

SQUAXIN COMMUNITY:



TAKE THE SURVEY!
WE WANT YOUR FEEDBACK



SCAN ME



Attention Squaxin Community!

Salish Roots Farm is conducting a community survey to collect your valued feedback. Please take a few minutes to share your input and experience with our food sovereignty program. Your voice is critical in shaping the future of this program and we want to hear from you.

Scan the QR code to take the survey. Stop by the farm for a special gift once completed.

HENRY FAMILY
REUNION
dinner
▪ Music/Slideshow
Games ▪ photo booth



Dresscode: Earth colors



50 se squaxin
lane
shelton, WA 98584



12 January, 2024
5 PM

Coming up!!

2024 Winter General
Body Meeting

JANUARY 27, 2023
9:00 AM

Little Creek Casino
Sa-Heh-Wa-Mish Room

Raffle
Prizes!



Department
Booths

Don't miss this opportunity
to meet with your Tribal
Council Members!

If you have any questions please call the Tribal
Office at 360-426-9781.

Need a Tribal ID?



Contact Aleta Poste:

(360) 432-3923

acposte@squaxin.us



KLAH-CHE-MIN Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
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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
JAIMIE CRUZ:	Vice Chairman
PATRICK BRAESE:	Secretary
MARVIN CAMPBELL:	Treasurer
JEREMIE WALLS:	1st Council Member
VICKI KRUGER:	2nd Council Member
VINCE HENRY:	3rd Council Member

Klah-Che-Min Staff:

THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us



Squaxin Tu'Ha Buts Youth Center

Activities Happening in the After School Program January 2024



Tuesday January 2nd- Beading, Games and Playground.

Wednesday January 3rd- Winter Oil Pastel Art

GSD Early Release at 2:30

Thursday January 4th- Mini No Bake Cakes

Friday January 5th- STEM: Snowstorm in a Jar

Mondays in January 8th- Plant Teachings: Peppermint Bath Soak

Tuesday January 9th- Beading Bracelets

Wednesday January 10th- Friendship Bracelet Board

GSD Early Release at 2:30

Friday January 12th- STEM: Balloon Towers

SSD 1.5 Hour Early Release

Monday January 15th- MLK JR Day Non School Day Open 8:30-3pm, Plant

Teachings: Making Mint Tea, Games & Painting

Wednesday January 17th-- Homemade Puffy Snow Paint Art

GSD Early Release at 2:30

Thursday January 18th- Brookies

Wednesday January 24th- Winter Watercolor Painting

GSD Early Release at 2:30

SSD 1.5 Hour Early Release

Thursday January 25th- Mini Apple Pies

Friday January 26th- Movie Night 5-6pm Popcorn &
Snacks.

Wednesday January 31st- DIY Popsicle Stick Mini Cabins

GSD Early Release at 2:30

Contact Info.

Kasia Seymour kseymour@squaxin.us

Kenna Krise kekris@squaxin.us





What's happening at the Creek in the New Year

Crumbl Cookies are back! Tuesdays – Prime Timers 50+ can receive one free cookie. There will be drawings at 6:00 p.m. for three winners of \$250 in free play and 7:00 p.m. for one winner of \$1,000 in cash.

Everyone loves **hot seat drawings**! Wednesdays – Every 30 minutes from 1:00 p.m. to 9:00 p.m. If you're in the hot seat...you win! Being a Players Club members pays more, so don't forget to use your card.

Super Trip Sweepstakes – Grand finale drawing is January 5th. At 10:00 p.m. 10 winners receive \$250 in free play, 11:00 p.m. three winners receive \$1,000 in cash, and at midnight, one person wins an all-expense paid trip to the Super Bowl in Las Vegas!

Table Games Hot Spot – Mondays and Tuesdays in January (excluding January 1st and 2nd) from 2:00 p.m. - 9:00 p.m. play any table game for a chance to win \$100 in promo chips! These are hot seat drawings, so just be in the lucky seat for your chance to win.

Kiosk Party – All month long, on Fridays and Saturdays, swipe at the promotional kiosk! This kiosk party can land winners up to \$10,000 in cash each week!

~See the Players Club for complete details on all promotions~

Upcoming Entertainment

Anjelah Johnson-Reyes | February 3rd | 6:00 p.m. and 9:00 p.m.

Big Game Party | February 11th

Other Show Announcements Coming Soon!



Other News

Pay Per View – UFC

Now playing in the Starlight Sports Bar and Lounge. Join us on January 1st and January 20th for UFC 298 and 299. Place your bets at the Sportsbook and watch the fights!

January Hotel Package

Book a deluxe or premium standard room during the month of January to receive champagne and macarons, a cold breakfast basket, and a \$40 gaming credit. Rates start at only \$239.

Little Creek Casino Mobile App

The mobile app offers an easy and convenient way to keep up on the resort activities. Check your tier status, points, free play, and more, all at your fingertips, by downloading the Little Creek Casino Resort app available in the Google and Apple Play store!





ISLAND ENTERPRISES, INC.

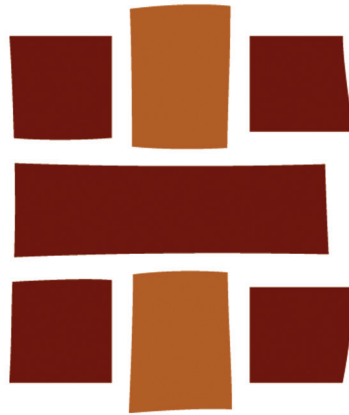


Island Enterprises, Inc. would like to thank all of our volunteers who helped us provide the community with over 200 turkey baskets for Thanksgiving this year and over 200 for Christmas.

We could not do it without you!

Thank you to LCCR and Harbor Wholesale for the donations to complete these turkey baskets.

We hope everyone had a fantastic Thanksgiving and Christmas, and we wish everyone a Happy New Year!



Job Announcements:

<http://islandenterprisesinc.com/employment>



Happy New Year!

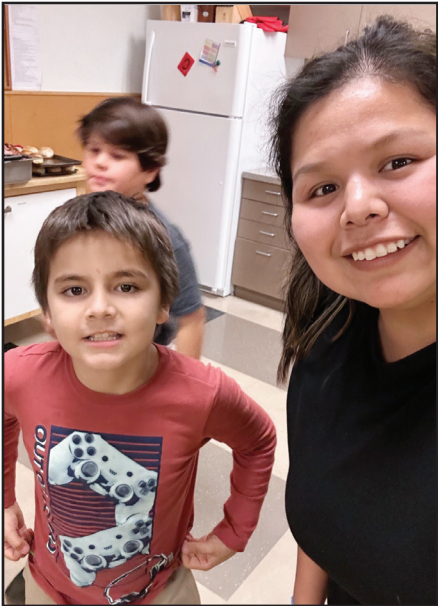




Youth Thankful Dinner



Eviana and Satayla



Kenna and Atawit



Barney



Tamika, Natalia, and Keesha

SQUAXIN ISLAND CHILD DEVELOPMENT CENTER IS LOOKING FOR VOLUNTEERS TO HONOR INDIGENOUS IDENTITY AND CULTURE THROUGH TRADITIONAL

STORY TELLING
DANCE
DRUMMING
WEAVING
BEADING
CARVING
GATHERING
MEDICINAL MEDICINE

INTERESTED VOLUNTEERS REACHOUT TO MARTI PETERSON
mpeterson@squaxin.us



Elias Ariah and Eliza



Siri



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



Bordeaux

Happy new year to our Squaxin fam!

I hope everyone had wonderful holidays! We sure had a fun December here at Bordeaux. The kids were getting all ready for the holidays, making gifts for family, getting their holiday pajamas ready, and much more.

I am excited to jump into the new year and really get a good jump start with my Bordeaux students. We are going to start with setting some goals and making plans to accomplish those.

I also want to add that I am always open for conversations and concerns, little or big. I am here for our students, but also a resource for our families. If there is an attendance concern, math problem, behavior concern, whatever it may be, I am here to help. I know how challenging it can be to remember or to relearn new school methods or to have those tough convos, so I am always ready to help.

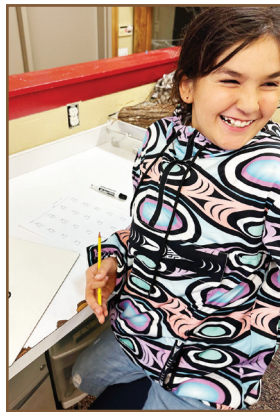
Lastly, I just want to mention that it is going to be a routine change after a long-deserved break to jump back into school. I want to encourage families to get our students to school and reassure them that they are awesome for doing so! Attendance is a huge part of our educational success. If there are any barriers, please reach out and we can navigate our way through it. Thank you all and have a great January!



Danielle Recess



Alexis reading!



Olivia all Smiles!



Blaze, James, Totten

Oakland Bay Junior High

Hi all, the first trimester just ended, and I am extremely proud of the work that the students put in. School tends to get hectic this time of year when we are in the holiday season, but the students were able to persevere. The 7th graders had a great first trimester, I thought that it might take a little time for them to adjust to a new school/environment but they did amazing. They were able to be vocal about what classes they were behind in and overall set themselves up to have an even better second trimester. The 8th graders also had a good trimester and have shown improvement from last year, I expect that we will see some more representation at the end of trimester assembly this year. Homework still is the number one issue for failing grades and I ask that you keep up on them.

School sports will start to ramp up after winter break so make sure that students know that they can't have failing grades in order to play on the teams. Girls' basketball has ended this month and boys' basketball will start up in January. I am excited for what the students will be able to accomplish on and off the court.

The student of the month is Wyatt Wentworth, he had a great first trimester in terms of grades and attendance. Wyatt will be recognized in the upcoming assembly for his grades, and I have no doubt that he will do even better next trimester. Wyatt was recognized by one of his teachers as someone that was able to help some of his fellow students work on problems that they struggle with.



Beau Henry



Camilo Krise and lab partner



Kiyote Sparr, Zach Johns, Jordan Tinaza, Camilo Krise



Olympic Middle School

Happy New Years! We are very happy for the new year, and are hoping everyone returns from their holiday break feeling new, refreshed, and ready to knock the rest of the year out of the park!

We had finished up December with a hot cocoa social and getting the kids in to make some posters representing themselves and their Tribe.

We also were super excited to get our collaboration with Cedar High Native Ed students started last month! Cedar High students are scheduled to come and join our OMS Native Ed students on Fridays to share lunch time and lead our middle school students in a reading group. We are thankful for our high schoolers coming and trying to spark joy in reading.

A big goal for this trimester is to see improvement in our overall reading levels.

We are keeping conferences in mind as we work to catch up on any missing assignments and improving our class scores. The first No-Missing Assignments Raffle for our Native Ed students will be held at the end of this month, and I am so happy to see how many of our students are already eligible for this raffle. I know we can grow the pool!



Luncheon with Council Woman Jamie Cruz and Leilani Blueback



Luke at Luncheon

Shelton High

Happy new year and welcome back SHS, students. I hope your winter break treated you well!

Now that we are back in school mode, I have a few things I would like to remind students and their families about:

January 15th SHS is closed for MLK day, but we will be open for our annual Admin Vs. Teens basketball game!

Then the final week of January is midterms, so let's make sure to be at school on time and ready to learn!

My final reminder is that we are open for homework help after school up at the education center 3:00 p.m. - 6:00 p.m! Come on up and get some assignments done with us after school. We will have light snacks for our teens!

Higher Education

If you haven't done so already, please turn final grades from fall quarter/semester in ASAP.

Also, if you have not completed your FASFA (2024-2025 school year, please do so ASAP.

FAFSA launched on December 2023 and is open until June 30th 2024. I hope everyone has a great winter quarter/spring semester.

If you have any questions regarding Higher Education or need assistance please feel free to contact me.

Thank you,

Mandy

Phone: (360)432-3882

Email: mvalley@squaxin.us



Squaxin Teens

haŋ sləx̌il,

December was a really good month for our teens! To start off our winter festivities, we headed to Suquamish for a birthday jam where the teens got to see our fellow tribes share their songs and dances.

During winter break, I hosted Culture Night Lock-In. During the lock-in, we weaved, made drums, did some beading, and ended our night with a movie and some hot coco.

I am always so grateful the teens love doing cultural events with me. It fills both mine and their hearts with so much joy.

Please Join us this MLK day for our **Staff vs Youth basketball game** from 3:00 p.m. - 6:00 p.m. (: This is always a very entertaining game to watch with many laughs along the way.





Season's Greetings & Happy New Year!

December's After School Program

We held our youth Christmas party on Thursday, December 14th from 5:00 p.m. - 6:30 p.m., and our theme was Whoville! It was a wonderful event, and we were so happy to see all the families dressed up in their pajamas enjoying the activities put on by each department. Santa and Mrs. Clause paid us a visit to give gifts to the little ones and take pictures with them and their families.

Monday, December 4th - Plant Teachings. The youth learned about Douglas fir . . . what it looks like, how it smells, and what kind of teas can be made with the Douglas fir tips.

Tuesday, December 5th - On Going Cultural Activity, Dream Catchers. Youth picked out three-inch hoops and chose leather strings and sinew. They did a wonderful job creating their own dream catchers.

Wednesday, December 6th - Mini Canvases and Paper Plate Trees - The kids made canvas and paper plate trees, and they turned out really cool.

Thursday, December 7th - Christmas Popcorn -The youth made some Christmas popcorn with Billie. They had a blast making their own sweet and salty treats, and they were really yummy!

Wednesday, December 13th - Paper Bag Snowman. The kids got to create some pretty awesome paper bag snowmen puppets., They took their creativity to the next level, and they all came out cool and decorative.

Monday, December 18th - Wednesday December 20th - Winter Recreation - We were open for our Shelton and Griffin students starting on Monday, the 18th, from 11:00 a.m. - 6:00 p.m. We did some plant teachings and water

color bubble art and watched a Christmas movie. On Tuesday, we were open 8:30 a.m. - 3:00 p.m. We made gingerbread houses and Grinch cake pops, beaded pipe cleaner ornaments, and did some weaving. On Wednesday, we were open 8:30 a.m. - 3:00p.m. We made winter window ornaments, strawberry Christmas trees, sparkly snowflake ornaments, and had a pool party from 1:00 - 1:45 p.m. This was a fun-filled Winter Rec., and the youth enjoyed swimming and making some awesome handmade gifts and treats.

We Hope You Had A Wonderful Christmas and Wish you a Happy 2024!

During early releases for Griffin and Shelton School districts, we will be open from 1:00 - 6:00 p.m. on all Wednesday early release days and 12:00 - 6:00 p.m. on three-hour early release days for youth and teens.

Stay tuned for upcoming events and activities on our Facebook page, Tu'Ha Buts Youth Center, or join our Remind app! Text @SquaxinTYC to 81010

Kasia Seymour, Youth Activities Lead

(360) 432-3801 or kseymour@squaxin.us

Kenna Krise, Youth Recreation Coordinator

(360) 432-3958 or kekrisse@squaxin.us

Sara Naranjo Johns, Youth Recreation Mentor

(360) 432-3992 or snaranjo@squaxin.us

Billie Lopeman-Johns, Youth Recreation Mentor

(360) 432-3919 or blopemanjohns@squaxin.us

January 2024 - Tu Ha' Buts Youth Center Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
1 Closed New Year's Day	2 After-School :3-6pm Beading, Games and Playground.	3 After-School 3-6pm Winter Oil Pastel Art <small>GSD Early Release@ 2:30</small>	4 After-School 3-6pm Mini No Bake Cakes	5 After-School 3-6pm STEM Snow Storm in a Jar
8 After-School 3-6pm Plant Teachings: Peppermint Bath Soak	9 After-School 3-6pm Beading Bracelets	10 After-School 3-6pm Friendship Bracelet Board <small>GSD Early Release@ 2:30</small>	11 After-School 3-6pm Winter Trail Mix	12 After-School 12-6pm STEM Balloon Towers <small>SSD Early Release 3 Hr.</small>
15 After-School 8:30-3pm No School MLK Jr Day Plant Teachings: Making Mint Tea	16 After-School 3-6pm Beading Bracelets	17 After-School 3-6pm Homemade Puffy Snow Paint Art <small>GSD Early Release@ 2:30</small>	18 After-School 3-6pm Brookies	19 After-School 3-6pm STEM Treasure Boxes Challenge
22 After-School 3-6pm Plant Teachings: Willow Flexibility Salve	23 After-School 3-6pm Beading Earrings	24 After-School 1-6pm Winter Water Color Painting <small>GSD Early Release@ 2:30 SSD Early Release 1.5 Hr.</small>	25 After-School 3-6pm Mini Apple Pies	26 After-School 3-6pm Movie Night: 5-6pm
29 After-School 3-6pm Plant Teachings Willow	30 After-School 3-6pm Beading Earrings	31 After-School 3-6pm Popsicle Stick Mini Cabins <small>GSD Early Release@ 2:30</small>		
Key: SSD – Shelton School District GSD – Griffin School District	After-School Meal Times: Early Snack is offered: 3:00pm-3:45pm Late Snack is offered: 4:00pm-4:45pm	Activity Time: 5:00-5:45pm	Contact: Kasia: 360-432-3801 or 360-490-0595 Kenna: 360-432-3958 Sara: 360-432-3992 Rec Room # 360-432-3986	

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



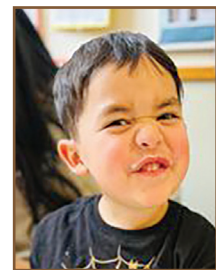
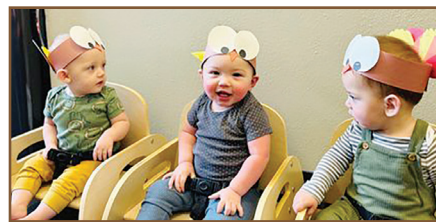
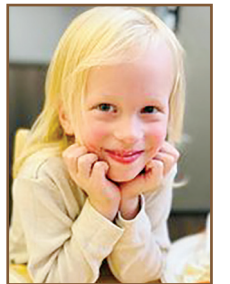
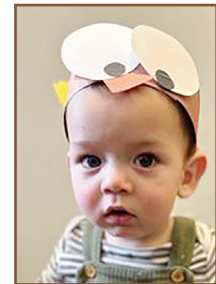
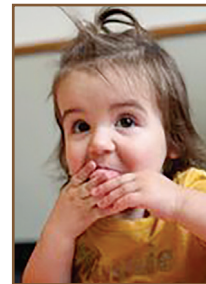
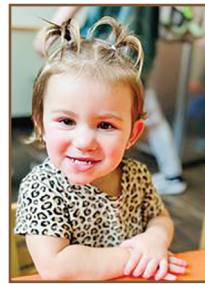
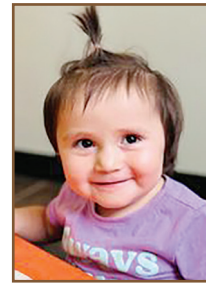
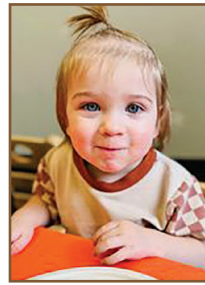
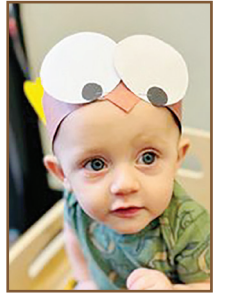
Friendsgiving

Squaxin Island Child Development Center recently hosted our Friendsgiving celebration, where students, families, and friends came together to share in the spirit of gratitude.

It was a true reflection of the close-knit community at Squaxin Island Child Development Center, marked by laughter, joy, and a delectable turkey lunch.

Beyond the delightful feast, Friendsgiving highlighted the importance of the bonds of friendship that make the center a warm and welcoming place for everyone involved.

The celebration served as a reminder of the diverse backgrounds and experiences that contribute to the unique climate of Squaxin Island Child Development Center.





ELDERS CHRISTMAS DINNER



Photos by Nancy Moore





ELDERS TRIP TO JAMESTOWN

Photos by Nancy Moore





New Employees



Jenna Cookston
Family Services Director

Hi, my name is Jenna (Kenyon) Cookston, and I have been hired as the Family Services Director.

I am the daughter of Kim and Kim Kenyon; my grandparents are Vern and Lucinda Kenyon; and my great-grandfather is Henry Alan.

I have worked at Little Creek Casino Resort for many years, in the spa, the cage, and in finance.

My career started at little Creek and then to governmental accounting at Mason Transit as Finance Administrator.

I feel this diverse background guided me to where I was meant to be.

I am excited to work with an established team who puts their heart into their positions. I have seen the work ethic and can-do attitude of team members. I am so thankful to be a part of this.

I'm excited to start this position and look forward to meeting everyone. Please stop by and say hello.



Aleta Poste
Enrollment Officer

Hi, I have been hired as the new Enrollment Officer.

I am proud to belong to the Krise family, being the daughter of Charlene Krise (Squaxin) and Bart Poste.

Over the past eight years, I've dedicated my efforts as the Program Manager for the Tribe's all-organic farm (garden) where I oversaw the program budget, projects, staff training, and overall visioning for the Food Sovereignty initiative.

Today, I am thrilled to dive into the world of Tribal Enrollment, offering support and guidance to our Squaxin people as they navigate the ever-evolving policies related to Tribal Membership.

Several years ago, I had the valuable opportunity to learn from Tammy Ford, contributing to Enrollment processes by updating records and assisting in the preservation of historical documents.

I look forward to continuing my journey in serving our Squaxin people through Tribal Enrollment, building on the knowledge gained from many before me. It's an honor to contribute to the preservation of our Tribe's history and assisting in navigating the complexities of Tribal Membership.

Thank you for the opportunity to be part of this important work.



Anne Johnson
Public Health Specialist

Hi! My name is Anne Johnson, and I have been hired as the Public Health Specialist.

I have been a registered nurse for 34 years. I've worked in the hospital, home health, and hospice and triage settings.

I'm originally from southern California, have been raised in Washington for 34 years, and have two sons in their 30s.

I'm very excited to serve the tribal community and hope to make a positive difference for the community.

I look forward to working the patients and the wonderful clinic team.



Ellen Bermudez
Registered Nurse

Hi! My name is Ellen Bermudez, and I have been hired as the Registered Nurse at the Squaxin Health Clinic.

I have two daughters, Tess and Dahlia. They are nine and seven years old.

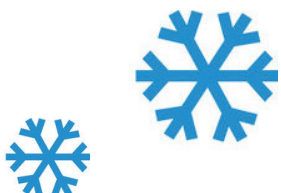
I have been a nurse since 2017. Nursing has allowed me to grow in caring for others and still allows me to have time with my family.

I have a bachelor's degree from Loma Linda University in California and have mostly been working in the operating room.

I am excited to work in a primary health care clinic with a team of health professionals.

I am excited to learn about the Squaxin Island Tribe community and culture and help with health care in any way I can.

I look forward to meeting you and working to serve this community.





New Employees



Morningstar Green
Family Health Manager

Hi! My name is Morningstar Green, and I have been hired as the Family Health Manager with the Child Development Center.

I love working with kids. I have a big family and value being a mother and an auntie.

I love building healthy relationships within my personal and professional life.

I'm most excited about working with families and sharing resources that will help guide them.

I look forward to building a new team with the work crew and building relationships with the community.



Tracy Sisson
NWITC Cook/Housekeeper

Hi! My name is Tracy Sisson, and I have been hired as the Cook Housekeeper for Northwest Indian Treatment Center.

I am a single mom of two teenage boys.

In January, I will have three years sober.

I am from lake Quinault, born and raised in the harbor.

I'm most excited about working around people in recovery, and I am very passionate about helping others.

See you around.



Tae'Lor Glass
Youth Sports Coach

Hi! My name is Tae'Lor Glass, and I have been hired as the youth sports coach at the Education Center.

I have two young sons with my husband of five years.

I have been involved in sports my whole life.

I look forward to sharing my knowledge with the youth.

I am very excited to help the youth find sports they love and thrive in those sports

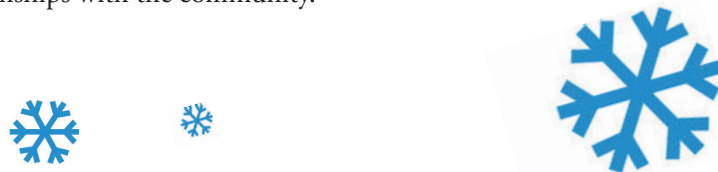
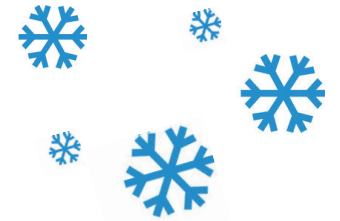
Please note the following positions are continuously accepting applications:

- Treatment Attendant (Elma)
- Housekeeper/Cook (Elma)
- On-Call Cook (Elders Program)
- Police Officer

If you would like assistance updating a resume or have questions about any of our open positions, please reach out to Jessica in Human Resources.

Positions are updated each Friday at:

www.squaxinisoland.org.



Employment Opportunities:
squaxinisoland.org



No-Cost Mental Health Services

The Tribal Opioid Response team, along with the NPAIHB, are offering **no-cost**, fully virtual substance use and mental health services to Indigenous individuals aged 15 years and older who live in WA, OR, or ID.

For information on how to access these services, visit:
bit.ly/TORMentalHealth

Tribal Opioid RESPONSE
Healing our Nations Together

NORTHWEST PORTLAND AREA INDIAN HEALTH BOARD



Scan QR code for virtual substance use or mental health services

Text 'OPIOIDS' to 94449

To receive videos, quizzes, and more to grow your opioid knowledge



HEALTH AND HUMAN SERVICES



Rachel Armas Health Services Director

Hello Squaxin Community!

My name is Rachel Armas. I am a Family Nurse Practitioner and now your current Health Services Director.

Who am I? Where do I come from? Why am I fit for this role?

I am a mother of eight children, four biological and four step-children.

My husband is an active duty Physician Assistant currently stationed with the 2nd Infantry Brigade at Joint Base Lewis-McChord. He worked his way up the ranks from private to Captain. He will be retiring as a Captain in the next 18 months.

Our life as couple began in the great city of Seoul, South Korea. I have moved 13 times since 2007, and have lived all over the world.

I grew up in Albuquerque, NM and graduated from the University of New Mexico in 2007 with a Bachelor of Science in Nursing (BSN).

I joined the Army in 2008 as a Second Lieutenant with duty at Walter Reed Medical Center where I cared for soldiers returning from the Iraq war.

In 2011, I deployed to Afghanistan from Fort Carson, CO. At that time, I had a six month-old son, who I was still nursing and a two year-old son who I had never spent a night away from. I cried the

entire 32 hours it took to get to the middle east. It was one of the hardest days of my life.

In Afghanistan, I had the honor of working alongside soldiers who sacrificed so much. We had hard days and good days, but we were always there for one another. We were a family. It was the most humbling life experience I ever had. I developed life-long friendships during that time. I promised myself, after that deployment, that I would live my life for those who never made it home. I vowed to leave the world better than I found it and solemnly swore to express gratitude and never take any day for granted. As personal as this is to tell you, I do it, so you know my values as a human being. I value people and I serve people.

In 2014, after my third son, I graduated with my Masters in Business Administration (MBA) from Northeastern University in Boston, MA and took on executive leadership roles in the Army, including Company Commander and Executive Officer.

I learned to value people, regardless of differences, and treat them fair and equal. I learned that capitalizing on individual strengths is equally as important as knowing individual weaknesses.

I hope my experience in a combat zone and as an Officer in the United States Army gives me the credentials needed to gain support from you and foster a collaborative mindset.

My role is to serve you by ensuring we meet regulatory guidelines and are compliant with standards.

We are building a highly qualified and knowledgeable team, committed to outstanding customer service and patient satisfaction.

When you can look to your right and to your left and embrace trust, you have the right team! My passion is helping others even at their worst. It is my calling!

After 12 years in the Army, I resigned as a Major to spend more time at home and with my family.

In 2021, I graduated as a Family Nurse Practitioner with a Masters in Science of Nursing (MSN) from Regis College in Weston, MA. Early next year I will resume education at the University of Cincinnati (don't worry, its online) for a third Masters as a Psychiatric Nurse Practitioner, so I can offer a holistic or whole body approach to patient care and reduce the need to refer patients out for psychiatric care.

I am the right person for this role, because I know the clinical side, as a provider, and the administrative side. My experience embraces the best balance of both and ultimately a safe patient environment with the best customer service and the highest quality of care.

Squaxin Island Tribe deserves only the highest quality of care from the highest quality team.

I am honored to be here, and vow to serve you safely and kindly.

I look forward to our future together.



Mammogram Dates

2/29/2024	6/20/2024
3/28/2024	7/25/2024
4/25/2024	8/29/2024
5/16/2024	9/26/2024

Contact Clara Hernandez to get scheduled.
Phone#360-432-3930
Email : chernandez@squaxin.us



— HEALTH AND HUMAN SERVICES Q & A —



Can you provide an organizational roster and directory for ease of communication?

Yes. We can post a directory on the HHS website for everyone to find.

Can you post an employee spotlight and clinical focus in the Klah-Che-Min?

Yes. We do include educational articles monthly, but it sounds like the community wants to know roles and responsibilities of staff. Would like to learn more about employees who serve the community. We are starting an employee of the month program and can include that in the Klah Che Min with a blurb about the employee. We can include a monthly updated list of HHS employees and their roles. We will not include individual contact information in the Klah Che Min.

Can you use text messages for closures and on voicemail recordings?

Maybe. The Health Services Director will have to coordinate with other departments in order to do this. We are currently investigating our current system capabilities and see how we can incorporate it into our current flow. For now, we will use ONLY the HHS website for formal means of communicating closures and schedule changes.

Do you have the ability to transport patients to and from the clinic or other specialty appointments?

We have a support specialist that can help coordinate transportation for patients under certain circumstances. Circumstances include; patients with unreliable transportation, complex medical and social needs and homelessness.

Can the clinic work with the youth and summer program?

We are currently working with the Child Development Center to teach healthy snack and meal preparation. There is a need for adolescent programs, classes and groups and we are working aggressively to fill staffing vacancies to meet this need.

What is the problem with retention of staff?

To address staff retention concerns, we are actively working on two fronts: addressing uncompetitive salaries and fostering a positive working climate and culture under the current Health Services Director. Since August, no staff members have resigned, and efforts are underway to welcome back previous team members.

Can you post clear and concise signage in the lobby, so patient know where they are going?

We do have posted signs that we could color code or enlarge to make them easy to find. Signage is good because it easily identifies flow, but it also may reduce the necessity to talk. The best way to correct this concern is with outstanding customer service. This means reception acknowledgement and greeting patients as soon as they walk through the door. Asking simple questions “How can I help you?” or “How are you today?” It forces the customer service skills.

Are Squaxin tribal member really the priority? Perceptions are that Squaxin Tribal members are not a priority for services.

Our priority is to serve the Squaxin community health needs holistically and safely. We are working to collaborate with the community on needs.

Are staff educated on trauma informed care?

There is not a formal training, but our team here is working to coordinate a Squaxin cultural training and education class. We are happy to take volunteers.

What are the issues with Tribal Member Services (previously PRC)? Why are my bills in collections?

As the Health Director, this is my priority right now. I am aware of the deficits of the current process. Overdue medical bills can be reported to the credit bureau and impact your credit once sent to collections. Once a specialist has agreed to payment of services, the bill should be provided to TMS department, not the patient. We are working with specialists to ensure bills are being paid to avoid being sent to collections. For those that are in collections, we are making those bills a priority. If you have outstanding medical bills, please bring them to the clinic and give them to Eric Ellerbe.

We are working with our legal team to notify outside providers of laws associated with referred care. There are two main issues of concern; 1) patients are not always notifying outside providers of their PRC coverage, which then begins the process 2) outside providers are not always aware of coverage, although we have communicated it. We are formulating a standard process to help mitigate confusion for both the tribal member and the health providers involved in the care.

What is the no show/late policy?

There is a no show policy. Patients can make medical appointments as often or as frequent as they would like and as is available. We will schedule patient regardless of frequency of no show.

We understand things happen that sometimes impact patient ability to make it to a scheduled appointment. We try our best to be flexible. We do no show patients when they are 10 or more minutes late if the provider has another scheduled appointment as to not keep other patients waiting past their scheduled appointment time. In a case that a patient shows up after the 10-minute window, we will make every attempt to still see the patient, but it will be when the provider can get them in. It may be immediately or several hours. If a provider is completely full that day, we may have to reschedule it. Availability to see patients is provider discretion.

If you are running late, you should call the office and let reception know that way your expectations are set before you arrive.

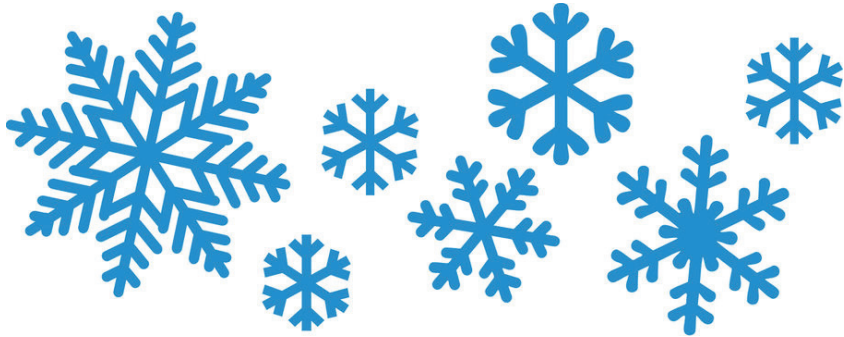
Why am I not able to get medication refilled at the pharmacy even though a Squaxin Tribal Member? What is the refill policy?

The law states that a patient has to be seen by a Squaxin clinic provider within the last year in order to get medications filled by our pharmacy. Patients are not required to have a primary care provider here at the clinic, but they need to be established with the clinic.

Medication refills take a least three days. Medications often times require annual lab tests or follow up. In order to maintain safety standards, providers have to review medical records before refills. We do not have scheduled time allotted for providers to refill medications. They are done in between patients, so it does depend on the how busy a provider is. We ask that you do not request same day refills, so there is no compromise to your safety.

Safety is always a priority, so we need time to review. Please allow 3-5 days for medication refills.

Thank you to all who participated!



Suicide & Crisis Lifeline

Dial 988

for mental health emergencies.

Text **NATIVE** to 741741 for free, 24/7 support.
#WeNeedYouHere



IN CASE OF INCLEMENT WEATHER, THE HEALTH CLINIC FOLLOWS THE CLOSURE POLICY OF THE SHELTON PUBLIC SCHOOL SYSTEM.

ON THE DAYS THE SHELTON SCHOOLS CLOSE FOR BAD WEATHER OR ARE ON DELAYS THE HEALTH CLINIC WILL BE CLOSED FOLLOWING THESE ANNOUNCEMENTS.

IF YOU HAVE AN APPOINTMENT WITH US DURING A TIME WHEN THE SCHOOLS ARE CLOSED, PLEASE CONSIDER YOUR APPOINTMENT CANCELLED AND WE WILL CALL TO RESCHEDULE YOUR APPOINTMENT ONCE WE ARE BACK IN OFFICE.

Community Members are encouraged to listen for local school closures in cases of inclement weather.

If you have any questions please call the Health Clinic

(360) 427-9006

Substance Use Mobile Outreach of Mason County Syringe Exchange, Recovery Services, Peer Support

Tuesday

11am - 1pm
Belfair

Community Food Pantry Parking Lot
71 NE Old Belfair HWY

2pm - 4pm

Skokomish Nation

Empty lot North of Lucky Dog Casino
19670 N Hwy 101

Thursday

11am - 1pm

2pm - 4pm

(closed for lunch 1pm - 2pm)

Kamilche

Empty lot next to Kamilche Trading
Post (KTP) Express
3850 SE Old Olympic Hwy

Supplies Available:

- Narcan (nasal and injectable)
- Overdose prevention education
- Syringe exchange and safer use supplies
- Wound care supplies and education
- Safer sex supplies
- Socks
- Nutrition shakes
- Hygiene supplies
- Menstrual products
- COVID tests
- Sleeping bags

****While supplies last****

Services Available

- Peer recovery support
- Case management
- Connection to treatment, medical, and dental care
- Harm reduction education



Look for an RV with a "Mobile Outreach" sign on windshield. Locations and times are subject to change.
Call (360) 427-9670 ext. 128 for a recorded message with up-to-date information
Call or text (360) 463-7949 with any questions.

Q: CAN I STOP TAKING SAFETY MEASURES AFTER GETTING A COVID-19 VACCINE?

A: As we continue through respiratory illness season and people begin to travel and gather for the holidays, vaccinations are paramount in protecting against severe illness, hospitalization and death. After getting vaccinated for COVID-19, you can more safely return to doing activities that you might not have been able to do at the height of the pandemic. However, if you're in an area with a high number of people hospitalized with COVID-19, the [Centers for Disease Control and Prevention \(CDC\)](#) [recommends](#) wearing a well-fitted mask indoors in public, whether or not you're vaccinated.

The CDC also recommends that you wear a mask on planes, buses, trains and other public transportation, as well as in places such as airports and train/bus stations. If you are experiencing COVID-19 (or flu/RSV) symptoms, stay home, get tested and seek treatment as needed.

Those with a weakened immune system or at higher risk of serious illness may need to wear a mask in additional circumstances. Check with your health care provider to see if you should wear a mask at other times.

If you are [up to date](#) with your COVID-19 vaccine and you've had close contact with someone who has the COVID-19 virus, get tested at least five days after the contact occurred.



AA MEETING

Every Wednesday
7:30-9:00 p.m.
Elders Building

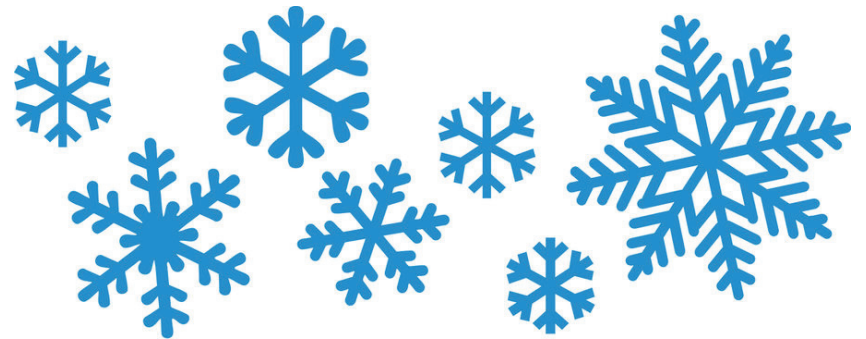
Did You Know?

Feedback forms are available on:
squaxinislnd.org

Feedback forms are available for tribal members to provide feedback at the top of each department's main page, as well as the Tribal Council page.

Your valuable feedback will go directly to the director of the department and the Executive Director Erika Thale.

Please take time to let us know what great ideas and concerns you have.





Did you know?
WIC provides fresh, frozen, and/or canned vegetables and fruits!
WIC clients can choose what works best when using the WIC Card

Depending on your WIC category, you will be able to spend this much on vegetables and fruits (fresh, frozen, and/or canned) each month:

- Children age 1-5: \$26/month
- Pregnant and non-breastfeeding women: \$47/month
- Breastfeeding Women: \$52/month

Check your WIC shopper app under "WIC Allowable Foods" for the canned vegetables and fruits just added.

FRESH is fun.
FROZEN is fantastic.
CANNED counts.

Selected farm stores and farmer's markets will accept the QR code on your WIC app for fresh vegetables and fruits- check your app for approved locations

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



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

If it is an
EMERGENCY
CALL 911



**Culture Night
at the Museum**

**Wednesdays
5:30pm**

Join us for food & fun to
celebrate Squaxin Culture



CHRISTMAS DECORATING FUN



Photos by Juana Nelson

Office and Door Decorating Results

Thank you everyone who participated in the office/door decorating this year!

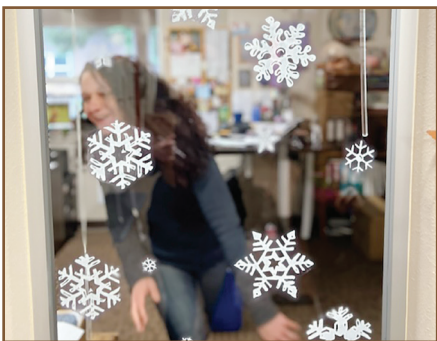
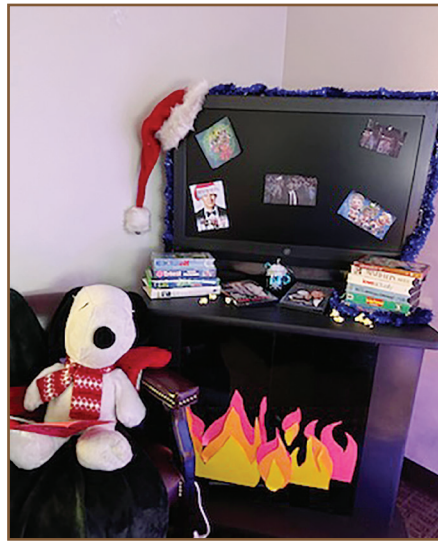
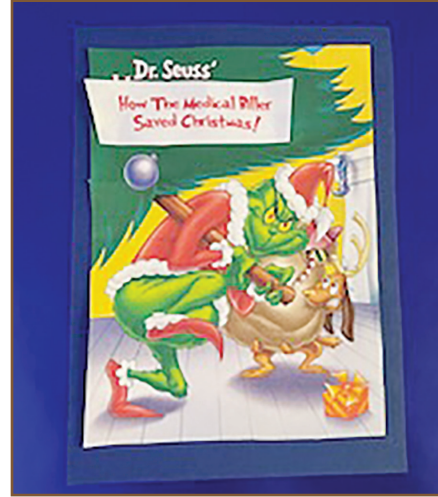
What great Holiday Spirit there was throughout departments.

The winners of the 1st annual office decorating championship are: Kim and Tracie in Billing and Coding at the clinic.

The runner up is: Jenn Ogno, Assistant CFO in Finance.

Kim and Tracie collaborated together and created something amazing.

Jenn brought back some old country Christmas times. You could almost smell the pumpkin pie just walking into her office.

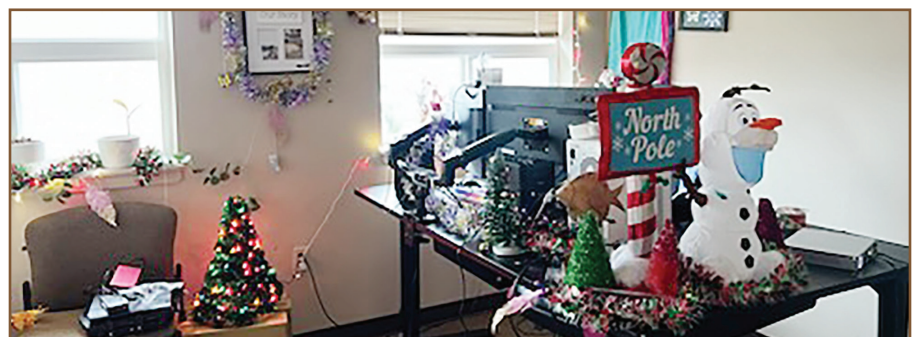
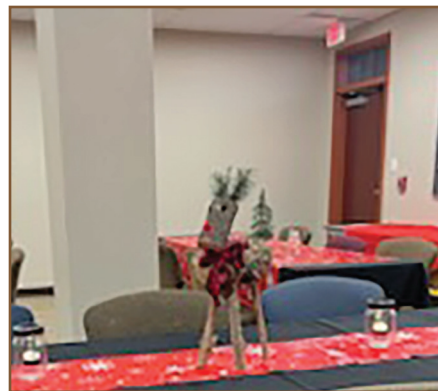
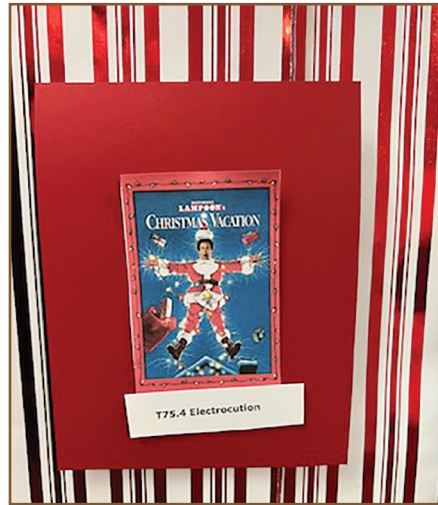




CHRISTMAS DECORATING FUN



Photos by Juana Nelson

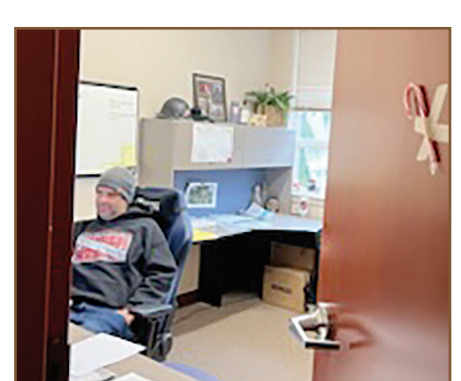




CHRISTMAS DECORATING FUN



Photos by Juana Nelson





CHRISTMAS DECORATING FUN



Photos by Juana Nelson





COMMUNITY



- | | | |
|---|---|--|
| 1
Aaron Nathaniel Evans
Jessica Kay Solano
Nancy A. Moore | 9
Deanna Mary Hawks
Emmalee Georgena James
Janita Lee Raham
Jazmin Victoria James | 18
David Norman Dorland
John A. Ackerman |
| 2
Fernando M. Rodriguez
Patrick Allen Braese
Sydney Marie Tuso
Tory Lee Hagmann | 10
Isaac J. Ackerman
Samantha S. Armas
Stephanie Michele Peters
Tiffany A. Valderas | 19
Emily Ruth Whitener |
| 3
Nohea S. K. Robinson-Black | 11
Anthony Joe Armas
Cassidy J. Gott
Emilie Rose Burgain
Lolyta Jean Johns
Natasha Page Bush
Patricia Johnna Green
Seilyah Hernandez-Smith | 20
David Micheal Bear Lewis
Jadha Ann James
Leonard William Hawks III
Santana Lee Krise |
| 4
Aaron M. Raven Peters
Elias Dade Coley
Halia Marie Cooper-Lewis | 13
Connie Renee Whitener
Marvin Eugene Campbell Jr. | 21
Jacob Wesley Campbell
Traci Lynn Lopeman |
| 5
Christopher Wade Stewart
Two Hawks Krise Young | 14
Sheena Marie Lewis Glover | 22
Kahsai Tiefel Gamber
Percy James Welcome
Shawnell Lynn McFarlane |
| 6
Kye Richard Gray
Lincoln L. Villanueva
Moses Elijah Kruger
Samantha Ackerman
Sherry Lynn Haskett | 15
Ashton Ryder Coble
Jesse Raymond James
Kayla Marie Scelopin Peters | 23
Keona Anahoi Rocero
Linda Kay Jones |
| 7
Charlene Holly Blueback
Kaleb Darrell Krise
Melissa Rose Dawn Whitener
Zachery G. Clark | 16
Imalee Rose Tom
Shelby V. Riley | 24
Jeremy Turner Sigo
Miguel Jordan Saenz-Garcia
Mini Maree Ali Gamber |
| 8
Francis Arnold Cooper Jr.
Melanie Evelyn Sequak
Patti Lee Riley
Shila Mae BlueBack | 17
Barbara Eileen Cleveland
Charlotte Sky Bradley
Tristan Isaiah Coley
Whitney Amber Jones | 25
Adonis Micheal Bradley
Jace L. Merriman
Margaret Catherine Henry
Percina Erin Bradley |

- | | |
|---------------------------|--|
| 29
Sharleina E. Henry | 31
Brandon Lee Stewart
Nikolai A. Cooper |
| 30
Buck Gene Clark Jr. | |

SA-HEH-WA-MISH POTLATCH COMMITTEE!

THE GOAL IS TO BRING BACK
SA-HEH-WA-MISH "POW WOW" AND
REINTRODUCE THE NAME BY CALLING IT
SA-HEH-WA-MISH POTLATCH.

THE ESSENTIAL IDEA IS TO ORGANIZE A
GROUP TO PLAN AND COORDINATE THIS
EVENT.

SIGN UP TODAY!

Contact Megan Banks at mbanks@squaxin.us
to be included on the mailing list.

BINGO NIGHT

Join us for a night of fun and games
Get ready to shout "BINGO!", win some amazing prizes, learn more about
your health and how you can prevent cancer. Make sure to schedule your
appointment with our provider if you are due for a screening. Food and
beverages provided by Squaxin Clinic.

**SQUAXIN ISLAND TRIBE'S
CERVICAL CANCER AWARENESS EVENT**

FRIDAY, JANUARY 26, 2024
4 PM - 6 PM
**Squaxin's Community
Kitchen**



What's Happening

General Body Meeting: January 27

Staff vs. Youth Basketball Game: January 16

Court:

Family Court: January 4

Vulnerable Adult: January 8

Criminal/Civil Court: January 9



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., Jan 9, 2024

We're offering both phone appointments and in person appointments.

wic WOMEN, INFANTS & CHILDREN

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



Time to remember

Elizabeth Ann Seymour

memorial
April 20, 2024
Taholah Community Center
Lunch at noon
traditional giveaway

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

MONDAY 1:

CLOSED Happy New Year!

TUESDAY 2:

Clam Chowder, Fry Bread

WEDNESDAY 3:

Baked Potato Bar, Broccoli

THURSDAY 4:

Fajitas

MONDAY 8:

Green Bean & Tator Tot Casserole

TUESDAY 9:

Minestrone Soup, Veggie Wraps

WEDNESDAY 10:

Chalupas

THURSDAY 11:

Pork-N-Mushroom Gravy,
Mashed Potatoes, Broccoli

MONDAY 15:

Enchilada Casserole w/ Spinach

TUESDAY 16:

Baked Potato Soup w/
Turkey Sandwiches

WEDNESDAY 17:

Stuffed Bell Peppers

THURSDAY 18:

Baked Chicken, Rice Pilaf,
Green Beans

MONDAY 22:

Tuna Casserole, Peas

TUESDAY 23:

Hamburger & Vegetable Soup,
Flat Bread

WEDNESDAY 24:

Chicken Wings, Veggie Rice

THURSDAY 25:

BBQ Ribs, Mac-n-Cheese,
Cauliflower

MONDAY 29:

Chicken Broccoli Alfredo w/ Noodles

TUESDAY 30:

Tomato Basil Soup, Grilled Cheese

WEDNESDAY 31:

Stroganoff, Brussels Sprouts



Bible Study

Non-Denominational and Led by Marvin Campbell



Community Kitchen
Thursdays at 6:00 p.m.

ATTENTION: 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. Please be advised that this program provides estate planning services in accordance with **WASHINGTON STATE** laws.

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

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

If you schedule an appointment and you decide you cannot make it, please respectfully cancel PRIOR to the day of the appointment.



In Washington State, Help is 3 Numbers Away

211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

Food
Housing and Shelter
Utility Assistance
Healthcare Services
Government Services

Call for
Information and
Community Resources
211

211 also can connect people with information and referrals for:

Transportation
Legal Services
Counseling
Disaster Aftercare
Everything Else

988 provides crisis support for:

Thoughts of Suicide
Mental Health Crisis
Substance Use Crisis
Emotional Distress

Call for Suicide
Intervention and
Crisis Support
988

Whole
Person
Care

Call for
Emergencies
911

911 provides first responder dispatch for:

Medical Emergency
Fire
Reporting a Crime
Disaster Response
Life Threatening Situation

2-1-1

Washington



Learn more at
Traumatic Brain Injury



TRAUMATIC BRAIN INJURY
Strategic Partnership Advisory Council
of Washington State



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