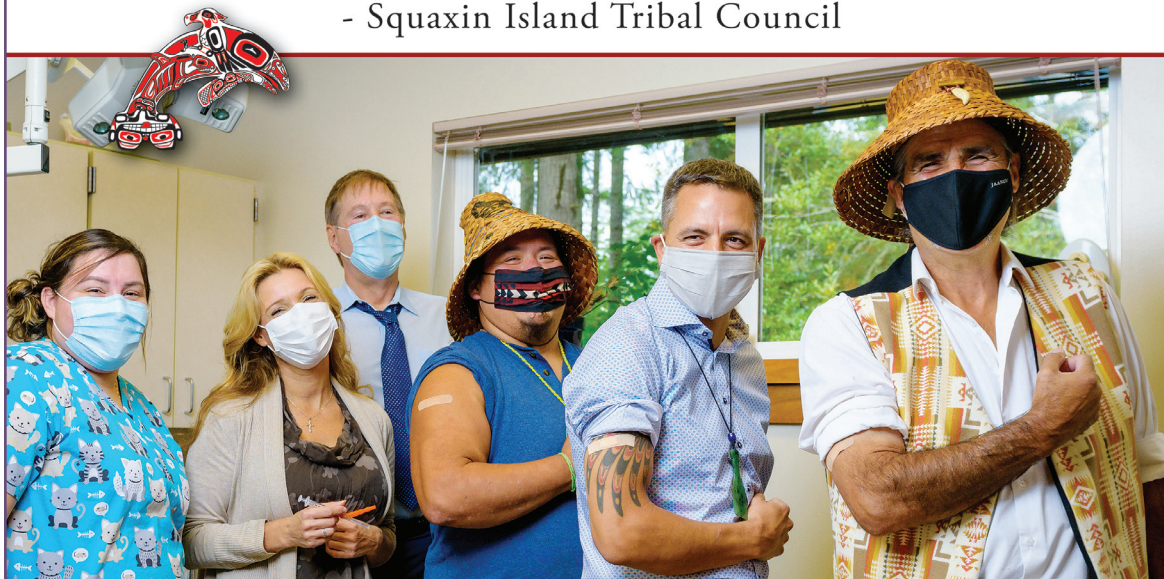
Dec. 15 - Jan. 15

Unvaccinated	1 Dose	2 Doses	Boosted
47	3	47	9



Thank **YOU!** for getting vaccinated!

- Squaxin Island Tribal Council



COVID-19 is **real**.

Stay home,
save lives.

TAKE CARE OF
YOUR HEART

February is American Heart Month

American
Heart Month

life is why™

FEBRUARY 2022

Drink Water

No added colors.
No added sugars.
It's just **water**,
and it's what kids need.

playeveryday.alaska.gov



Love with all your heart.

February is American Heart Month.

You can reduce your risk for heart disease. You can live a long, healthy life, and be there for your loved ones.

- Use tobacco in traditional ways only.
- Eat a healthy diet.
- Walk every day.
- Love with all your heart.



Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov

Carly's Corner: Diabetes and Your Oral Health

Submitted by Carly Goltiani, Registered Dental Hygienist at Squaxin Island Dental Clinic - If you or someone you knows has diabetes, I am sure you are aware of some of the extra challenges to staying healthy and comfortable. But are you aware of how diabetes can affect what goes on in the mouth? According to the Center for Disease Control and Prevention, diabetes can cause the following negative effects on oral health:

- If your blood sugar is high, the sugars in your saliva will also be high. This will increase bacterial activity which can lead to tooth decay and gum disease.
- Gum disease can be worse with more inflammation and bleeding and take longer to heal.
- Oral infections can take longer to heal.
- Dry mouth caused by less saliva production can increase risk of cavities.

So what can you do? The most important steps to proper health are to keep your diabetes properly managed and to see your Dentist regularly. Follow these important tips to keep your mouth happy and healthy (this also applies whether you have diabetes or not!):

- Brush your teeth twice a day for 2 minutes each time. An electric tooth brush with fluoride toothpaste is going to give you the best cleaning.
- Floss your teeth at least once a day.
- Use a fluoride and antigingivitis mouth rinse 1-2 times a day.
- Regular dental visits at least every 6 months that include check-ups and cleanings with yearly x-rays.

Call your Squaxin Island Dental Clinic today at (360) 432-3881 to make an appointment.

Source: <https://www.cdc.gov/diabetes/managing/diabetes-oral-health.html>

What is prediabetes?

Blood sugar levels are high, but not high enough to be type 2 diabetes.

Half of those with prediabetes develop type 2 diabetes if nothing is done.



Prediabetes is a Chance to Improve Your Health

Submitted by Patty Suskin, Diabetes Coordinator

Do you have a family history of diabetes?

Did you have gestational diabetes during your pregnancy?

Are you a woman with polycystic ovary syndrome (PCOS)?

You may be at risk for diabetes or prediabetes.

Fact: Individuals who have prediabetes are at significantly higher risk for cardiovascular disease (CVD) than someone without prediabetes. Prediabetes is not only linked to CVD, but also to chronic kidney disease (CKD) and heart failure.

The earlier we find out about any health issues, the quicker we can work on keeping you healthy.

If you have prediabetes, you can postpone or prevent diabetes by increasing your physical activity to the recommended at least 30 minutes per day and follow a healthy eating plan such as the two page My Native Plate:

https://www.ihs.gov/sites/diabetes/themes/responsive2017/display_objects/documents/printmat/IHS_MyNativePlate_Letter_BW.pdf

Other resources:

My plate:

<https://www.myplate.gov>

American Heart Association's Life's Simple 7:

<https://www.heart.org/en/healthy-living/healthy-lifestyle/my-life-check-lifes-simple-7>

Consider an annual diabetes screening (A1c) (fingerpoke).

Call the clinic at (360) 427-9006 to make your nurse appointment.

For individual guidance, contact Patty Suskin, Diabetes Coordinator, at (360) 432-3929 or psuskin@squaxin.us





COMMUNITY



Elders Menu . . . Fruit and salad at every meal



MONDAY 7:
Steak & Potatoes

MONDAY 14:
Shrimp Scampi, Sautéed Mushrooms,
Squash & Zucchini

MONDAY 21:
Tuna Casserole, Peas

MONDAY 28:
Chicken Pot Pie

TUESDAY 1:
Chicken Rice Soup,
Egg Salad Sandwiches

TUESDAY 8:
Clam Chowder, Fry Bread

TUESDAY 15:
Split Pea Soup, Roast Beef Sandwiches

TUESDAY 22:
Chili, Corn Bread

WEDNESDAY 2:
Burritos

WEDNESDAY 9:
Spam & Cabbage, Rice

WEDNESDAY 16:
Hamburgers

WEDNESDAY 23:
Chicken Yakisoba

THURSDAY 3:
French Dips

THURSDAY 10:
Chicken Fajitas

THURSDAY 17:
Breaded Veil, Mashed Potatoes w/
Gravy, Mixed Vegetables

THURSDAY 24:
Salmon Steaks, Veggie Rice
w/ Broccoli



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

**Emergency Operations Center
(EOC) Hotline**
(Information only - no voicemail)
(360) 432-3947

Community EOC Hotline
(Questions and voice mail message)
(360) 443-8411

**Emergency Management
Coordinator**
(360) 443-8410

**Community Emergency
Response Team (CERT)**
(360) 426-5308

Squaxin Police Department
Office Hours Monday - Friday 8:00-4:00
(360) 432-3831

PUD No. 3 Outage Hotline
(360) 426-8255

**Mason County Police
Dispatch Non-Emergency**
(360) 426-4441

**Mason County Fire
Non-Emergency**
(360) 426-3348

PRESCRIPTION DRUG

TAKE BACK BOX LOCATIONS



SHELTON

NEIL'S PHARMACY

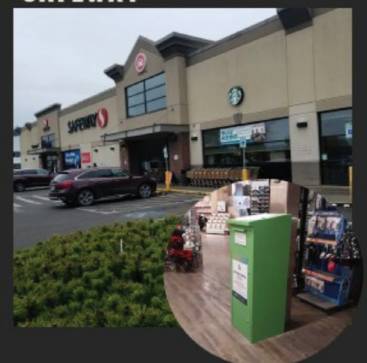


MASON GENERAL HOSPITAL



SAFeway

SHELTON PHARMACY





COMMITTEES COMMISSIONS & BOARDS

Please visit: <https://squaxinland.org/tribal-member-info/committees-commissions-and-boards>

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

3
Donald John Briggs
Mistifawn Andi Martinez
Rome Luis Ramirez Henry
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 Starr

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
Stefanie D. Kenyon

10
Aries Mae Blueback
Crisaleena Marie 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
Santino Saenz-Hernandez

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.

24
Fayila Prae Hewitt

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



Happy Birthday Lydia!
We Love You!
Love, Randy, Cynthia,
Brandon and Baby William!



What's Happening

Court:

FAMILY COURT:

CRIMINAL/CIVIL COURT:

VULNERABLE ADULT COURT:

February 3 via Zoom

February 8 in person

February 17 in person
(subject to change)

**USDA FOODS
WIC**

February 8

February 8



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

If it is an
EMERGENCY
CALL 911

Addiction is real. So is Recovery.

YOU MATTER AND WE CARE.

Let us help you back to recovery.
Make the call today, and find
out what resources are available.

- Opioid treatment
- Outpatient services
- Treatment services,
referrals & more

Business Hours
Monday - Friday
8:30 am - 5:00 pm

360-426-1582



SQUAXIN ISLAND TRIBE
**Behavioral Health
Outpatient Services**

Thank **YOU**

for protecting our community
by getting vaccinated!

- Squaxin Island Tribal Secretary Patrick Braese





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's height & weight,
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

or

Debbie Gardipee-Reyes 360.462.3227
gardipee@spipa.org

Main SPIPA number: 360.426.3990



Next WIC:

Tues., Feb 8, 2022

**We are continuing
remote phone appointments
at least thru March 2022 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.

Thank YOU for protecting our community by getting vaccinated!

- Squaxin Island Tribal Council Member Andy Whitener



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

(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

(360)426-1390