



The Importance of Self-Care

By Katelyn Nies, Licensed Mental Health Counselor
Muckleshoot Behavioral Health Program

Self-care has become a popular topic often talked about as being an important part of life but it is also commonly misunderstood. As we approach the colder, darker months of fall and winter, making sure we set aside time for good self-care is so important. So what is it and how can you make it part of your life?

What is Self-Care?

Self-care is any activity we do to take care of our physical, mental, and emotional health. Consistent practice of self-care is a key part of decreasing daily stress and maintaining health for yourself and your relationships.

What is NOT Self-Care?

Knowing what self-care is not may be most helpful in clearing up the many misconceptions about it. Self-care is not something we have to force ourselves to do. It is not an indulgence and doesn't have to be an extravagant, expensive activity. In fact, most self-care activities are inexpensive or free and easily accessible.

Self-care is also not selfish. To care for other people in our lives, we need to ensure our basic needs are being met. Give this some thought. How would you feel if you knew your airplane pilot had gotten no sleep before takeoff? Or what if your surgeon was entering a lengthy operation on you dehydrated and hungry? If you have not taken good care of your physical, emotional, and mental health, you are not likely to be able to offer good quality help and care to your family and community.

Starting a Self-Care Routine

A self-care routine is going to look different from person to person as everyone's needs and lives are unique but as you develop your own remember to actively plan



for time to do your self-care and consider announcing your plans to others. This will help you remain committed to following through with them. Stick to the basics at first when choosing self-care activities. Once you master those, then begin adding ones more specific to your needs.

Here are some ideas of self-care activities!

- Eat a healthy, nutritious diet and drinking plenty of water
- Exercise regularly! It doesn't just improve physical health, but it is a vital part of your mental health too because exercise leads to improved mood and energy. Choose exercises you find fun
- Follow up with regular medical and dental care
- Practice good hygiene by wearing clean clothes, showering regularly, brushing your teeth, and attending to your physical appearance in a way that feels good to you
- Get plenty of sleep. Adults need 7-8 hours daily
- Follow up with medical appointments
- Find something relaxing and/or enjoyable to do each day, even if it is for a short time. This can be as simple as going for a walk, listening to music, or engaging in a hobby.
- Engage in any spiritual practices that are meaningful to you
- Spend time with loved ones

Senate Health Committee visits MIT's Health & Wellness Center

The Washington State Senate's Health and Long Term Care Committee visited the Health and Wellness Center on Tuesday, October 2, to learn about the comprehensive array of programs the Muckleshoot Tribe has designed and implemented for the physical and mental health of the community.

The highly informative session, presided over by Tribal Council members Anita Mitchell, Donny Stevenson and Louie Ungaro, opened with a blessing by Laurie Williams. Her beautiful singing and fine words were followed by a historical and cultural presentation by Warren KingGeorge and several brief video presentations.

The Tribe's new Chief Medical Officer, Dr. David Hoffman, then took the floor to provide an overview of tribal health and wellness programs, after which the heads of each program gave presentations. The Senators were particularly interested in MIT's comprehensive cutting edge approach to helping its people that have fallen into addiction return to being positive contributing members of the community. Here are some remarks from Dr. Hoffman:

Hello! It's David Hoffman, the new Chief Medical Officer for Muckleshoot. I've been here several months and I have to say that I am very impressed with the range of services Muckleshoot Indian Tribe offers. There's a very good, solid basis here for excellent healthcare. Significant integration is already present.

For example, the way that the Behavioral Health Department collaborates in weekly meetings with the Medical Department to evaluate Suboxone patients and determine if doses are right; if the clients are doing okay; if they are staying clean and sober; if they are attending their counseling and what they can do to help enhance compliance.

I believe the quality of care here is not just lip service. I have been very impressed with the Tribal Council. It's my understanding that year after year after year, they have prioritized three things: housing, education and healthcare. Wow, does it show!

I come from off the reservation in corporate medicine in Washington and nationally. And there's a lot of lip service given to quality of care, but, at the end of a day, or certainly at the end of a quarter, it all comes down to where are you at in relation to budget? And frankly,



JOHN LOFTUS PHOTOS

Dr. David Hoffman addresses the WA Senate's Health & Long Term Care Committee.

a lot of big corporations making millions and millions of dollars get all concerned that they might be a few thousand dollars over the budget for the quarter and want to cut back on personnel or long-term quality programs.

I see exactly the opposite here at Muckleshoot. I see this passion for quality of care through and through. Of course we need to spend the money wisely, but there is freedom to spend it purposefully to get results. The long-term good of the people is not sacrificed for a few grand.

I'm very pleased that those who preceded me have implemented cutting edge programs. Here in the Indian health system, we're not all bound up by red tape like we are with a variety of insurers in non-Native country, and we're not in bed with the big pharma and, in fact, we can look at the data and determine what are the absolute very best programs; we can get Council support; we can implement them, and that is a beautiful thing – the way it should be everywhere.

What a dream it is for an older physician like me to finally be in a place in my career where things that need to be done can and will be done. I'm so proud of the Muckleshoot Indian Tribe and the staff for being a national leader in the Narcan for All Program, distributing 4,000 doses since the onset of the program in 2014 and saving life after life.

I believe that the neuro-feedback that is coming out of the Medical

Department is going to be a healthful, drug-free option, synergistic with counseling to help people find a way to cope with their stresses – even the post-traumatic stresses and the intergenerational traumas that can make it difficult to maintain long-term wellness.

I'm excited for the possibility of a Wilderness Program. Certainly, we all need to disconnect from our computer screens and phone screens more and we need to be more connected to nature. We need to have more gratitude and reverence for the Creator. I can see the positive benefits for sustaining wellness on so many levels with a program like that. Wellness is not a pill. It is a way.

I've been visiting with an MIT Native nutrition expert and we've had a couple of conversations. I've invited her in to lecture to the entire Health Division. Her name is Valerie Segrest. She has spoken before for the TED Talks Program, where the great speakers get a national and worldwide venue. She said to me that thousands of years of Native history about what nature can offer, how to get it, and how to use it for wellness can't all be wrong. She is right, of course.

Western medicine is great for acute problems, but the truth is we are not great at sustaining long-term wellness. We may help somebody get their sugar under control, and that is great, but if they go back to the couch and they sit and watch TV and don't eat healthy, well, where's the long-term well-

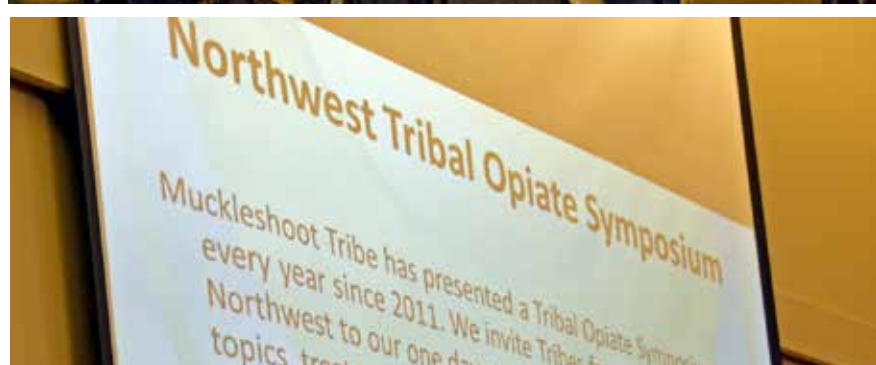
ness in that? There really is none. It's acute treatment after acute treatment after acute treatment...

The Native philosophy of wellness is so much bigger and broader, and I believe that one of the next steps we should take is integrating that into a very comprehensive, holistic healthcare system – one such as has never been done in Indian Country before.

I do believe that we have to first focus on the Muckleshoot Indian Tribe and the natives living on the reservation and those who qualify. But I also believe that we need to reach out and help others in surrounding tribes and communities. And the reason for that is because we begin to heal ourselves when we reach out to help others. The farther we reach out, the deeper we reach within.

Imagine a world where people come to Indian Country for more than gambling and good times. Many will come because there is health and wellness found here. Imagine how much that would help society and also help the tribes. Also, very importantly, it would raise the status of the Native in America up to a much higher level. This is long overdue.

In the 1870s, Crazy Horse said, "The Red Nation shall rise again and shall bring healing to a sick world." I believe this is true. It's happening now, and it'll continue to happen. We at Muckleshoot Health will be part of that.



ELECTED OFFICIALS AT SENATE HEALTH COMMITTEE MEETING. L-R: Rep. Joe Schmick, Rep. Michelle Calder, Senator Steve Conway, Senator Annette Cleveland, Tribal Councilmembers Louie Ungaro and Donny Stevenson, Senator Ann Rivers and Rep. Nicole Macri. (Tribal Council Vice-Chair Anita Mitchell had to leave before the picture was taken.)

GET TO KNOW OUR HWC PEOPLE... Meet Amber Postma

Hello Muckleshoot Nation and Relations, I'm Amber Postma DO. I would like to say thank you for allowing me on these lands. I am honored to be here, your country is Beautiful.

I am a new Family Medicine Osteopathic Doctor at the Health and Wellness Center; I started here on 9/10/18. I'm an Inupiaq tribal member. My maternal grandmother, Irene Wright, was from an Alaskan Village Kikiktakruk (English translation: A place that is shaped like long island), Kotzebue, Alaska in 1920's.

It is because of my Native Village and Ancestors that I am here today. I am thankful for the ones before me, their support is strong. Special thanks to my uncle Maynard Eakan, Aqqaluk Trust Scholarship, Maniilaq Health Center,

Indian Health Services, Mom, Dad, and my husband.

I was born and raised in Kirkland, WA; my mother (Carol Sinicrope) and father (Tony Sinicrope 1953-2015) moved to WA State about a year prior to my birth, from Alaska with my older sister (Leina Sinicrope). Recently, I finished up Osteopathic Family Medicine Training (residency) at the Puyallup Nation (Puyallup Tribal Health Authority) the past 3 years, also working at Tacoma General, Auburn Medical Labor and Delivery, Good Samaritan ER.

Prior to that I was at medical school at Pacific Northwest University in Yakima. While in Yakima I was able to work at Yakama Nation Indian Health Service with Dr. Mark Clippinger and Dr. Rex Quaempts who would provide IHS

lectures to us on campus in Yakima.

As an Osteopathic Family Doctor, I have special interest in educating and empowering patients to better understand health and the healing process. Osteopathic medicine is additional training for hands on manipulation of the body to help aid in diagnosis and treatment; at times I call this OMT, osteopathic manual treatment.

I see all age ranges, enjoy working with team like dynamic, and have been trained in broad scope family medicine from prenatal to delivery, newborn to elderly, health screenings to maintenance of chronic conditions, and offer wide variety of in office procedures if indicated.

For fun, I like to hike steep mountains including Mt. Tahoma,



Amber Postma, DO
yoga, hang with my family, and right now playing more pickle ball and started softball again (special thanks to Georgiana Starr).
I look forward to meeting you or seeing you again, and working with you as a teammate in the medical world. Thank you for having me. May this journey be blessed and let the Great Spirit Guide the rest.



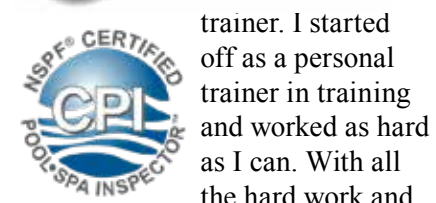
Kevin Higgins and family

Meet Kevin Higgins

Hello, my name is Kevin Higgins and I am a supervisor at the Muckleshoot Wellness Center. I've always been on a journey to find where I need to be. Definitely obtained some bumps and bruises throughout this journey but I survived. Once I met my wife in 2013, my life changed for the best. We had two beautiful children and I had to change my lifestyle.

After thinking about my kid's future I asked myself "What do I want to do when I grow up?" After careful thinking I decided I wanted to become a personal trainer. All I can think about is helping are community take control of chronic diseases that exist in are Muckleshoot community. My first attempt, I was shot down and rejected. So I went on a different journey because I was discouraged to follow my dream.

Then I was given an opportunity at the Muckleshoot Wellness Center to become a personal



trainer. I started off as a personal trainer in training and worked as hard as I can. With all the hard work and passion for this job, I interviewed for the supervisor position and was hired as the Supervisor. This job has been a complete dream and has helped obtain knowledge that I thought I would never have.

I am a NASM Certified Trainer (No more training wheels), Certified Lifeguard (Includes CPR & AED), and Certified Pool Operator. At one point in my life I was in a hole with nowhere to go, and then I saw light and nothing could stop me from obtaining it. If it comes to working out, finding your career or just trying to make a better you, it's obtainable, you just have to work hard for it.

Protect yourself and others by getting a flu shot

Colet Bennett, RN
Diabetes Nurse at HWC

Last year's flu season was deadliest in decades, says the Centers for Disease Control and Prevention (CDC). The flu virus affects all age groups. CDC reports a record-breaking 900,000 people in the U.S. were hospitalized last year for flu-related complications, which include such life-threatening illnesses as pneumonia and other serious complications. Influenza can be serious in people of all ages, even in the healthiest adults and children.

For our diabetic clients whose immune systems are weaker may have a more difficult time to fight infections. The infection may also cause glucose levels to rise. Or they may fall if they are not eating well due to being sick.

The flu virus changes from year to year as the viruses change. The flu vaccine is reviewed every year and updated as needed to match

the virus that is circulating in the communities. You will not catch the flu from the flu shot.

For 2018-2019, a quadrivalent vaccine is recommended. It contains components to protect against 4 different viruses.

Other helpful ways to prevent from getting sick:

- Wash your hands often
- Clean doorknobs and other surfaces routinely
- Get a flu shot
- Wear a mask if you or a family member is sick

You should discuss your options about vaccination with your Doctor if you are allergic to eggs.

The Muckleshoot Medical Clinic is now offering flu shots for all eligible patients ages 6 months and older. Vaccination is the best protection against the flu. If you have any questions, please call the Muckleshoot HWC at 253-939-6648.

Meet Jennifer Pund

Last year I moved to Washington state from Arizona where I lived for over 17 years. When my family and I moved back, it was like coming home since I am a Washington native. I have two children, ages 20 and 23, and have been married for 30 years.

I am a registered member of the Wyandotte Nations Tribe of Oklahoma and feel honored privileged to work with the Muckleshoot Tribe. The rich culture here at Muckleshoot and the warm, friendly people have made every day working here a complete blessing. As a result, I feel connected to the Elders and people that I serve in the MEIHSS program.

I have worked in medical offices, ambulance facilities and have owned my own medical transcription business. I have 10 years of experience in medical billing and coding and



Jennifer Pund
over 20 years working in health-care. My passion for people and connection has driven my career in the medical field and I am so excited to bring this experience and drive to this position serving the Tribe.

MUCKLESHOOT WELLNESS CENTER		
GYM HOURS: MONDAY-FRIDAY 6AM - 9PM / SATURDAY 8AM - 5PM		
POOL HOURS: MONDAY - FRIDAY 6AM - 8:30PM / SATURDAY 8AM - 4:30PM		
Days	12 pm	6pm
MONDAY	Fighter Fit Boxing/Conditioning Class Yoga Stretching & Conditioning Class	Ninja Warrior Obstacle Course
TUESDAY	ABC Circuit Strength & Conditioning	Spin Cycle Class with Spin Bikes
WEDNESDAY	Fighter Fit Boxing/Conditioning Class Yoga Stretching & Conditioning Class	Follow the Leader Can be anything
THURSDAY	Step Class Cardio using steps and incorporates music and dance	Ninja Warrior Obstacle Course
FRIDAY	Movestrong Circuit Training on the Movestrong equipment ABC Circuit Strength & Conditioning	Movestrong Circuit Training on the Movestrong equipment
SATURDAY	Spin Cycle Class with Spin Bikes	Brazilian Jiu Jitsu



October is Domestic Violence Awareness Month. Your role as a Bystander

Who is a Bystander?

A bystander is a person who is present for an event, but does not participate themselves. It can be a very uncomfortable position to be in, especially if what you are witnessing is someone being mentally, verbally or physically abused

How do we change the Bystander effect?

Did you know that the more people who witness an event, the less likely anyone else will react?

It is totally understandable why people might not react. It can be hard to know what to do.

Safety tips for they Bystander who takes a stand.

There are several ways we can act to stop violence. The first thing to remember is not to put yourself in danger. Here are a few tips that may help you take a stand.



If there is immediate danger please call the police and allow them to handle the situation. Do not ever put yourself in danger.

The 3 D's of Bystander Intervention

Distract: Anything that distracts someone enough to discontinue the abusive behavior.

- Spill a drink.
- Ask the abuser for directions.
- Ask the victim to assist with a task.
- Tell the abuser their car is being towed.
- Ask the abuser what time it is.

Delegate: If you do not feel comfortable or safe intervening,

delegate the intervention to someone else.

- Tell a trusted professional.
- Ask someone with a phone to call 911.
- Ask one of the abusers friends to ask the abuser to leave with them.

Direct: Directly address the abuse. You can either confront the potential victim or the person you think is about to abuse.

- Ask the victim if they are OK.
- Don't look away. Sometimes all it takes is a look for someone to stop.
- Tell the abuser it isn't cool to talk to someone like that.

**For questions or to learn how you can help stop Domestic Violence contact Christine Mandry @ Behavioral Health Program
253-804-8752**

Relative & Foster Care Program
We Need YOUR Help
to become a
Licensed & Loving
Safe Home for
OUR CHILDREN
MFT Children & Family Services
MCFPS Office Location: 39017 172nd Street SE, Auburn WA 98002
Foster Licensor: Trudi Moses 253-876-3397 Cell: 253-880-6968
MCFPS Main: 253-833-8782
Director: Cynthia Orie 253-876-3396

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



Are You Prepared for a Dental Emergency?

GUIDELINES FOR MOST COMMON DENTAL EMERGENCIES

Toothache: Rinse your mouth gently with warm water to clean it out. Never put an aspirin tablet or any other pain reliever against the gums near the aching tooth. This won't relieve the discomfort and could burn your gum tissue, adding to the problem. Take a recommended dose of pain reliever, ibuprofen (Advil) is best, with a full glass of water. Don't rely on pain relievers long-term. You may be temporarily more comfortable, but the problem won't fix itself. Contact the dental clinic as soon as possible for help.



Knocked-out tooth: First, stay calm and try to find the tooth! This may take a bit of looking, as these emergencies often occur while on a playground, a basketball court or while biking or skateboarding. Rinse the tooth off gently with water, without any scrubbing or use of a toothbrush. Keep the tooth wet in a cup of milk. There is a chance that these teeth can be successfully splinted back in place and will function as normal. Time is of the essence, so contact the dental clinic as soon as possible.

Broken tooth: Rinse your mouth gently with warm water to clean it out. The tooth will likely be sensitive to hot and cold, so covering it with a wet piece of gauze or facial tissue will keep you more comfortable. Contact the dental clinic as soon as possible.



Facial, tongue or lip wounds: Clean the area gently with a clean damp washcloth and apply cold compresses to reduce swelling. A good cold compress is a baggie of ice wrapped in a cloth, applied repeatedly for 15 minutes on and 15 minutes off for the first few hours. Facial wounds can sometimes bleed a lot. Apply direct pressure to the wound with a clean cloth to slow and stop any bleeding, but you should go to the emergency room if the bleeding continues or concerns you. If it ever feels like your teeth don't fit or close together normally after any facial impact or injury, this could be from a broken jaw. You should go to the emergency room immediately.

Objects stuck between teeth: The most common culprits are popcorn husks! Try to gently remove the object with dental floss. Never use a pin or other sharp instrument to try to remove the object. If you can't get the object out, contact the dental clinic and we will help you.

A temporary or permanent crown comes off: The tooth will likely be sensitive to hot and cold. Place a small dab of drugstore denture adhesive or Vaseline in the crown and set it back on the tooth. This should control any sensitivity and keep the crown in place, but be very careful to avoid chewing on the tooth or the crown could come back off. Contact the dental clinic as soon as possible to have the crown recemented properly.



Our goal in the dental clinic is always to keep you comfortable, whether you are having a dental emergency or not. Feel free to call us anytime with any dental questions you may have (253-939-2131). You should always call the dental clinic immediately for instructions on how to handle any dental emergency during weekday business hours.

Do you currently have Medicare Part A and/or Part B?
Are you missing Part D—Prescription coverage?
Or, are you 65 years old and need all three coverages?

Medicare Part D
Open Enrollment begins
Oct. 15th—Dec. 7th, 2018
Part D is prescription drug insurance

Come in to see us at the Managed Care Department
Muckleshoot Health & Wellness Center
17500 SE 392nd Street
PH # 253-939-6648

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!

Volleyball

Please join us for weekly volleyball at the MHWC every Tuesday 5:30-8pm

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

Native Community Helpers

A Community Wide Effort to Prevent Suicide

Native Community Helpers are Community Members who are trained in Suicide Prevention.

This program was started to empower Community Members to help friends, family and loved ones who are struggling with suicide by providing training, education and ongoing support from Behavioral Health Program on suicide prevention.

The first step to join this effort is completing a Native Community Helpers Training on suicide prevention offered monthly by the Behavioral Health Program. The training includes learning how to identify individuals at risk, learning the warning signs, resources available in community and how to support anyone at risk in seeking professional help. It's an opportunity to take an active role in supporting the Community and save lives.



All Community Members are welcome to participate in these monthly trainings. So far, over 80 Muckleshoot Community Members have completed this training since September 2017.

Following completion of the training, each Member is invited to monthly Native Community Helper Meetings where Community Members take an active role in determining the Community's needs around suicide prevention and receive additional training, education and support from Behavioral Health Program facilitators tailored to these needs.

- Sign up one of these ways:
1. Call Behavioral Health Program: (253) 804-8752
 2. Send a text message with your name: (253) 740-4586
 3. Go to this link to sign up: <http://surveyanplace.com/s/qtxbej>

"I like how [BHP facilitators] give us ideas of things to say in time of need & how to notice signs of depression & signs of suicide"- Mary Weed, a Native Community Helper

To get help for yourself or someone you know to Prevent Suicide call:
Behavioral Health Program at: (253) 804-8752
King County Crisis Line after hours at: (206) 461-3222
In an Emergency call: 9-1-1

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 376th St
Auburn WA 98092
253-931-6709 Ext 3700

Marty Laronal
Support Services Manager
Muckleshoot Early Childhood Education Center
15599 SE 376th St
Auburn, WA 98092
253-876-3056 Ext 3922

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

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

SCAM! ALERT!

- A NEW MEDICARE CARD IS COMING IN THE MAIL SOON SO BEWARE OF SCAM CALLERS.
- MEDICARE WILL NEVER CALL UNINVITED TO ASK FOR PERSONAL INFORMATION OR ANY INFORMATION REGARDING YOUR NEW OR OLD MEDICARE CARD.
- IF SOMEONE CALLS ASKING FOR ANY INFORMATION REGARDING YOUR MEDICARE CARD... PLEASE HANG UP!
- YOU CAN REPORT ANY SUSPICIOUS PHONE CALLS DIRECTLY TO MEDICARE AT #1-800-MEDICARE.



Beware of Phone Scams

MANAGED CARE DEPARTMENT
MUCKLESHOOT HEALTH & WELLNESS CENTER
PH: 253-939-6648

Healing with Horses Group



Come Join The Horses Every Wednesday, 1-3pm

Spend healing time with Horses at the Blue Barn

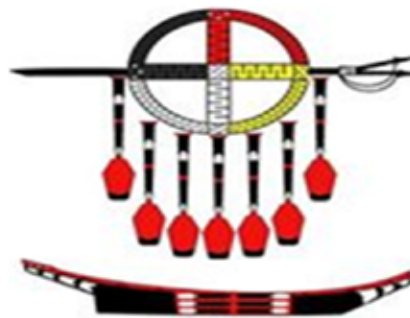
Open to join any time. Just show up!
All Community Members Welcome

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



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

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



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 INTO THE MUCKLESHOOT MANAGED CARE DEPARTMENT!
17500 SE 392ND ST AUBURN WA 98092
253-939-6648

FENTANYL WARNING

Fentanyl is causing an increasing number of deaths in King County.

Most drugs can be cut with fentanyl.

Fentanyl has been found locally in fake oxycodone pills & in white and blue powders.



Drugs pictured here were found at overdose death scenes in King County and tested positive for fentanyl.

Public Health
Seattle & King County

HOW TO AVOID OVERDOSE



DO NOT USE ALONE



START WITH A SMALL AMOUNT
Fentanyl is a potent drug about 100 times more powerful than other opioids.



WATCH AND WAIT BEFORE THE NEXT PERSON USES



HAVE NALOXONE READY
You can get Naloxone at the Needle Exchange.



AN OPIOID OVERDOSE IS A MEDICAL EMERGENCY. CALL 911 RIGHT AWAY

Washington's Good Samaritan Law helps protect you.

TREATMENT WORKS

Call the Recovery Hotline at 1-866-789-1511
Or visit www.stopoverdose.org

New Time!!!

Muckleshoot Behavioral Health Healing Circle

Mondays 12:00pm-1:30pm

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!




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

We will pick a winner in January 2019!



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



Hit the Beach, 2018 winner of the \$50,000 Muckleshoot Tribal Classic!

JOHN LOFTUS PHOTO


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		5th Month	6th Month	7th Month
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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;



Your Birthday Month


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




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
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 Indian Tribe
Child Care Development Fund



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

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

Muckleshoot Health & Safety Fair

Health & Wellness Center ~ September 26, 2018

PHOTOS BY JEREMY PANGELINAN

