



Muckleshoot MESSENGER



Section 2

December 5, 2019

Tribe bans fruit-flavored vaping products, restricts vaping/tobacco sales to 21 & up

Much has been said lately about vaping's link to dire health problems, hospitalizations, even deaths.

Especially troubling to the Muckleshoot Tribal Council has been the charm that flavored vaping products exercise on young people.

So concerned has the council been that weeks ago it pulled all flavored vaping products from its Smoke Shop shelves.

On Tuesday, November 5, the Tribal Council banned the sale of flavored vaping products and restricted the sale of tobacco and all other vaping products to anyone who is less than 21 years old.

Jaison Elkins, chair of the Muckleshoot Tribal Council, told Gov. Jay Inslee about it in a letter that day.

"The tribe has taken this important step even though exempt from the Board of Health emergency ban on the sale of flavored vaping products and the state law banning the sale of tobacco products to youth under the age of 21 because of the serious health concerns associated with nicotine products and the appeal of flavored vaping products to youth," Elkins wrote.

Elkins added that the tribe supports Inslee's efforts to reduce youth access to addictive and harmful tobacco products and to ban the sale of flavored vaping products.

"We are pleased to join you in those important efforts. Together we can make a positive difference for the health and well being of our youth," Elkins wrote.

On Monday evening, Nov. 4, the Auburn City Council passed a total ban on smoking and vaping in all city parks.

Courtesy of The Auburn Reporter



Tribal Chair Jaison Elkins

The 50th Anniversary of the Occupation of Alcatraz

By Karen Rudolph

The U.S. Congress passed a resolution in 1953 that began the termination of Native American tribes. The intention was to disband all tribes and to sell their land. This went hand in hand with the policy to relocate Native Americans to urban areas. The goal was to abrogate all Native American treaties.

In the San Francisco bay area, a group of Native American students, led by LaNada (Means) War Jack and Richard Oakes, decided that they needed to make a public stand against the government's drive to destroy their treaty rights. They called themselves Indians of All Tribes. On November 20, 1969, they boarded a boat to take them to the abandoned federal prison on Alcatraz island. The one caretaker on the island made a call:

"Mayday! Mayday! The Indians have landed!"

The students expected to be arrested but they managed to avoid the authorities who were searching for them. Their landing made front page news. Richard Oakes, a Mohawk ironworker and college student, read a list of demands for the evening news broadcast. The story was picked up across the country and soon other Native people headed to San Francisco to join the occupation. Many were Viet Nam war veterans.

The occupiers stated their purpose, "To better the lives of all Indian people" by making "known

to the world that we have a right to use our land for our own benefit" through reclaiming Alcatraz "in the name of all American Indians by right of discovery."

One of the early arrivals was Muckleshoot tribal member, Tyrone Simmons Sr. Another was John Trudell, a Santee Dakota who became the voice of the occupation on Radio Free Alcatraz.

Many spiritual leaders from different tribes visited the island. For some of the occupiers, this was the first time that they had the opportunity to participate in traditional ceremonies. Whole families arrived to stay on the island and a school was set up for the children as well as cultural and historical education for the adults. A baby, Wovoka Trudell, was born on the island. Native people from different states learned about conditions on each other's reservations.

Movie stars came to visit, which brought continued press attention to the occupation. By the Spring of 1970 the government decided to overturn the policy of termination. Across the country Native people began to occupy other federal facilities such as Fort Lawton in Seattle. The occupation of Alcatraz lasted nineteen months. The last 15 occupiers were peacefully removed in June 1971. Alcatraz eventually became the most visited National Park in the United States.

On November 20, 2019 some of the original Native American occupiers, their friends, families and



RETURN TO THE ROCK: Tyrone Simmons Jr. stands proudly with his dad, Alcatraz Occupier Tyrone Simmons Sr.

supporters again occupied Alcatraz. This time it was at the invitation of the National Park service. There were four days of celebrations, including a free concert by Buffy Sainte-Marie. Members of John Trudell's Bad Dog band played on the island in his memory. Kent Blansett gave a talk about Richard Oakes and his biography, *A Journey to Freedom*.

Muckleshoot tribal members Tyrone Simmons Sr. and Tyrone Simmons Jr. attended as did Walter Pacheco. Tyrone Jr.'s uncle and aunt, David and Michelle Pepion, were there to honor his mother, Lola "Cecilia" Pepion, who was also an Alcatraz Occupier. Na-

tional Park Service staff members were gracious hosts. They now have a museum exhibit about the occupation and they even set up scaffolding so that some of the original occupiers could repaint the red "Indian Land" graffiti which is now considered to be "historical political messaging."

As Richard Oakes said, "Alcatraz is not an island, it's an idea that you can recapture and be in control of your life and your destiny, and self-determine you future."

Karen Rudolph is the sister-in-law of Tyrone Simmons Sr. and the widow of his late brother, Jimi.

Muckleshoot Casino signs on as official partner of new NHL hockey franchise

MUCKLESHOOT CASINO NEWS RELEASE

SEATTLE, Wash., October 30, 2019 – Oak View Group and NHL Seattle have announced the Muckleshoot Indian Tribe's Muckleshoot Casino Resort will be an official partner with a blessing of the land at the New Arena at Seattle Center.

A federally recognized Indian Tribe whose membership is composed of descendants of the Duwamish and Upper Puyallup people who inhabited Central Puget Sound for thousands of years before non-Indian settlement, the Muckleshoot Indian Tribe was invited to bless the land on which the New Arena at Seattle Center is taking shape, as a symbol of respect for the deep Tribal heritage of the region.

Filled with prayer, dance and song, the October 30 ceremony also served as a moving testament to the resilience of hope and new beginnings.

"We are grateful to the Muckleshoot Tribe for their blessing of these arena grounds, which we acknowledge are on Indigenous land and the traditional territories of the Coast Salish people," stated Mari Horita, VP of Community Engagement and Philanthropy for NHL Seattle. "The Arena project is about honoring the past and embracing the future, and our partnership with the Tribe and the Muckleshoot Casino does exactly that. We are excited to partner to bring the game of hockey to more Native American youth in our region."

Honoring the past while embracing the promise of tomorrow, the event as well as the larger partnership also illustrated the striking commonalities between NHL Seattle and the Muckleshoot Indian Tribe: innovators with a dream and a focused determination on a bright future.

"It is a good day to come here with a good heart to represent not only my people but all indigenous people of our region," said Donny



Tribal Council members joined NHL and team officials and Muckleshoot Canoe Family members at Key Arena, which will be remodeled to accommodate major professional sports events

Stevenson, Vice Chairman of the Muckleshoot Indian Tribal Council. "To be able to partner and work with NHL Seattle on the ultimate goal to bring an NHL franchise to Seattle is truly exciting."

As a partner and sponsor, Muckleshoot Casino will have entitlement to the Power Play as well as a significant brand presence at both the New Arena at Seattle Center and Northgate Ice Centre.

NHL Seattle will also partner with the Muckleshoot Indian Tribe to introduce hockey, a sport with roots in Native culture, to Native American youth in the Puget Sound region.

"This day is truly empowering," said Conrad Granito, General Manager of the Muckleshoot Casino. "Muckleshoot gaming is the economic engine that has created economic independence and self-sufficiency for the Tribe over the last 25 years. It provides resources needed to improve the

tribal community's quality of life, preserve its culture and lays the groundwork for a bright future."

Serving as a must-visit gaming destination for nearly a quarter century, Muckleshoot Casino has grown from a humble temporary

structure into the largest gaming facility in the Pacific Northwest. And, it's about to get bigger. A sweeping renovation and expansion is currently underway which will culminate with the debut of a 18-story, 400-room resort in 2021.



The Muckleshoot Canoe Family sings as song as part of the ground blessing.



PHOTO BY HEATHER SACHA

Emerald Downs Announces Dates for 2020 Racing Meet

AUBURN, Wash. – Emerald Downs Racetrack and Casino has announced a 63-day live racing season in 2020, with opening day Saturday, April 18 and continuing through Sunday, September 20.

The 2020 race dates were approved at the Washington Horse Racing Commission monthly meeting Friday at Auburn City Hall.

Emerald Downs Racetrack and Casino, which is owned by the Muckleshoot Tribe, will be celebrating their 25th season of racing.

The April 18 kickoff, with a post time of 2:00 pm, will be the lone racing day opening weekend, with Saturday/Sunday racing the following weekend, April 25-26 and May 2-3. Friday night racing begins May 8 and will continue through August.

Post times remain similar to last season: 2:00 pm Sundays, 6:50 pm Fridays. The first eight Saturdays – April 18 through June 6 – feature a 2:00 pm post, while the final 15 Saturdays – June 13 through September 19 – will feature evening/twilight racing with a 5:00 pm start time.

Championship Sunday – featuring four stakes including the 85th Longacres Mile (G3) – is scheduled Sunday, August 9. The complete 2020 stakes schedule will be released in January.



What have we been up to at the Wellness Center?



New Outdoor fitness space a family fitness space with seasonal vegetable beds connecting nutrition and fitness. How we fuel our bodies makes a big difference in our energy levels and quality of life.



Meet the Muckleshoot Personal Trainers here to serve you



Tomanamus Day Fun Run The second annual run takes place in this historic setting that is very meaningful for our family. This is part of a trail that the warriors used to gather support against Governor Stevens during the treaty wars.



Night out basketball players



Night out doughnut eating contest



A picture of students and their teacher after completing the run



Muckleshoot Elder Joe James part of the Wellness Team. Janitorial



Some of the Muckleshoot running club on their daily run.



Lifeguard training and certification



MIT open house

3rd Annual Salmon Jam

The Salmon Jam is a basketball tournament is funded by the smoking cessation fund to educate youth about the dangers of smoking and vaping. This is a two day tournament for 11-13 year olds and a 14 -17 year old bracket. The entry fee is to bring new toys that are given to Mary Bridge Hospital for the children who are receiving care there. Kids helping Kids another great take away from the two day tournament. This is a very positive event and requires a bunch of help. I would like to thank all of the people who gave up their weekend to make this a success. "Smoke Salmon not Cigarettes. Julia Anderson Frankie Lezard Derrik Hicks

Olivia Ho Andre Pleasant Roger Brown Fawn Hutchins Susan Raye Starr Elijah West Kacey Huffington AJ Adolfo Juarez And my Team who contributed more than a weekend and really helped to make the Jam a success Nina Heddrick Andrake West Allison Jones Alighah Elkins Joe James



3rd Annual Salmon Jam



Salmon Jam 1st place Nisqually team



Salmon Cedar Korndorfer's team coached by Roger Brown 2nd place



Salmon Jam Championship 11-13 bracket



MUCKLESHOOT HEALTH DIVISION

WARNING:



1. Beware of counterfeit pills that may look like prescription drugs. They likely contain fentanyl (a synthetic drug 100 times more powerful than other opioids). Oxycodone pills that are sold on the street or online likely contain fentanyl.
2. Do not consume any pill that you do not directly receive from a pharmacy or prescriber.

WHERE HAS FENTANYL SHOWN UP LOCALLY?

In King County, fentanyl is most commonly seen in blue, greenish, or pale colored counterfeit pills. There may be other colors. These pills may be marked as "M30" and sometimes as "K9," "215," and "v48." Fentanyl may also be in white powders.



WHAT CAN YOU DO TO PREVENT FATAL OVERDOSES?

1. If you witness an overdose, call 9-1-1 right away. Washington State's Good Samaritan law will protect you and the person who is overdosing from drug possession charges.
2. Give Narcan, a nasal spray that counteracts the life-threatening effects of an opioid overdose. Find out where you can get Narcan at stopoverdose.org or go to the HWC pharmacy or Behavioral Health.
3. If you think someone is overdosing, do not let them fall back asleep and stay with them until the emergency responders arrive.

IS THERE TREATMENT FOR OPIOID USE DISORDERS?

Yes, Muckleshoot Behavioral Health has several different treatment options for those who have Opioid Use Disorder. **Call us today and we can help 253-804-8752. If after hours call the Crisis Connections at 866-427-4747.**

Muckleshoot Health & Wellness Center Hours

Monday-Friday

Gym 6:00am – 9pm
 Sauna & Steam Room 6:00am – 8:30pm
 Pool 6:00am – 8:30pm
 Daycare 9:00am – 8:45pm

Saturday

Gym 8:00am – 5pm
 Sauna & Steam Room 8:00am – 4:45pm
 Pool 8am – 4:45pm
 Daycare Closed

Medicare 101

Why do I need Medicare when I turn 65 yrs. old?
 What does Medicare pay for?

Part A (Hospital Insurance)
 Helps cover:
 • Inpatient hospital stays
 • Skilled nursing facility care

Part B (Medical Insurance)
 Helps cover:
 • Services from Doctors and other health care Providers
 • Outpatient medical visits
 • Durable medical equipment (like wheelchairs, hospital beds, and medical supplies)
 • Preventative services (screenings, shots & Wellness)

Part D (Prescription Drug coverage)
 Helps Cover:
 • Costs of Prescription Drugs/Medications

Come in to learn more about Medicare coverages

Muckleshoot Health & Wellness Center
 Managed Care Department
 17500 SE 392nd Street
 Auburn, WA 98092

The MindCare Clinic Is Open!

We are excited to introduce the MindCare Clinic, a new state of the art program. The MindCare Clinic utilizes progressive technologies to increase brain health and functioning, reduce stress, treat symptoms and promote mental wellness. Services are tailored to each individual's unique brain health needs and are relaxing, safe and medication-free.

Highly trained MindCare Clinic Staff are available to meet with you to discuss what services are the best fit and how we can help you meet your brain health goals.

To learn more, call to schedule an appointment:
 (253) 876-6965

We are located at The Health and Wellness Center
 West Entrance Door
 17500 SE 392nd Street
 Auburn, WA 98092



Muckleshoot Health & Wellness Center

17500 SE 392nd Street, Auburn, WA 98092
 Main Line: (253) 939-6648

DEPARTMENT:	PHONE:	HOURS:
Behavioral Health Mental Health & Chemical Dependency	(253) 804-8752	8:00am – 5:00pm
Community Health/CHR's	(253) 939-6648	8:00am – 5:00pm Closed Lunch: 12:00p-1:00p
Dental Clinic	(253) 939-2131	8:00am – 5:00pm Closed Lunch: 12:00p-1:00p
Family & Youth BH Services Youth Mental Health & Chemical Dependency	(253) 333-3605	8:00am – 6:00pm
Medical Clinic	(253) 939-6648	8:00am – 5:00pm Closed Lunch: 12:00p-1:00p
MEIHSS Elders In-Home Support Services	(253) 876-3050	8:00am – 5:00pm Closed Lunch: 12:00p-1:00p
Optical Clinic	(253) 735-2020	8:00am – 5:00pm Closed Lunch: 12:00p-1:00p
Pharmacy	(253) 333-3618	8:00am – 6:00pm Lobby Closed 5:00p-6:00p Walk-Up window open 5:00p-6:00p
PRC formally named CHS Purchase Orders	(253) 939-6648	8:00am – 5:00pm Closed Lunch: 12:00p-1:00p
Recovery House	(253) 333-3629	24 hours
Registration Department	(253) 939-6648	8:00am – 5:00pm Closed Lunch: 12:00p-1:00p
Wellness Center	(253) 333-3616	
Gym Hours		Monday – Friday 6:00am – 9:00pm Saturday 8:00am – 5:00pm
Pool Hours		Monday – Friday 6:00am – 8:30pm Saturday 8:00am – 4:30pm
WIC Office	(253) 939-6648	Thursdays ONLY 8:00am – 4:30pm Closed Lunch: 12:00p-1:00p

ALL DEPARTMENTS ARE CLOSED ON SUNDAYS

Navigating Difficult Family Gatherings

It's that time of year again to celebrate and gather with family and friends. As fun as the holiday season may sound at first while you're making plans, once you're all together it can feel overwhelming. Here are a few tips to help you through this year.

Adjust Expectations

Expectations play a huge role in how we perceive events and others. We sometimes go into family gatherings hoping for a picture-perfect event full of smiles and laughs. Often we're logically aware that's not real life but that doesn't always stop us from having lofty expectations of ourselves and our family.

The truth is, expectations we build up in our minds can be unrealistic and set everyone up for disappointment. Additionally, they can make an already difficult interaction more challenging. Consider

experimenting with raising awareness of what your expectations typically are and try to release them for a moment. Letting go of previously held expectations may not change much about the event or another's behavior, but it can allow you space to see and relate to it differently.

Set a New Intention

Past experiences heavily inform our opinions on similar upcoming experiences. While this can be helpful to prepare for what may come, it can increase feelings of dread and even lead us to act in a way that fulfills our expectations. Setting a new, positive intention for an interaction with family can help change the experience because you'll start to seek out ways to fulfill that intention. How do you usually feel at holiday gatherings and what you would prefer to feel

(remember to focus on your own feelings and not the feelings or behaviors of others. You can only control you)? Then, try saying to yourself "I intend to feel _____"

Breathe In, Breathe Out...

You don't have to sit in the lotus position chanting "Om" to meditate. Perhaps the whole idea sounds a little strange to you but give it a try. You can do it anywhere and it doesn't have to take a lot of time. It can put you in a place of calm and increase your patience. Try taking a deep breath in through your nose, releasing it through your mouth and trying to keep your focus just on your breath for about a minute. It's not going to radically change things, but it will help you have a sense of calm going into family gatherings and give you a better chance of coping in a more ideal way.

Approach with Curiosity

Often we react to situations based on judgments or evaluations we make about other people, situations, and our own thoughts. It can cause a lot of trouble and often doesn't allow us to see the situation objectively. When you start to feel yourself becoming upset at a family gathering, step back and become an observer of the situation by using some self-talk. Be curious, not judgmental.

Notice reactions your body is having by literally pointing them all out to yourself

"I notice my heart beating hard and my breathing is faster than normal. My palms are starting to sweat and my face feels hot"

Point out the emotions you are feeling in the moment.

"I think I'm feeling upset and angry right now"

Theorize what might be behind these feelings. Be curious.

"Mom is talking about a subject that has made me angry in the past. I start feeling upset when she talks about this."

Take judgment out of it - having unpleasant feelings, as well as pleasant ones, is all part of experiencing a rich, full range of emotions and part of being human.

"It's not good or bad that I'm feeling this way. It's just how I'm feeling and that's okay. I'm human, I'm supposed to have a full range of emotions. It's healthy."

Love the Little Things

One of the best ways to get through a gathering with people you find it hard to be with is to shift your focus. When you step into the gathering before you get much of a chance to get frustrated, anxious, or upset, start to name things about each person of which you're appreciative. You can find something for just about anyone or do it for the group as a whole.

"I'm thankful that I have so many interesting people in my life."

"My aunt is a very observant,



attentive woman."

"I had so many passionate people around me growing up."

Give it a shot and see what you can come up with! It can change your perspective of the whole event.

Know Yourself & Your Boundaries

Just like each and every one of your family members, you have triggers, things that set you off, habits, and patterns of behavior that might be contributing to the difficult family dynamic. Try to be honest with yourself (fair, but honest). Think about that one thing a family member does that always sets you off or topics that start arguments. Once you start to see conversations starting to go towards those topics, bring up a different topic, get a refill on your drink, or take sanctuary in the bathroom. Know your limits and your triggers.

Regardless of what you do to prepare yourself, sometimes it will

only help so much. Maybe you can only talk with certain family members for 5 minutes or you can only be at the whole gathering for an hour. That's okay. When you're there, make it a point to be present in the moment and be with your family as much as you can but then when you reach your limit, prepare a way out before you become overwhelmed or things turn south.

Also remember that you have the power to say no to being around certain people or situations you know are unhealthy for you or that negatively impact your well-being.

Please join us for the final Behavioral Health Program **Healing Dinner** of the year on **Thursday, December 12th** from **4:30pm-7pm** at the **Pentecostal Church**

Our special guest speaker is **Rona Yellowrobe**, a Native American flute player and Storyteller

All community members and families are welcome!

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



Muckleshoot Wellness Center Swimming Lessons

Days/Times	Monday/Wednesday	Tuesday/Thursday
10:30am - 12pm	Adult/Private	Adult/Private
1pm - 2:30	Parent Child/Level Pre. 1 & 2	Level Pre. 1 & 2/Parent Child
3pm - 4:30pm	Level 3 and 4	Level 1 and 2
5:30pm - 6:30pm	Level 1 and 2	Level 3 and 4
6:30pm - 7pm	Level 5 and 6	Level 1 and 2

Name of Participant(s): _____ Age(s): _____

Adult/Parent/Guardian: _____ Cell Phone: _____

Notes for Instructor: _____

Not sure what level to sign up for? Come to the pool for an evaluation, or ask our Lifeguards.

Please select the class that works best for you below. This Session will be October 22nd - November 15th

Times and levels may vary depending on registration.

- | | |
|--|--------------------------------------|
| ___ 1 pm -1:30 pm Parent Child M/W | ___ 1 pm - 1:30 am Pre. 1 and 2 T/H |
| ___ 1:30 pm - 2 pm Parent Child M/W | ___ 1:30 pm - 2 pm Pre. 1 and 2 T/H |
| ___ 2 pm - 2:30 pm Pre 1 and Pre 2 M/W | ___ 2 pm - 2:30 pm Parent Child T/H |
| ___ 3 pm - 3:30 pm Level 3 and 4 M/W | ___ 3 pm - 3:30 pm Level 1 and 2 T/H |
| ___ 3:30 pm - 4 pm Level 3 and 4 M/W | ___ 3:30 pm - 4 pm Level 1 and 2 T/H |
| ___ 4 pm - 4:30 pm Level 3 and 4 M/W | ___ 4 pm - 4:30 pm Level 1 and 2 T/H |
| ___ 5:30 pm - 6 pm Level 1 and 2 M/W | ___ 5:30 pm - 6 pm Level 3 and 4 T/H |
| ___ 6 pm - 6:30 pm Level 1 and 2 M/W | ___ 6 pm - 6:30 pm Level 1 and 2 T/H |
| ___ 6:30 pm - 7 pm Level 5 and 6 M/W | ___ 6:30 pm - 7 pm Level 1 and 2 T/H |

For questions more information please contact

Amelia Merrill @ (253) 333-3616, ext 3709 or amelia.merrill@muckleshoot-health.com

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/qtxbejby>





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: Trudi Moses 253-876-3397 Cell: 253-890-6968 Director: Cynthia Oris 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

Muckleshoot Needle Exchange Program

Muckleshoot Behavioral Health

Services Offered at Behavioral Health
Monday—Friday 8-11:30am and 1-4:30pm:
Exchange used syringes for clean syringes
Receive safe injection supplies
Receive overdose prevention education and Narcan
Receive tips on how to inject drugs safely

Mobile unit every Wednesday from 2 to 4pm
Location: East side of Powwow Grounds.

Any Questions? Contact Carol VanConett at Muckleshoot Behavioral Health: 253-804-8752

WARNING

FENTANYL IS KILLING KING COUNTY RESIDENTS

“Oxycodone” and “Percocet” pills sold on the street or online are **FAKE** and likely contain **fentanyl**.

Fentanyl can also be found in **white powders**.

HOW TO PREVENT OVERDOSE

- Don't use pills/powders from the street or online
- Don't mix drugs
- Don't use alone
- Have Naloxone (Narcan) ready Find it near you at stopoverdose.org
- Call 911 if someone overdoses

Getting treatment is now easier than ever!

Recovery Help Line
1.866.789.1511
www.waRecoveryHelpLine.org

Public Health
Seattle & King County

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

PROBLEM GAMBLING RESOURCES

Muckleshoot Resources
Behavioral Health Gambling Outreach
Julia Joyce, MA, MS, CDP, WSGCC-I is available Monday through Friday 8am-5pm
(253)804-8752 x3207

Call and setup an informational session
Local Gamblers Anonymous Meetings
Winner's Circle—Wednesday at 12:00pm, 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

BREAKING INTO MAILBOXES IS A FEDERAL CRIME!

The Elders Committee has reported that mail boxes are being broken into. **REMINDER: Stealing mail is a federal offense!**

Fall 2019

Special points of interest:

- Aquablast Pool / Amelia am class Tony Jansen Elvis music & low impact cardio
- Yoga practice posture to align, strengthen and promote flexibility in the body/Caryn
- Move strong circuit training/Clayton
- Speed & agility quickness (S.A.Q.) /Shane
- Tabata full body circuit training at paced intervals Clayton
- If your not able to show for our yoga during the week you join us Saturdays with Jake Either 9:00am for Hatha also 10:00am for Power Yoga.
- We have a 6:00pm yoga session with Emma Wednesday nights.
- Runners meet in the Wellness lobby everyday with at noon with Alighah.

Muckleshoot Wellness	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00am		Aquacize AM		Aquacize AM		9am Hatha 10am Power Yoga/Jake
12:00pm	Yoga SAQ S.W	Move Strong C.M	Yoga C.A SAQ S.W		Tabata C.M	
5:30pm	Spin	Aquablast T.J	Spin T.J	Aquablast T.J	Spin T.J	
6:00pm			Yoga with Emma			

SCAM ALERT!

- **MEDICARE WILL NEVER CALL UNINVITED TO ASK FOR PERSONAL INFORMATION OR ANY INFORMATION REGARDING YOUR NEW OR OLD MEDICARE CARD.**
- SCAM CALLERS MAY SAY THAT YOUR ACCOUNT HAS BEEN SUSPENDED & DEMAND PAYMENT IN THE FORM OF A PREPAID DEBIT CARD, CASH OR A WIRE TRANSFER.
- SOME SCAM CALLERS EVEN THREATEN TO ISSUE A WARRANT FOR YOUR ARREST.
- **DO NOT GIVE ANY PERSONAL INFORMATION, HANG UP AND DO NOT CALL BACK!**
- YOU CAN REPORT ANY SUSPICIOUS PHONE CALLS TO THE OFFICE of the INSPECTOR GENERAL AT PH #1-800-269-0271.

Beware of Phone

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

Transitions Signature

Our best everyday Light Intelligent Lenses™

Featuring exclusive Chroma7™ technology, this is our fastest and most responsive lens in all lighting and temperature conditions.

Personalize your style with a choice of 7 colors.

Transitions XTRActive

Our best for extra protection, even in the car

Uniquely designed to protect your eyes from the bright sun outdoors and harsh artificial light indoors.

Transitions Signature

AND INTRODUCING NEW Style Colors

Pick your color, choose your style

Transitions' Signature' lenses are now available in a choice of 4 vibrant, new style colors for you to personalize with any frame and express your style.

Transitions XTRActive

AND INTRODUCING NEW Style Mirrors

Make a statement

Style your frames with our fashionable mirror colors, which adapt to any light.

Inquire within at:
Muckleshoot Optical
Muckleshoot Health and Wellness Center
Direct Line 253-735-2020 • Monday-Friday 8:00am – 5:00pm. Closed daily 12:00-1:00 pm for lunch

Diabetes Fair



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.



HEALING DINNER

Muckleshoot Behavioral Health

Featuring Songs and Stories for a

Season of Gratitude

and activities for all ages

Pentecostal Church
Thursday, December 12th
4:30PM to 7PM

Award Winning Flute Player
Rona Yellow Robe

All community members and families are welcome!
Behavioral Health Program (253) 804-8752



- Healing Dinner
- Pentecostal Church
- Thursday, December 12th
- 4:30pm to 7:00pm
- Cheri Rohlman 253-804-8752 X3221
- All community members and their families
- Just show up
- Dinner, entertainment by Rona Yellow Robe, activities, give-a-ways
- Come and enjoy the evening with your community!



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.

<p>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</p>	<p>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</p>
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MAIN SOCIAL SECURITY PHONE NUMBER: 1-800-772-1213

NATIVE COMMUNITY HELPERS

Are you having a rough day? Have you been feeling down for a while? It can be difficult to reach out but talking to someone can help. You are not alone.



What are Native Community Helpers?

- Your Community Members
- Trained in suicide prevention

How Can They Help Me?

- Offer a listening ear and open heart
- Help you access available resources and reach out to professional help

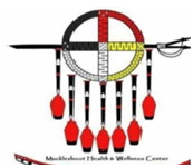
Remember that you have people in your community to talk to – friends, family members, Elders, Native Community Helpers, counselors. Those people would be glad to help you access the help you need.

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You are not alone.



To get help for yourself or someone you know who is suicidal 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