



# SECTION 2: Health & Wellness



## Spring Break Camp: Days filled With Culture and Challenges!!!

April showers bring... fun in the rain during spring break!!!!

Submitted by Devin Whiteaker

From April 11th-13th, Family and Youth Services sponsored a camp in conjunction with Canoe Family, Fisheries, Tribal Historian, and Camp Long. They were chaperoned by Silas Miller, Roger Brown, Sieglind Parker, CDP, and Devin Whiteaker, CDP. The main focus was connecting youth to culture while incorporating prevention activities in real time and providing opportunity to face challenges.

We began our journey at Duwamish Hill in Seattle on April 11th. Here, youth learned about the history of the area, the cultural significance of the hill, traditional plants and foods, and Muckleshoot's vital participation on building the park.

From there, we met Will Bill Jr. and the Canoe Family down at Alki beach for lunch and for some, their first experience on a canoe. Will and crew were instrumental in providing the history and cultural significance of Alki/Pudget Sound, canoe and water safety, and then an incredible paddle in Elliot Bay. The youth paddled with pride in the rain and focused on trying to stay together as they powered through the water while getting to enjoy song and laughter.

Our camp was based at Camp Long in West Seattle where we slept in cabins and were able to enjoy amenities such as showers which were much needed after a long day in the rain and cold. Our first night ended after a hot meal; hide in sneak in the woods, and laughter around a fire.

On April 12, we headed out early in the morning to make our way over to Vashon to meet Warren King George, Tribal Historian and Karl Madplume, Shellfish Technician on Muckleshoot's shellfish bed property. Here the youth were able to enjoy the beach and the woods during low tide before we were almost rained out. With some quick improvisation, we were able to get a fire going to cook hot dogs while listening to Warren and Karl speak to the history of the shellfish beds as well as the significance of ensuring traditional foods to tribal members. It was great to watch the youth absorb this vast wealth of knowledge!

On our last day of the trip, the youth participated in a low ropes challenge course facilitated by a Camp Long instructor. Here the youth learned healthy ways to communicate, problem solve, and work together to solve and overcome the challenges that were set before them. Pictures speak for themselves on this one!!!

Huge shout-out to all the youth who participated!! It was incredible to see you go through that experience.



Siegi



Seattle skyline



Canoe landing



Duwamish Hill



Dab on 'em



Prepping for rain



Junior Ranger



Fireside



Look over there!



Launch time



Elliott Bay



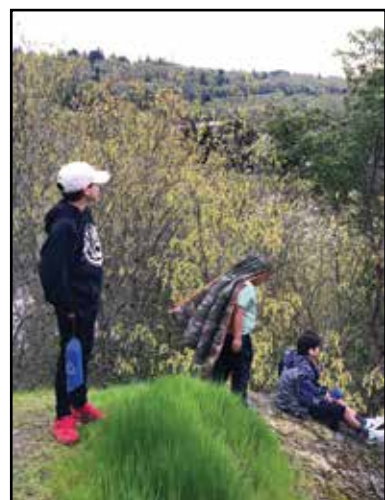
Orca watch



Elliott Bay



Team activity



The scout



Vashon Island



Web of Life



Rope swing



Stepping stones



instruction time



Deep thoughts



Pedro



Docked



**ARE YOU INTERESTED IN BECOMING MORE ACTIVE IN HELPING YOUR COMMUNITY?**

**WOULD YOU LIKE TO HELP FAMILY OR FRIENDS RECOVER FROM DRUG/ALCOHOL USE?**

**WOULD YOU LIKE TO LEARN HOW TO BE A MENTOR TO OTHERS?**

**If you answered YES! To any of these questions, Behavioral Health Program can provide you with the necessary training to become a Recovery Coach so you can mentor people who are seeking recovery.**

**The only prerequisites to be a Recovery Coach are the desire to help your community and the ability to attend required training to certify you as a Recovery Coach. The next training starts on July 6, 2018 and will run for five consecutive Fridays 9am-2pm.**

**For more information, stop by Behavioral Health, call Julia or Aaron at (253)804-8752 or email your interest to Julia.smiley@muckleshoot-health.com.**



# MUCKLESHOOT SOBRIETY POW WOW

## Natives On A Wellness Path

July 27, 28 & 29, 2018

**GRAND ENTRY:**

Fri, July 27-7:00pm  
 Sat, July 28-1:00pm & 7:00pm  
 Sun, July 29-1:00pm  
 Daily Grand Entry Points Taken.

**LOCATION:**

Muckleshoot Pow Wow Grounds  
 Auburn, Washington



**HEAD STAFF:**

**Host Drum:**  
 Black Otter, Standoff Alberta  
**Master of Ceremonies:**  
 Anthony Blue Horse  
 Randy Vendiola  
**Arena Director:**  
 Merlin Kicking Women  
**Whipman:**  
 Reuben Twin

**DANCE CONTEST CATEGORIES**

Men's Golden Age Combined (65+ & over)  
 - 1st Place: \$800, 2nd: \$600, 3rd: \$500, 4th: \$400  
 Women's Golden Age Combined (65+ & over)  
 - 1st Place: \$800, 2nd: \$600, 3rd: \$500, 4th: \$400  
 Sr. Men's Traditional, Fancy, Grass (50-64 yrs)  
 - 1st Place: \$800, 2nd: \$600, 3rd: \$500, 4th: \$400  
 Sr. Women's Traditional, Jingle, Fancy (50-64 yrs)  
 - 1st Place: \$800, 2nd: \$600, 3rd: \$500, 4th: \$400  
 Jr. Men's Traditional, Fancy, Grass (18-49 yrs)  
 - 1st Place: \$800, 2nd: \$600, 3rd: \$500, 4th: \$400  
 Jr. Women's Traditional, Jingle, Fancy (18-49 yrs)  
 - 1st Place: \$800, 2nd: \$600, 3rd: \$500, 4th: \$400  
 Teen Boys Traditional, Fancy, Grass (13-17 yrs)  
 - 1st Place: \$400, 2nd: \$350, 3rd: \$300, 4th: \$250  
 Teen Girls Traditional, Jingle, Fancy (13-17 yrs)  
 - 1st Place: \$400, 2nd: \$350, 3rd: \$300, 4th: \$250  
 Jr. Boys Traditional, Fancy, Grass (6-12 yrs)  
 - 1st Place: \$300, 2nd: \$250, 3rd: \$200, 4th: \$150  
 Jr. Girls Traditional, Jingle, Fancy (6-12 yrs)  
 - 1st Place: \$300, 2nd: \$250, 3rd: \$200, 4th: \$150  
 Tiny Tots (5 & under) No Contest, paid by session

**SPECIALS**

Men & Women Fancy Ironman Special  
 - 1st Place: \$600, 2nd: \$400, 3rd: \$200  
 Family Team Dance  
 - 1st Place: \$600, 2nd: \$400, 3rd: \$200  
 Men's Round Bustle Special  
 - 1st Place: \$600, 2nd: \$400, 3rd: \$200

**Attention All Contest Participants:**

All Dancers and Singers are required to have a Social Security Number (SSN) or Social Insurance Number (SIN). U.S. Citizen and non U.S. Citizen contest winners must also fill out additional paperwork.

Committee of this event is not responsible for accidents, injuries, short funded travelers, stolen, lost articles or damage to personal property.

No Pets will be allowed. Absolutely No Drugs or Alcohol Allowed.

**EVERYONE WELCOME!**

**\*\*CLEAN & SOBER CO-ED SOFTBALL TOURNAMENT, Muckleshoot Ballfield**  
 For more tournament information, contact Flo Starr 253-876-3214

For Pow Wow information, contact Lisa Elkins 253-939-6648 or Mike Starr 253-329-4360



**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

# Empowering Native Youth for Health Professional Careers Conference

Are you an 8-12th grade or college student interested in a healthcare career? Join us to learn about dentistry, medicine and other health professions with hands-on activities, resource fair, speakers and more!  
 Lunch and snacks will be provided.

Saturday, June 23rd, 2018

9:00AM - 3:00 PM

University of Washington

South Campus Center

1601 NE Columbia Rd, Seattle, WA 98195

Please RSVP at <https://goo.gl/5NPUrC> by June 17th, 2018



Sponsored by:  
 The Society of American Indian Dentists (SAID), UW School of Medicine Indian Health Pathway, UW School of Dentistry Office of Educational Partnerships and Diversity (OEPD), The UW Medicine Wheel Society and The Center for Health Equity Diversity and Inclusion (CEDI)

Questions or interested in volunteering? Email [UWQEPD@uw.edu](mailto:UWQEPD@uw.edu)



## Big Thank you To Our Tribe for Our Support Center!!!

Thank you Muckleshoot Indian Tribe!! Paying it forward at our support center. Sharing our hopes, trials and Tribulations daily. We also have Step work on Wednesday nights. There is a wonderful Ambiance of hope for our future and our children. Luckily we have great leaders @ our support Center. Charlotte Williams, Emily Montez, Frances Price and Tony Rutherford. Thank you for opening a way guys. Love you all.

Thank you for my Recovery. Easier to raise healthy children than fix broken adults. Learning to be a better person will benefit my son and future generations.

Meetings are held Monday thru Sat @ Noon & 7 PM. Wednesday step work held @ 7 PM. Thanks once again from grateful Tribal Member.

*Vanessa Simmons & Loren Simmons-Barr*

**Come join us for another Diabetes Group meeting!**

**When:** July 18th in the HWC Mountain Room

**What time:** 10:30-11:30am

**What are we doing?** Healthy Hydration

**Relative & Foster Care Program**

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

**Foster a Child**

**MIT Children & Family Services**

MCFS Office Location: 39017 172nd Street SE, Auburn WA 98092 MCFS Main: 253-833-8782  
Foster Licensor: Trudi Moses 253-878-3397 Cell: 253-880-6968 Director: Cynthia Oria 253-876-3396

### 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



### NOTICE:

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

## Moses Family Reunion

Descendants of Albert, Edward, Otto Moses, and Ollie Moses Wilbur



**Saturday, September 22, 2018**

**At Muckleshoot Elders Complex 17800 S.E. 392nd St, Auburn WA 98092**

**Registration from 10:00 - 11:00**

**Introductions 11:00-11:30**

**Lunch from 11:30-1:15**

**Samoan and Native Dancers from 1:30-3:00**

**Photos from 3:00 - 4:30**

**Raffle (must be present to win) 4:30 - 5:15**

**Drugs and Alcohol of any kind are forbidden**

### 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/otxbejby>




## 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 <sup>th</sup> St Auburn WA 98092 253-931-6709 Ext 3700	Marty Laronal Support Services Manager Muckleshoot Early Childhood Education Center 15599 SE 376 <sup>th</sup> St Auburn, WA 98092 253-876-3056 Ext 3922
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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

Clean & Sober



**ADULT CO-ED SOFTBALL TOURNAMENT**  
 Muckleshoot Ballfields

**JULY 27-29, 2018**  
 FREE EVENT- Must have at least 5 MIT Tribal Members per team.  
 10 Team Tournament - Double Elimination  
 1st, 2nd, 3rd place prizes, MVP & All Stars  
 Bats will be provided. Last Day to Register: July 20th  
 Contact Flo Starr (253)876-3214 to register a team.  
 Committee will not be responsible for any injuries or accidents that transpire during the event.  
 Sponsored by Muckleshoot Indian Tribe





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.

<b>KENT</b> 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	<b>PUYALLUP</b> 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!

State of Washington  
**Services Card**



MARTHA WASHINGTON  
 123456789WA  
 Date Issued: 5/10

**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 272<sup>nd</sup> 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.





## 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](mailto:Vanessa_simmons@muckleshoot.nsn.us)  
 Located at the Muckleshoot Early Childhood Education Center, 15599 SE 376<sup>th</sup> 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:**

- Medicare Part A**—covers inpatient hospital, skilled nursing facility hospice & home health care;
- 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

## 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



## 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

# Muckleshoot Health & Wellness Center Cancer Walk

June 14, 2018

PHOTOS BY JOHN LOFTUS



# Mother's Day Luncheon

Friday, May 11, 2018 ~ Cougar Room

PHOTOS BY JOHN LOFTUS



## "PULLING TOGETHER" SHOWN IN SEATTLE

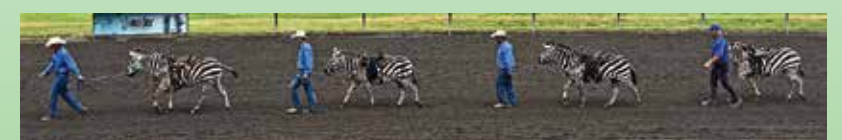
SEATTLE – An award-winning feature-length documentary film made by the Muckleshoot Tribe 15 years ago was seen by a new set of eyes recently in Seattle. Pulling Together, a cinema verite, "as-it-happened" style account of the Muckleshoot Canoe Family's second voyage in 2003 was very well received at its Beacon Hill Meaningful Movies showing on May 8, and highly praised in a discussion circle afterwards.

Many people say that Pulling Together is one of the best canoe films because it is character-driven and not instructional in its approach. The characters themselves are the story, and although they start out being a collection of individuals, and as they face many challenges along the way, they truly become a family by the time the grand landing takes place at Tulalip.

## Camels, Ostriches & Zebras at Emerald Downs

PHOTOS BY JOHN LOFTUS

On May 20, Emerald Downs was filled to near-capacity. You would've thought the biggest horse race of the year was to be run that day; but, actually, the people weren't there to see horses at all. They were there to see jockeys race on the backs of camels, ostriches and zebras. The races were chaotic and entertaining, evoking lots of laughs, and left fans looking forward to more of the same next year.



# MEMORIAL DAY DINNER 2018

PHOTOS BY SUSAN RAYE STARR

