



SECTION 2: Health & Wellness



March was **Problem Gambling Awareness month** and Behavioral Health worked hard to get the message out to community members that there is help available!

On March 14th we had a Healing Dinner with pizza, a beautiful opening song by some Canoe Family members, a brief presentation from Julia Joyce, Gambling Outreach and contact person at behavioral health program. During this event we had the opportunity to hear the stories of two program participants as the icing on the cake! It is exciting to see tribal members engaging recovery and wellness!

On March 21st, Muckleshoot Behavioral Health presented to the Tribal School junior high and high school English classes information about what problem gambling looks like for adolescents and adults. Ask your high school students about what they learned.

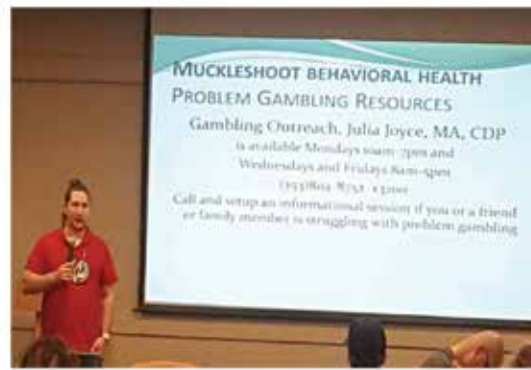
Even though March has come and gone, Julia will continue to reach out in the community to make sure everybody knows about the services available for Gambling Disorder.

Look for Julia at the upcoming Pow Wows and community events.

For more information about **problem gambling** and other resources available at Behavioral Health follow our Facebook page at <https://www.facebook.com/Muckleshoot-Health-and-Wellness-Center-101642323266329/> Or contact Julia Joyce at 253-804-8752



Marlene Cross, Muckleshoot Tribal Elder and recovering "gambaholic"



Seath Thomas, Muckleshoot Tribal member and recovering compulsive gambler

THANK YOU..



Jesse 'Jesse' Garcia

I would like to thank the Muckleshoot Tribe for giving me the opportunity of spending my entire counseling career working for this community. I had the privilege of witnessing and being part of the great changes that occurred over the last sixteen years, so much growth in prosperity, cultural revitalization, and health.

I want to thank my co-workers for their support and acknowledgment. Thanks to all those involved in planning and making my retirement dinner such a meaningful and rewarding night. I really appreciated all the attention to the things that made it a very heartfelt occasion for me. Special thanks to Aaron and Cece for your thoughtfulness. Thank you Cece and Alicia for the beautiful blanket bearing the Medicine Wheel design, and Aaron for the cake with the same design.

A very special thanks to those of you that attended the dinner, and to those that tried but couldn't get there because of the accident or other responsibilities. I am humbled by the kind words expressed by old friends and community members. I was overwhelmed by your generosity and expressions of gratitude and for the recognition of my work.

Thank you, Rosie, for mentoring my internship, giving me the teachings of the Medicine Wheel and reminding me to counsel with compassion. You encouraged me to educate myself on Salish Coastal Peoples, to gain insights and understand the culture of those I wanted to serve the best I could. I am very grateful to you for believing in me and for your close friendship throughout all these years.

And to my old friend Mick, I am forever grateful for your support and encouragement in my efforts to provide a culturally sensitive and relevant treatment model.

I would like to close with a story I would share in my group related to my own recovery. I would often be asked about how long I have been clean and sober. It is an easy answer: I was in my first year of recovery when my grandson Alex was born in 1999. A couple of years or so later, my daughter would bring him over while she went to work. I was going to school then and unemployed.

Alex would arrive with two small, blue suitcases with fifty "Hot Wheels" cars in each of them. He would open them and go through each one, one car at a time, describing the model, year, and who gave it to him or where he found it. Every day, he would do this and I would express surprise like it was the first time.

During that time I knew that if I had not been in recovery, I would not have been there for him. After years of sharing this as an example of a Spiritual moment, I had the realization that he had been put there for me. He was my reward, my gift... just as sure as I was put there for him.

At the dinner, as I spoke and looked around at everyone in the room, it reminded me of all those times in group when I believed I was put there for you. You allowed me to help you, your willingness to change, to trust me with your pain and problems made me a better human being... a better counselor. I know now you were put there for me too. Thank you for having the courage to take the journey around the Medicine Wheel with me as your guide.

Respectfully,
Jesus "Jesse" Garcia BA, CDP



Donny and Jess



Jess and Sharon



Steve and Jess



Sugar and Jesse

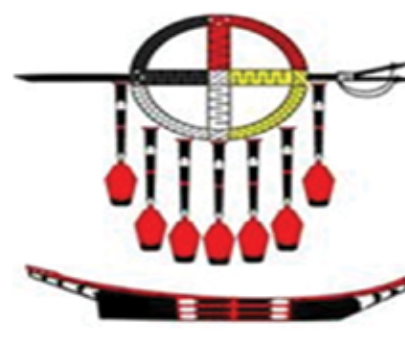
Come join us for another Diabetes Group meeting!

When: May 23rd in the HWC Mountain Room

What time: 10:30-11:30am

What are we doing? HWC staff will be discussing and demonstrating various movements to improve blood flow and strength. Oh, and yogurt parfaits!

MUCKLESHOOT BEHAVIORAL HEALTH



PROBLEM GAMBLING RESOURCES

Muckleshoot Resources
Behavioral Health Gambling Outreach
Julia Joyce, MA, CDP is available Monday, Wednesday, and Friday 8am-5pm
(253)804-8752 x3200
Call and setup an informational session
Local Gamblers Anonymous Meetings
Winner's Circle—Wednesday at 5:30pm, MIT Family Outreach Center
Tuesday & Friday Noon, South King County Alano Club
Tuesday 7:00pm, Crossway Church, 209 M St NE, Auburn
Friday 7:00pm, VRFA HQ, 1101 D St NE, Auburn
Sunday 6:30pm, New Hope Baptist Church, 14024 Stewart Rd, Sumner/Pacific

State/National Resources
Washington State Gambling Helpline 1-800-547-6133



Want Your Medical Bills Paid Quicker?

If you are getting statements from a doctor, hospital, x-ray, ambulance, lab and you received a PO number from CHS.

If you have insurance and got a PO number from CHS, please bring in the EOB, paper from your insurance stating how they processed/paid your bill.

Please bring the statement(s) and anything from your insurance to the CHS office, so we can pay your medical bills faster.

Many times, your doctor does not send the CHS office your bills, then you keep getting statements... bring anything in that you get for your bills if you got a PO number.

The CHS office can't pay a bill if we don't have it.

Thank you
CHS Team
(253) 939-6648



Muckleshoot Behavioral Health Program

16-Week Anger Management Class
Open to Join Anytime!
Every Thursday
1:30pm-3:00pm
 Facilitated by: **Dr. Sarlak**

Meets Court Requirements

For questions or more information, contact:

Muckleshoot Behavioral Health Program
(253) 804-8752

Muckleshoot Behavioral Health Program

Healthy Relationships Women's Group
 Every Tuesday 3-4:30 pm
 at Muckleshoot Behavioral Health Program
 Open to All Women in the Community

Refreshments Provided



In This Group You Will:

- Learn What a Healthy Relationship Looks Like with Yourself and Others
- Learn How to Recognize Abuse and How to Change the Cycle of Domestic Violence for Yourself and Your Family
- Support and Be Supported by Other Women Who Want to Improve Their Relationships and Participate in Activities and Art Projects

For more information, contact:
Christine Mandry at the Muckleshoot Behavioral Health Program
(253) 804-8752



Childcare is Provided at the Health and Wellness Center

COMING APRIL 2018




NEW MEDICARE CARDS

ONCE YOU GET YOUR NEW MEDICARE CARD:

- * PLEASE BRING IN YOUR CARD TO THE WELLNESS CENTER SO WE CAN KEEP A COPY FOR YOUR FILE.
- * ALSO, IT IS RECOMMENDED THAT YOU DESTROY YOUR OLD MEDICARE CARD.

IF YOU NEED TO ORDER A NEW CARD, CALL MEDICARE AT:
1-800-633-4227

ANY QUESTIONS, COME SEE US AT MANAGED CARE!





IF YOU ARE NEEDING A REPLACEMENT:
 - MEDICARE CARD
 - SOCIAL SECURITY CARD
 - MEDICARE BENEFIT LETTER

THERE ARE TWO SOCIAL SECURITY OFFICE LOCATIONS THAT MAY BE ABLE TO ASSIST YOU.

KENT 321 RAMSEY WAY SUITE# 401 HOURS OF OPERATION: MONDAY, TUESDAY, THURSDAY, FRIDAY 9:00 AM – 4:00 PM WEDNESDAY 9:00 AM – 12:00 PM	PUYALLUP 811 S HILL PARK DR HOURS OF OPERATION: MONDAY, TUESDAY, THURSDAY, FRIDAY 9:00 AM – 4:00 PM WEDNESDAY 9:00 AM – 12:00 PM
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MAIN SOCIAL SECURITY PHONE NUMBER: 1-800-772-1213


Look beyond the bathroom scale and find out what your physical health really is.

Scales give you vague information and cannot tell the difference between fat, muscle, water, organs, etc. We have a tool at the Wellness Center that can measure your overall body composition and give you a *truer* insight to your physical health.

See What You're Made Of

In under a minute see your:

- Body Fat Mass and Percentage
- Cell Health
- Total Body Water
- Total Skeletal Muscle Mass
- Segmental Lean and Fat Analysis

Call the Wellness Center at (253) 333-3616 to make an appointment or just come on in!



ARE YOU NEEDING A NEW PROVIDER ONE CARD?

YOU CAN GET A REPLACEMENT THREE WAYS!

- CALL 1-800-562-3022 EXT 15616
- ONLINE <https://www.waproviderone.org/client>
- COME IN TO THE MUCKLESHOOT MANAGED CARE DEPARTMENT!
17500 SE 392ND ST AUBURN WA 98092
253-939-6648

Healing with Horses Group



Come Join The Horses Every Wednesday, 1-3pm

Spend healing time with Horses at the Blue Barn

Open to join any time. Just show up!
 All Community Members Welcome

Blue Barn: 38122 180th Ave. SE, Auburn 98092

For more info, contact: Karyn Cross-Sarabia @ the Behavioral Health Program: (253) 804-8752



SICK AND DON'T WANT TO WAIT LONG HOURS IN A HOSPITAL E.R.?

There are local Urgent Care Medical Centers that can help you.

Sore Throat, Ear Ache, Ankle Injury, Upper Respiratory Infections: These are just a few of the conditions they can help you with. They can also do lab work and x-rays, if needed.

If you decide to go after 5:00pm or on the weekend, CHS does consider this as an emergency room visit.

You must call CHS office for PO numbers within 72 hours/3 days of being seen.

CHS OFFICE – 253-939-6648

If you are too sick to call, a family member or friend can call for you.

SOME URGENT CARE CENTERS YOU CAN CALL TO CHECK THE WAIT TIME

MULTICARE URGENT CARE – AUBURN
 202 Cross Street SE | Phone: 253-876-8111
 Hours: Monday – Friday, 8:00am – 7:30pm
 Saturday & Sunday, 8:00am – 3:30pm

MULTICARE URGENT CARE – KENT
 222 State Ave N | Phone: 253-372-7788
 Hours: Monday – Friday, 9:00am – 8:30pm
 Saturday & Sunday, 9:00am – 4:30pm


MULTICARE URGENT CARE – COVINGTON
 17700 SE 272nd St @ Wax Road | Phone: 253-372-7020
 Hours: Monday – Friday, 8:00am – 7:30pm
 Saturday & Sunday, 8:00am – 5:30pm

VALLEY MEDICAL CENTER – COVINGTON
 27500 168th Place SE | Phone: 253-395-2006
 Hours: Monday – Friday, 8:00am – 8:00pm
 Saturday & Sunday, 8:00am – 4:00pm

09/01/15 MI URGENT CARE NOTICE

Muckleshoot Behavioral Health Healing Circle
Mondays 12:00pm-1:30pm

New Time!!!




The Healing Circle is open to all Muckleshoot Community Members to gain education on:

- Addiction.
- Grief & loss.
- Problem gambling.
- Trauma.

And to have an opportunity to share openly.

Location

- Muckleshoot Health & Wellness Center Family and Youth Services
17500 SE 392nd St Auburn, WA 98092
- Please contact Julia or Aaron at 253-804-8752 with any questions
- No sign up necessary, this is a drop-in group.



GET TO KNOW OUR HWC PEOPLE...

Welcome Colet Bennett, Diabetes RN!

My name is Colet Bennett, I recently began working at the Health and Wellness Center as the Diabetes RN. I have been a Registered Nurse for over 21 years. The majority of my nursing career was spent working with elder clients in Skilled Nursing Facilities. I am from Hawaii, island of Oahu, and have lived and worked in Arizona, California, Missouri, Louisiana, Hawaii and Washington.



Colet Bennett

I have lived here in Washington state since 2006 and have 3 children, all boys whom I live with me. I enjoy country music, attending concerts, and really good comedy shows every once in a while. I also enjoy traveling and have been to Mexico and Japan a few times. I have yet to make it to Canada. Las Vegas is a common travel spot for me as I enjoy the shows and have many friends from Hawaii whom have settled in Las Vegas.

I am a single mom and enjoy spending time with my children. I love to cook and have been told I'm pretty good at it. I also really enjoy dancing however this has become harder for me. In 2011, I was diagnosed with a genetic disorder "Hereditary spastic paraplegia" that I got from my dad. It makes it difficult to walk, but you'd better believe it hasn't kept me off of the dance floor!

I recently started exploring the world of essential oils and have been putting some thought into trying Yoga. I have not attempted it yet though. I am enjoying my time here at Muckleshoot and I look forward to getting to know you!

What are Needle Exchanges and why do we have them?

Muckleshoot Behavioral Health

What: Needle Exchanges are a non-judgmental space where injection drug users can receive clean needles and safe injection supplies. Other services are also offered such as overdose prevention education and referrals to medical care and treatment services if requested.

Why: NEEDLE EXCHANGES SAVE LIVES!!!
By offering Needle Exchange Services it takes injection needles off of the streets and out of the community. It offers safe injection equipment so that IV drug users can prevent the spread of blood borne diseases such as HIV and Hepatitis C which can be eventually fatal. It offers Overdose Prevention and Education so that drug users in this community are not dying from overdoses.

When: Muckleshoot Behavioral Health is now offering Needle Exchange Services starting January 22nd, 2016

Where: Exchange services are offered through a mobile site that operates every Friday from 2-4pm outside of Cedar Village in the Old Smoke Shop parking lot in the HWC Outreach Van.

Contact: Carol VanConett at Behavioral Health with any questions regarding Needle Exchange services at 253-804-8752

Family Fun Run

May 19th, 2018 (Saturday)
Pow Wow Fields
12pm-2pm.

Most creative family team will win a Prize.
(Positive and appropriate theme's please)

Snacks & Water Provided

Contact Frankie for additional info 253-876-3342
Frankie.Lezard@muckleshoot.nsn.us

Relative & Foster Care Program

We Need YOUR Help to become a Licensed & Loving Safe Home for OUR CHILDREN

MIT Children & Family Services

CALL FOR INFORMATION

MCFS Office Location: 39017 172nd Street SE, Auburn WA 98092
Foster Licensor: Trudi Moses 253-876-3397 Cell: 253-880-6968 Director: Cynthia Oria 253-876-3396

MCFS Main: 253-833-8782

NOTICE:

The Feathered Healing Circle will meet on Wednesday at 5:00 PM – Cynthia Lozier

WE ARE CONNECTED. we need you here.

To GIVE help or GET help:
Call 911 if you or someone you know is in immediate danger.
Call the Suicide Prevention Lifeline: 1-800-273-TALK (8255).
Chat online at www.SuicidePreventionLifeline.org.
Text START to 741741 to chat via text.
Visit www.wernative.org.

Talk to trusted elders, healers, friends, family, clergy or health professionals.

Talk to a Counselor @ Behavioral Health 253-804-8752
Family & Youth Services 253-333-3605

After Hours
Crisis Line 1-866-427-4747
Crisis Line 206-461-3222
Suicide Line 1-800-784-2433
Teen Link 1-866-833-6546 (Evenings 6-10pm)

Northwest Portland Area Indian Health Board www.npihb.org

THRIVE

My life matters. I am here for a reason. My story has just begun.

Native Community Helpers

Muckleshoot Behavioral Health Program is Recruiting Community Members to be Trained as Native Community Helpers

As a Native Community Helper You Will Receive:

- Training in Suicide Prevention and Drug & Alcohol Addiction
- Learn the warning signs of suicide and how to respond to potentially save a life
- Ongoing support from Behavioral Health Program

You Will Become Part of an Important Community-Wide Effort! It's Easy To Sign Up And Receive More Information To Become A Native Community Helper:

Just Provide Your Name And A Contact Number One Of These Ways:

Call Muckleshoot Behavioral Health Program: (253) 804-8752

Or

Send a Text to: (253) 740-4586

Or

Click or Go To the Link Below:
<http://surveyanyplace.com/s/qtXbeijy>

Child Find Screening

What is a Child Find Screening?

Screening is a free check of your child's development—including:

- Large muscle development
- Eye-hand coordination (fine motor skills)
- Communication
- Concepts
- Personal-social skills, self help skills
- academic skills

What is the purpose of a Child Find Screening?

The purpose of the screen is to identify any factors that may interfere with your child's learning, growth, and development. The screening is also provided to help parents identify their child's strengths and weaknesses and provide home suggestions.

What happens during a Child Find Screening?

During the screening, your young child may stack small blocks, cut with a scissors, draw, count, name colors, jump, and have fun! For older children and teens it may include academic, social and emotional, communication screening. Following the screening, a trained professional will talk with you about the results of the screening. You will have the opportunity to ask any questions about your child's development. You may be given home suggestions, referred on for further testing, or be scheduled to have skills rechecked at a later date. The screening process usually takes about 45 minutes.

Who is eligible to be screened?

Any child, from birth through 21, whose family or care givers would like more information about their child's development. All school districts within Washington State have Child Find screenings available. If your family is living in a temporary situation, you may contact the district where you are staying to attend a screening.

Where can I go for screening?

For more information and to schedule a screening, please contact:



Muckleshoot Tribal School Helen Feiger Student Support Services Coordinator 15209 SE 376 th St Auburn WA 98092 253-931-6709 Ext 3700	Marty Laronal Support Services Manager Muckleshoot Early Childhood Education Center 15599 SE 376 th St Auburn, WA 98092 253-876-3056 Ext 3922
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Come in and get your Annual Diabetic Eye Exam to be entered into a drawing for **FREE** Prescription sunglasses!

We will pick a winner in January 2019!

All Diabetic Eye exams in 2018 will be entered into the drawing! ☺

MHWC Optical Department:
 Hours of operation- Monday - Friday
 8:00 A.M. – 5:00 P.M.
 -Closed from 12:00 P.M. – 1:00 P.M.
 Direct Line: (253)735-2020
 HWC: (253)939-6648

Office of Child Care and Development

Do you need assistance with your child care expenses?

Are you?

- Employed
- Enrolled in educational courses
- In job training
- Or participating in job search activities

Is your child(ren)?

- 12 years of age or younger
- Enrolled in a federally recognized tribe or a descendant (parent must be enrolled) of a federally recognized tribe

Child care is based upon your family size and monthly income that is at or below 85% of King County's median income (100% for Muckleshoot Tribal Members). You may qualify, if your family's monthly income falls below the following income range;

Family Size:	85% Median Monthly Income	100% Median Monthly Income (MIT Members Only)
1	\$0-\$4,484	\$4,485- \$5,275
2	\$0- \$5,121	\$5,122- \$6,025
3	\$0- \$5,759	\$5,760- \$6,775
4	\$0- \$6,396	\$6,397-\$7,525
5	\$0- \$6,913	\$6,914- \$8,133
6	\$0- \$7,423	\$7,424- \$8,733
7	\$0- \$7,933	\$7,934- \$9,333
8	\$0- \$8,443	\$8,444- \$9,933

To apply or if you have any questions contact the Muckleshoot CCDF Program at (253) 876-3056 or Vanessa Simmons at (253) 876-3016
 Email: Vanessa_simmons@muckleshoot.nsn.us
 Located at the Muckleshoot Early Childhood Education Center, 15599 SE 376th St, Auburn, WA 98092

When Can I sign Up for Medicare Part A & Part B?

Will You Be 65 years old within the next 3 months?

1st Month	2nd Month	3rd Month	4th Month	5th Month	6th Month	7th Month
						

When should you sign up for Medicare:

- You can sign up for Medicare 3 months before or 3 months after your 65th birthday;
- Or if your employer sponsored health insurance ends due to retirement;
- If you are currently covered by an employer sponsored health insurance you may not have to sign up for Medicare until that coverage ends;
- You should check with your employer to see if they require you to sign up for Medicare when you turn 65 years old;

What is Medicare Health Insurance?

Original Medicare has 2 parts:

1. **Medicare Part A**—covers inpatient hospital, skilled nursing facility hospice & home health care;
2. **Medicare Part B**—covers outpatient medical care, including doctor visits, durable medical equipment, lab tests, and preventative services.

• **NOTE:** If you don't sign up for Medicare Part B when you're first eligible you will have to pay a "Late Enrollment Penalty" for as long as you have Part B.

Visit the Health & Wellness Center's Managed Care Department at 17500 SE 392nd Street Auburn, WA PH # 253-939-6648

Health & Wellness Center Program Hours

	Pharmacy	Wellness Center	*Shuttle Service
Monday	7-9 pm	8-6 pm	7 am-9 pm
Tuesday	7-9 pm	8-6 pm	7 am-9 pm
Wednesday	7-9 pm	9-6 pm	7 am-9 pm
Thursday	7-9 pm	8-6 pm	7 am-9 pm
Friday	7-9 pm	8-6 pm	7 am-9 pm
Saturday	-----	8 am-7 pm	10-2 pm
Sunday	All Programs Closed		

*There is no Shuttle/Bus service from 11-12 pm M-F.

Program Name	Phone No.	Closed-Lunch
Main Number to HWC	(253) 939-6648	12:00-1:00
Behavioral Health (Mental Health & Chemical Dep)	(253) 804-8752	Open
Family & Youth BH Services	(253) 333-3605	Open
CHS/Registration Office	(253) 939-6648	12:00-1:00
Community Health/CHRs	(253) 939-6648	12:00-1:00
Dental Clinic	(253) 939-2131	12:00-1:00
Medical Clinic	(253) 939-6648	12:00-1:00
Optical Clinic	(253) 735-2020	12:00-1:00
Pharmacy	(253) 333-3618	Open
Recovery House	(253) 333-3629	Open
Shuttle/Bus Service	(253) 939-6648	11:00-12:00 Sat 10-2 pm
Wellness Center	(253) 333-3616	Open Sat 10-2 pm
WIC Thurs Only 8-4:30	(253) 939-6648	12:00-1:00

HOUSING/SHELTER RESOURCES

Catholic Community Services – Home & Arise
 Men's Shelters
 Phone contact: (253) 854-0077 Ext: 2
 Locations: St. Anthony's Church, 314 S 4th St., Renton, WA, 98057 OR Kent Family Center, 1229 W Smith St, Kent, WA, 98032
 Coordinates two case-managed shelter programs for men, ages 18 and older. Shelters hosted by congregations in Kent and Renton; average stays of 6-12 months. No fees. Please call ahead.
 Renton In-take (walk-in only): Tu & Th, 1-3pm.
 Kent In-take (walk-in only): M & W, 1-3pm & 5-7pm; Tues & Th, 3-5pm.

Union Gospel Mission – Hope Place
 Shelter for Single Women, Women with children
 Phone contact: (206) 628-2008
 Location: 3802 S Othello St, Seattle 98118
 Provides shelter for women, with or without children. Includes mandatory spiritual activities. No fees. CALL for screening. M-F 8:30-9am.

Catholic Community Services
 Single Men & Women's Shelter
 Phone contact: (253) 572-0131
 Location: 1142 Court E Tacoma Ave S, Tacoma, WA, 98402
 Provides a safe place where men and women experiencing homelessness can get a good night's sleep, respect, and begin a process of generating income and becoming housed. Open 5pm-7am.

Multi-Service Center
 Family Shelter (Moms, Dads, & Kids)
 Phone contact: (253) 854-3437 Ext: 104
 Location: 515 W Harrison St, Kent, WA, 98032
 Emergency shelter for homeless families with children, ages 17 and younger; priority for families of 4+. All families may apply. LEAVE A MSG. AT LEAST TWICE PER WEEK until call is returned.

Auburn Youth Resources
 Youth Shelter
 Phone contact: (253) 833-5666
 Location: 816 F Street Southeast, Auburn, WA 98002
 Provides shelter for homeless youth, ages 10 through 17, in south King County. Written parental consent required for 72-plus hour stay. Sliding scale fees, may be free. Call for screening: 24 hours daily.

YWCA – South King County
 Family Shelter (Moms, Dads, & Kids)
 Phone contact: (425) 255-1201
 Location: Families housed in independent apartment units in Kent, Renton and Auburn areas.
 Call for availability. Leave a message DAILY, until call is returned. 24-hour voicemail

