

2022 Muckleshoot Holiday Legislative Reception

PHOTOS BY JOHN LOFTUS



The Muckleshoot Canoe Family



Sen. Sharon Tomiko-Santos and John Daniels Jr.



Muckleshoot Kayeh Princess Lori Molina

Sean Daniels, principal organizer of the event

Tribal Council member Anita Mitchell

Tribal Chairman Jaison Elkins

Emcee Tonia Jo Hall, Auntie Beachress

Election 2022

Continued from B1

Won: Donavon Hawk, Crow, State House 76, Democrat, won 63 percent of the vote to defeat Republican Suzzann Nordwick.

Won: Rhonda Knudsen, Turtle Mountain Chippewa, State House 34, Republican, unopposed

Won: Marvin Weatherwax Jr., Blackfeet, State House 15, Democrat, eked out a win with 50 percent of the vote over Republican Ralph Foster.

Won: Tyson Running Wolf, Blackfeet, State House 16, Democrat, unopposed

Won: Frank Smith, Assiniboine Sioux, State House 31, Democrat, drew 54 percent of the vote to defeat Republican Arlie W. Gordon.

Won: Sharon Stewart-Peregoy, Crow, State House 42, Democrat, drew 53 percent of the vote to defeat Republican Virginia McDonald.

Lost: Rynalea Whiteman-Pena, Northern Cheyenne, State House 41, Democrat, lost to Republican Paul Green, who took 57 percent of the vote.

Won: Jonathan Windy Boy, Chippewa Cree, State House 32, Democrat, unopposed

Nevada

Won: Shea Backus, Cherokee Nation, State Assembly District 37, Democrat, drew 55 percent of the vote to defeat Republican Jacob Deaville.

New Mexico

Won: Patricia Roybal Caballero, Piro Manso Tiwa, State House 13, Democrat, unopposed

Won: Anthony Allison, Navajo Nation, State House 4, Democrat, unopposed

Won: Doreen Wonda Johnson, Navajo Nation, State House 5, Democrat, unopposed

Won: Derrick Lente, Sandia and Isleta Pueblo, State House 65, Democrat, unopposed

Won: Brent Detsoi, Navajo Nation, Magistrate Judge McKinley Division 1, Democrat, unopposed

Won: Virginia Yazzie, Navajo Nation, Magistrate Judge McKinley Division 2, Democrat, unopposed

Won: Edward Becenti Jr., Navajo Nation, County Assessor McKinley, Democrat, unopposed

Lost: Elreno Henio, Navajo Nation, County Sheriff McKinley, Republican, was defeated by Democrat James Maiorano III, who had 67 percent of the vote.

Won: Danielle Notah, Navajo Nation, County Commissioner McKinley 1, Democrat, unopposed

Won: Sharon Clahchischilliage, Navajo Nation, Public

Education Commissioner San Juan 5, Republican, unopposed

Won: GloJean Todacheene, Navajo, County Commissioner San Juan 1, Democrat, unopposed

Lost: Zachariah George, Navajo Nation, County Commissioner San Juan 2, Democrat, lost to Republican Gary M. McDaniel, who had 64 percent of the vote.

Lost: Henry Silentman, Navajo Nation, County Assessor San Juan, Democrat, lost to Republican Jimmy Voita, who had 65 percent of the vote.

Lost: Songtree L. Pioche, Taos Pueblo and Oglala Lakota, Magistrate Judge San Juan Division 1, lost to Republican Russell L. Bradford, who drew 80 percent of the vote.

Lost: Gertrude Lee, Navajo Nation, New Mexico Court of Appeals Position 2, Republican, lost to Democratic incumbent Katherine Anne Wray, who drew 51 percent of the vote.

Lost: Karen Bedonie, Navajo Nation, Governor, Libertarian, drew 2 percent of the vote.

Won: Christine Lowery, Laguna Pueblo/Hopi, Cibola County Commissioner District 1, Democrat, took 81 percent of the vote to defeat Republican Richard S. Coop.

North Carolina

Won: Chenoa Davis, Haliwa Saponi, Democrat, won one of three seats on the Halifax County Board of Commissioners in a field of four candidates.

North Dakota

Lost: Ruth Buffalo, Mandan, Hidatsa and Chiricahua Apache, State House 27, Democrat, failed to finish among the top two vote-getters with all votes unofficially counted, losing to two Republicans.

Won: Lisa Finley-DeVillie, Mandan, Arikara, Hidatsa, State House 4A, Democrat, finished with more than 69 percent of the vote to beat Republican Terry Burton Jones.

Lost: Lillian Jones, Mandan, Arikara, Hidatsa, State House 41, Democrat, finished behind three other candidates.

Won: Jayme Davis, Turtle Mountain Band of Chippewa, State House 9A, Democrat, beat her challenger with more than 68 percent of the vote.

Lost: Richard Marcellais, Turtle Mountain Band of

Chippewa, State Senate 9, Democrat, was beaten by Republican Kent Weston, who drew 53 percent of the vote.

Lost: Collette Brown, Spirit Lake Sioux Tribe, State Senate 15, Democrat, lost to Republican Judy Estenson, who took more than 65 percent of the vote.

Oklahoma

Won: Gov. Kevin Stitt, Cherokee Nation, Republican, defeated Democratic challenger Joy Hofmeister. Stitt drew nearly 56 percent of the vote to Hofmeister's 42 percent.

Won: Ajay Pittman, Seminole, State House District 99, Democrat, unopposed

Won: Brad Boles, Cherokee, State House District 51, Republican, unopposed

Won: David Hardin, Cherokee, State House District 86, Republican, unopposed

Won: Hurchel "Trey" Caldwell, Choctaw, State House District 63, Republican, drew more than 80 percent of the vote to defeat

Republican Joel Koskan.

Won: Peri Pourier, Oglala Lakota, State House 27, Democrat, won one of two seats to represent District 27.

Won: Tamara St. John, Sisseton Wahpeton Oyate, State House 1, Republican, won one of two seats to represent District 1.

Won: Red Dawn Foster, Oglala Lakota, State Senate 27, Democrat, won 51 percent of the vote for a close win over Republican David Jones.

Tennessee

Won: Bryan Terry, Choctaw, State House 48, Republican, took 67 percent of the vote to defeat Democrat Matt Ferry.

Utah

Lost: Davina Smith, Diné, State House 69, Democrat, fell to Republican Phil Lyman, who drew more than 60 percent of the vote.

Won: Angela Romero, Fort Peck Assiniboine & Sioux Tribes, State House 25, Democrat, took nearly 65 percent of the vote to defeat Republican Rebecca I. Ipson.

Washington

Lost: Laurene Contreras, Yakama, State House 14, with no party preference listed, lost to candidate Chris Corry, described as preferring the Republican Party, for one of two seats representing District 14.

Won: Chris Stearns, Diné, Democrat, won one of two seats representing State House 47, taking 71 percent of the vote to defeat Shukri Olow, also listed as preferring the Democratic Party.

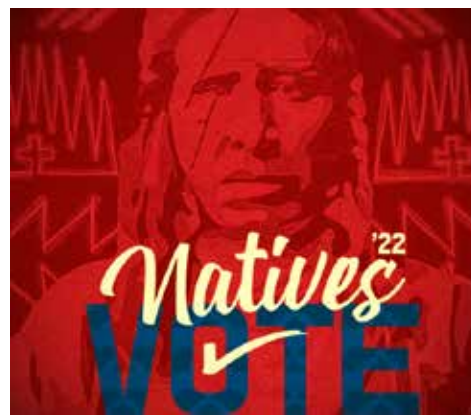
Won: Claudia Kauffman, Nez Perce, State Senate 47, Democrat, garnered nearly 53 percent of the vote to defeat Republican Bill Boyce.

Won: Debra Lekanoff, Tlingit/Aleut, State House District 40 Position 1, Democrat, took 69 percent of the vote to defeat Republican Shannon Perkes.

Won: Jennifer White, Makah, Clallam County Treasurer, Democrat, unopposed

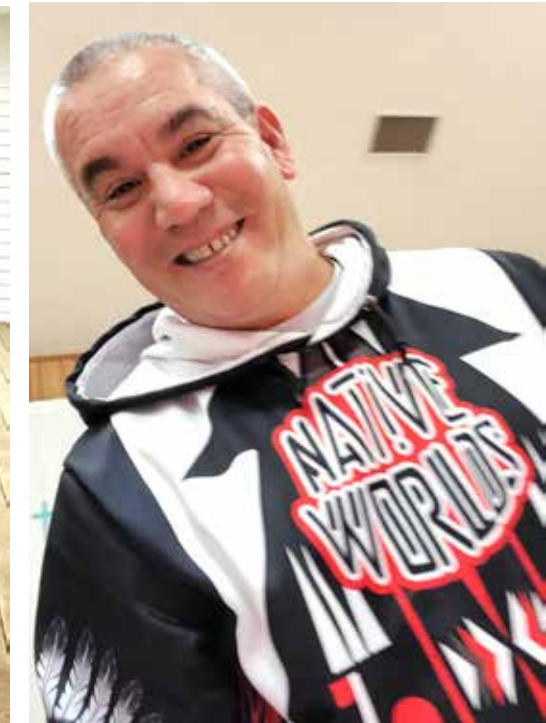
Wyoming

Lost: Incumbent Democrat Andi LeBeau, Northern Arapaho, State House 33, lost to Republican challenger Sarah Penn, who drew 55 percent of the vote





Muckleshoot 1910 Indian Shaker Church 2022 Christmas Dinner



Welcome the New Faces of Mindcare and BHP

April Brown-Marter

Mindcare- Receptionist

Hello for those who have not met me yet; my name is April by the time you read this I will be a married woman, with a new last name. I am the receptionist for the MindCare Clinic. Im a Muckleshoot Tribal member, my mother is Connie James of Muckleshoot and my father passed away, his name was Doug Brown from Yakima. I am also a mother of 4 wonderful kids. I was a student for a time and I received my Associates degree from NWIC, then transferred to UWT, but quickly found out day classes are not an "Adult Learning Environment" so school is on hold for now. Environmental concerns are still a passion that I cannot put out; wanting to find ways to be more resourceful with what we consume is something I worry about. I also do not participate in any holidays, there is not a spiritual reason, but a shameful one. Shame on me for knowing more about how the holidays are honored, but do not know my own language and culture. Now I read more about Indigenous teaching methods and ways of thinking. I am still working on the shame of having to be taught my own language at my age, but Im sure the language program will be around to help me.



I use to be a client of the MindCare clinic and I believe it is a safe calming place where people like me can develop new neuropathways to help improve the nervous system, bring down the anxieties that build up, and become better equipped to handle life. I owe my new way of thinking and feeling to my mental health therapist, Tina, and the MindCare Clinic.



Ashleigh Kilgore

Mindcare- Mindcare Technician

My name is Ashleigh Kilgore and I'm the new Mindcare Specialist at the Mindcare clinic/Health and wellness center. I attended college at Cal Poly Humboldt and graduated with degrees in botany and cellular molecular biology. Previously, I worked as a neurophysiologist in the San Francisco/bay area and this past year I have been teaching/coaching at the Muckleshoot tribal school. I am excited to continue working with the community and to expand my knowledge of the Muckleshoot tribe as well as learning from tribal members and my peers. Thank you for this opportunity and I look forward to getting to know the people in the community.

Jeffrey A. Plancich, MA, LMHC

BHP-Mental Health Therapist

I was born and raised in Tacoma as the middle of five children. Croatian (originally Yugoslavia) upbringing on my father's side and I was taught the values of working hard and earning everything you achieve. I love fishing, sports and recently picked up golf as a family activity.



I am a graduate of Washington State University (1989) and City University (2006) and obtained my mental health counselor license in 2010. I have worked in behavioral health for more than 30 years and have worked in both King and Pierce County over my career. I am excited and honored to join the adult behavioral health team here.

My counseling approach is focused on helping individuals reach their potential through a collaborative process. We accomplish this together through the belief that people have the skills and abilities to change and overcome life's challenges. We will work together to identify your strengths and resources.

Counseling, in my opinion, is about finding what is working and deepening your skills to increase your health, well-being, happiness, and recovery. My approach is person-centered which means recovery and wellness is defined by your unique goals and your definition of success.

Tribal medical teams recognized for COVID-19 efforts

On Friday, November 4, 2022, the members of the Muckleshoot medical team and Covid-19 contact tracing team were recognized for their efforts during the Covid-19 pandemic. The ceremony was held at the Holiday Inn Portland - Columbia Riverfront. Director of the Portland Area Indian Health Service (IHS), Captain Marcus Martinez handed out the awards to each recipient. After the awards were given, a reception was held. There were about 200 people in attendance.

For the Muckleshoot Tribe, awards were given to the MIT Contact Tracers, MIT COVID-19 Hotline, MIT Medical Staff and the MIT Testing and Triage Team. Jeremy Pangelinan, Patient Services Director, was recognized individually for his efforts for 2020 and 2021.

The Portland Area Indian Health Service (IHS) event honors and recognizes individuals and/or groups whose innovation, exceptional performance or exemplary actions, within the context of the Agency's priorities, have ensured quality service to our patients, stakeholders, and partners. The MIT staff were recognized for their exemplary efforts to elevate the health status of our American Indian and Alaska Native communities.

Not all of the staff were able to make it to the awards ceremony below is a list of the individuals who were nominated for the awards:

- Kenny Jones
- Jenna Eyle
- Pelita Brack
- Kathlyn Filipino
- Greg Lezard
- Emilie Price
- Melissa Satiacum
- Corey Chambers
- Kelly Blake
- Jarrett Bruno
- Cathy Sanderson
- Gayle Basaraba
- Laura Starr
- Janelle Hite
- Elizabeth Snapinn
- Amber Postma
- Mary Ann Ortiz
- Kristy Kenyon
- Colet Bennett
- Adrian Markantonatos
- Yvonne Oberly
- Jeremy Pangelinan



Contact Tracers



Covid19 Hotline



Testing Triage Tent Staff



Medical Staff

A first-in-the-nation 988 line for Native people goes live in WA

By Esmey Jimenez
Seattle Times staff reporter

The first mental and behavioral health 988 crisis line in the nation tailored for Native and Indigenous people, run by an all-Native team has gone live for Washington residents.

A group of 16 people run the Native and Strong Crisis Lifeline, which folds into the existing 988 hotline that debuted this summer. Now, 988 callers will have the option of pressing 4 to connect to a counselor who is familiar with "historical, intergenerational trauma, self care [and] more traditional elements," according to program manager Rochelle Williams, an enrolled member of the Ehattasht First Nation and a Tulalip descendant.

Native people have endured decades of suffering from the effects of Western colonization and displacement from their traditional land, language and cultures, Williams said. It's led to higher rates of depression, anxiety, substance use and suicide.

Current data from the Centers for Disease Control and Prevention found American Indian and Alaska Native people have the highest rate of suicide compared to their non-Native counterparts with 23.9 deaths by suicide per 100,000 people compared to 16.9 deaths for white people, 7.8 for Black people, and 7.5 for Hispanic people.

That's why specialized counselors are so vital, Williams says.

On top of the regular training all crisis counselors receive, the staff are trained to be mindful of language. For example, many tribal communities have slang or allude to abuse rather than outright stating it, Williams said.

"One of the things that we talk about is the word 'bothering,'" she said. "Outside, [if] someone's 'bothering' you, maybe they're picking on you ... bullying you. In a lot of Native communities that might more likely indicate a sexual assault."

Because they expect a smaller number of callers on the tribal line, counselors will be able to take their time, not worrying about how long a call is taking, unlike other 988 counselors who may have to hurry when calls start stacking up.

When making a self-care plan, counselors also will be able to offer callers ideas about traditional medicine, cultural activities like dance or prayer, eating their traditional foods, or engaging with an elder.

"Whatever your cultural traditions are, they're encouraged and welcomed," Williams said.

That's also true for the counselors themselves, said Mia Klick, the lifeline coordinator and a Tulalip Tribes and First Nations Nuu-Chah-Nulth descendant. Klick will encourage counselors to smudge between calls, and will also debrief with them after especially difficult calls and will ask them to look inward.



Rochelle Williams, in Everett, is the tribal program manager at Volunteers of America Western Washington and helps run the 988 tribal line. (Kevin Clark / The Seattle Times)

"It's up to them to kind of reflect on their own biases and really unpack their own history with the trauma," Klick said. "So getting through their training takes a little bit longer because there's a lot of emotions."

To fully staff the team, Klick and Williams looked outside Washington state. Some counselors will be working remotely from the Navajo Nation, others will be closer and affiliated with the Quileute Tribe, Snoqualmie Indian Tribe, and Yakama Nation, among others.

This is doubly useful: First, some tribes are small enough that calling a local mental health service can mean running into neighbors or relatives. Having counselors from across the United States will mean callers have a greater guarantee of privacy.

Secondly, it created a larger hiring pool. Hiring for mental health staff is notoriously difficult as counselors and social workers leave the field for higher paying jobs in private practice or move to other industries altogether.

"I am so proud that we were able to pull together an entire team of very strong Native voices that are going to advocate for people calling in," Klick said. "They know the pain, they know the trauma, they know what the caller is going through ... And that's going to make a huge difference."

BEHAVIORAL HEALTH

Muckleshoot Adult Recovery House

Meet the new members of our team!

Hello My name is Sarah Cain, I am Black-foot & Chippewa, Turtle Mountain Band. I am a proud mother of a Muckleshoot son and a community member most of my life until I moved away about 12 years ago.

I have focused the last 6 years of my life working in healthcare, with a behavioral health focus. I was a team coordinator for Providence Health BHI. That was there I found my passion for working with people struggling with mental health and recovery. My father was also well-known speaker at area AA meetings my entire life, and this year he celebrates 40 years clean and sober.

I feel that working with behavioral health has always been part of my journey. I always knew I'd be called back home and am proud to bring my son back to his community, and equally proud to be working here at the recovery house as a Resident Aid and Peer support specialist. I am enrolled in Spring quarter to continue my education even further. I hope to become a SUDP counselor here soon, and in the future become a therapist.

I am honored to be working back in our community and thankful for all of you who have welcomed us home and given us your love and support.

~ Sarah



Sarah Cain

Hi! My name is Jenni Tipton and I've been a Muckleshoot community member since 1994. I have three wonderful kids that are Muckleshoot tribal members, Gracia, Rebekah and Brenden. I proudly have 6 years clean and sober and was recently hired at the Adult Recovery House.

I look forward to being a positive person in the community and a support to those in need. I have many years in the culinary arts field




Jenni Tipton

holding two degrees, but I felt I could do more. I want to help others going through the same struggles I once faced. I believe that everyone has it in them to find peace and to heal.

I'm currently working towards my degree in Substance Use Disorders so I can give back even more to this community that has shown me so much support and love.

Muckleshoot Behavioral Health Program & Family and Youth Services



Poetry with Ponies

Find your voice, share your story and let the horse's help you heal!

When: Every Wednesday at 4-5pm

Where: Muckleshoot Barn (behind Butterfly House) 38407 180th Ave SE Auburn, WA 98092

For more info contact:
 Kelly at Equine Services at (253)281-3964
 Or
 Muckleshoot Behavioral Health Program (253) 804-8752
 Family and Youth Services (253) 333-3605

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 more information, contact: Argelia Chavez Sanchez at the Muckleshoot Behavioral Health Program at (253) 804-8752


Muckleshoot Behavioral Health Presents Fentanyl Overdose Prevention Informational Session

YOU NARCAN SAVE LIVES

FREE community-based Narcan training and access

These trainings can be brought to your office and presented by a Tribal member. We are able to schedule trainings to meet all shifts.

Any Questions or to Sign Up
 Contact Julia Joyce at Behavioral Health (253)804-8752 x3207
 julia.joyce@muckleshoot-health.com



While our activities return to normal, Behavioral Health keeps advancing Narcan distribution and training

We have all been eagerly awaiting the opening up of public events again; Pow Wows, Healing Dinners, trainings, sober support groups, and even committee meetings. While we have spent the last 2+ years of our lives in suspended animation and even the Covid pandemic has decreased, while the opioid epidemic and ensuing overdoses in King County have increased 39% between 2020 and 2021 and continued to rise in 2022 as well as into 2023. A majority of those overdose deaths have been attributed to the influx of fentanyl, which has been involved in 70% of all confirmed overdose deaths in 2022. King County Emergency Medical Services treated 5,835 overdoses in 2022, while a total of 1,019 people passed as the result of overdose. While we distributed over 1,500 Narcan kits and held trainings for over 1,000 community members in 2022 through our SAMHSA First Responders grant, it doesn't feel like we are doing enough. Overdose deaths in the Muckleshoot community feel very personal to each of us at Behavioral Health Program and those have also been climbing.

We will be pushing harder in 2023 to get Narcan kits into every household and business place in this community. We already have received training requests at some of the Tribal Government entities and enterprises and will be holding a Healing Dinner to recognize the losses in our community from overdose deaths, increase awareness of the dangers of fentanyl and distribute Narcan kits. There should never be a time when someone passes from overdose as the result of not having a Narcan kit handy. We will also have informational tables providing education for parents on what to look for, healthy relationships, Medication Assisted Treatment and incentives for completing a brief survey. Please come join us for dinner prepared by the Culture Department and an opportunity to recognize those we have lost and be a part of the solution to "How do we prevent any further loss?"



MUCKLESHOOT BEHAVIORAL HEALTH PROGRAM



NOW YOU CAN ACCESS MUCKLESHOOT BEHAVIORAL HEALTH STAFF 24/7 WITH ANY CONCERNS. WHEN YOU CALL THIS NUMBER AFTER NORMAL BUSINESS HOURS, YOU WILL BE CONNECTED TO A CLINICAL STAFF MEMBER AND ASSISTED WITH YOUR CONCERNS. JUST CALL (253) 290-2824

NATIONAL SUICIDE PREVENTION LIFELINE: (800)273-8255 AVAILABLE 24 HOURS.
 CRISIS TEXT LINE: TEXT "HELLO" TO 741741 FOR FREE, 24/7 IN THE UNITED STATES.
 CRISIS CONNECTION HOTLINE (866) 427-4747 24 HOUR CRISIS RESPONSE.

Taking Heart Disease Personal

By Laura Starr, Muckleshoot Public Health Nurse



No Beauty Shines Brighter Than a Healthy Heart

I lost my father prematurely to a heart attack on New Year's Eve of 1990 so I take Heart Disease very personal. He was born on Christmas day and died on New Year's Eve. Winter Holidays have lost their magic for my family and me. He did not get a chance to watch his children excel in life or meet many of his grandchildren. So yes, I take Heart Disease personal. I know that I am not alone in my grief; chances are many of you reading this have lost a loved one to Heart Disease.

When my dad passed, I had no idea what heart disease even meant let alone that this disease is what caused his fatal heart attack. Does heart disease always end in death?

First, what is Heart Disease? There are several types of heart disease but the most common type is Coronary Artery Disease (CAD). CAD is a Cholesterol build up in the arteries causing plaque to obstruct the flow of oxygen rich blood to the heart. Plaque builds up over time and eventually leads to Atherosclerosis, a partial or total block of the blood flow in the heart. (CDC, 2022)

What are CAD symptoms? Sadly, for many people the first sign of CAD is heart attack. When the flow of blood that carries oxygen to a part of your heart muscle becomes blocked the heart cannot get adequate oxygen. It is critical to restore blood flow to the heart or the heart muscle will start to die. (National Heart, 2022) Act fast by calling 9-1-1. Do not drive yourself to the Emergency room.

Heart attack symptoms: (National Heart, 2022)

- Chest pain, pressure, squeezing, or feels like an elephant is sitting your my chest
- Indigestion or heartburn
- Arm, back, shoulders, neck, jaw, or upper stomach pain (above the belly button)
- Shortness of breath
- Feeling light-headed
- Break out in a cold sweat
- Sick to your stomach
- Fatigued

Women do not always have the classic symptoms and are more likely to experience indigestion, shortness of breath and back pain. (Barouch, 2023)

Long-standing diabetics may not feel intense chest pain because the disease causes damage to the nerves. Diabetics who experience dull chest pain should seek immediate medical attention, (Lisa Rapaport, 2017)

What are risk factors for heart disease? (National Heart, 2022)

- Overweight
- Unhealthy diet
- Smoking
- Lack of physical activity
- Family history
- Diabetes

Heart disease is not a death sentence. Factors that can determine how long one lives with heart disease include chronic health issues, genetics, and lifestyle choices (Premier Heart and Vein Care, 2018). You can lower your risk for heart disease by choosing heart healthy habits such as:

- Controlling high blood pressure
- Eating foods high in fiber and low in saturated fats and cholesterol
- Limiting salt and sugar in your diet
- Refrain from excessive alcohol consumption
- Maintain a healthy weight
- Physical activity, 2.5 hours of moderate intensity exercise (brisk walk, bicycle) every week. That is 21 minutes a day. Please Call Muckleshoot Health and Wellness manager Caryn Avila to discuss an exercise plan that will accommodate you 253-293-4121
- Do not smoke. Muckleshoot Health and Wellness can assist anyone who wishes to stop.
- Monitor cholesterol.
- Control Diabetes by taking your medications as prescribed.
- Work with your health care team. Bring your list of questions or concerns. Ask to review any medications you are on so you fully understand what they are for (National Heart, 2022)

If you have any questions or concerns about heart disease please call the MHWC and schedule an appointment with your primary provider.

Attention Muckleshoot Elders

If you are over the age 50 years old and/or immunocompromised

You are eligible for a second COVID-19 booster 4 months after your initial booster.



Call Muckleshoot Health Clinic to schedule your appointment at (253) 939-6648

Muckleshoot Needle Exchange Program

Muckleshoot Behavioral Health



New Service Requirements

COVID-19 precautions must be adhered to (temperature taken, checklist questions, masks must be worn)
Mobile unit available by request with 24 hour prior notice
Call/Text (253)350-5021

Needle Exchanges at MIT Behavior Health Hours:
Monday thru Friday- (9 AM-12 PM, 1:00 PM-4:30 PM)
This is a non-judgmental service for Injection Drug Users.

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

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.



TRIBAL DISABILITY PROGRAM

Starting April 4th any enrolled Muckleshoot tribal member who is currently receiving SSDI or SSI as a disabled or blind person can apply for the Tribal Disability Benefit. Members need to provide the following information:

- Verification of tribal membership
- Current verification letter(dated within the last 30 days) from Social Security

Starting April 11th any enrolled Muckleshoot tribal member who has applied for SSDI or SSI but was denied and is within their timeframe for appeal can have their case reviewed by the Tribal Disability Program attorney. Members who have applied for benefits but have not received a determination can also have their applications reviewed. Members need to provide the following information:

- Verification of tribal membership
- Any correspondence to or from Social Security, including your application for SSDI or SSI

Starting April 18th any enrolled Muckleshoot tribal member who would like assistance applying for SSDI or SSI can receive assistance. Members need to provide the following information:

- Verification of tribal membership
- Information on medical conditions, providers seen, medications, employment history, education history, and information on military service. Additional information may be necessary to complete your application.

Contact Sara Moore, Disability Benefit Navigator at 253-939-6648 x 3438 to schedule your appointment

30 YEARS OF SERVICE

360 MONTHS • 1,565 WEEKS • 10,958 DAYS • 262,992 HOURS • 15,779,520 MINUTES



KEEP CALM
30 YEARS
AND COUNTING
HAPPY WORK
ANNIVERSARY



Today we celebrate you and all your achievements. Your dedication and hard work are an inspiration to us all. Keep up all the good work.

Thank you for being a valuable member of our team.

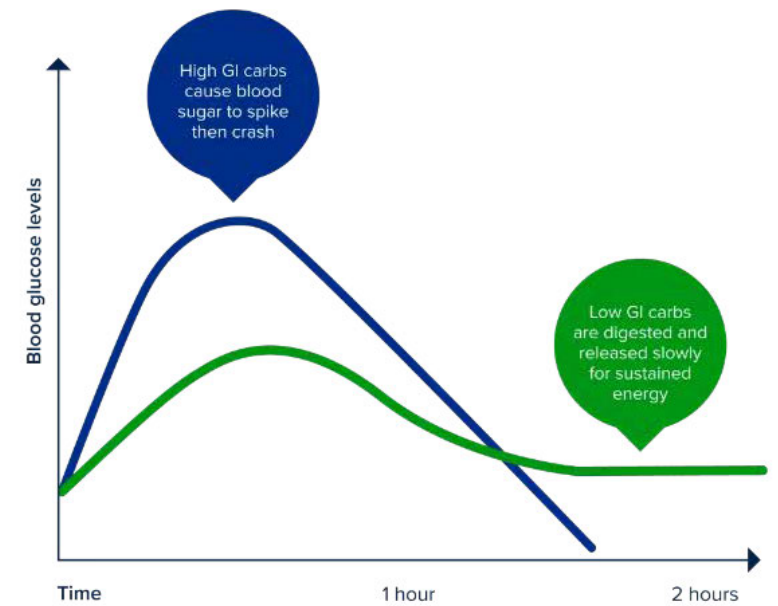
HAPPY 30TH WORK ANNIVERSARY
JOY OLES
JANUARY 28, 1993

Fiber? ... Fiber.

Diabetes management can be difficult however, it's not impossible. One of the many ways diabetes can be managed nutritionally is from our sources of fiber. We always hear about fiber and how we need more of it and see commercial promoting the next power bar or beverage supplement designed to increase fiber consumption. Control of after meal blood sugars is an everyday subject of concern for our diabetic population; so how does fiber help with diabetes and blood glucose control? Well, it comes down to digestion. How foods digest plays a large part in how our blood sugar levels are controlled. The fiber we eat and find in our food is called dietary fiber. Dietary fiber comes from plant based foods that are found in our diet such as whole grains, fruits, vegetables, beans and legumes. Dietary fiber can be categorized into two types of fiber: soluble and insoluble fiber. Insoluble fiber is fiber that does not dissolve in water and promotes food movement through our digestive system and can help keep blood sugars under control. While soluble fiber lowers cholesterol and, you guessed it can also lower blood sugar levels leading to better controlled diabetes. The main function of fiber for blood sugar management is the fact that fiber helps the food you eat digest slowly. The slower the digestion, the slower the sugars from the food enter our blood stream. So maintaining a diet that includes both types of fiber is a major way to keep blood sugars under control. Some examples of high fiber containing foods are whole grain bread, sweet potato, beans of any kind, oatmeal, and most fruits and vegetables. Incorporating some of these foods in your daily diet can make a huge impact on blood sugar control and help you on the path of long term blood sugar and diabetes management.

If there is anyone in the community who has questions about diabetes management through food and nutrition please contact the Muckleshoot Health and Wellness Center's medical department to set up an appointment with the Registered Dietitian. (253) 939-6648.

Connor Smith MS, RD
Muckleshoot Health and Wellness Center



INSOLUBLE FIBER	VS	SOLUBLE FIBER
BENEFITS Good for Colon Health Eases and Prevents Constipation		BENEFITS Stay Fuller Longer Lowers Blood Cholesterol Improves Blood Sugars

Muckleshoot Behavioral Health Program & Family and Youth Services

WOMEN'S CIRCLE

Empowerment for indigenous women is enhanced when we are able to come together and share our experiences. Join us weekly to discuss issues and offer a place of safety, validation, support, and solidarity!

Drop-in support group for women
When: Every Wednesday at 3-4pm
Where: Muckleshoot Barn (behind Butterfly House)
 38407 180th Ave SE
 Auburn, WA 98092

For more info contact:
 Equine Services at (253)281-3964
 Muckleshoot Behavioral Health Program (253) 804-8752
 Family and Youth Services (253) 333-3605

MUCKLESHOOT HEALTH & WELLNESS CENTER

ATTENTION

MUCKLESHOOT TRIBAL MEMBERS WHO ARE 6 MONTHS AND OLDER

The COVID-19 will be offered for Muckleshoot Tribal Members six (6) months and older at the HWC Medical Clinic.

YOU MUST MAKE AN APPOINTMENT TO GET A VACCINE

Please call HWC Medical Clinic to make an appointment at (253) 939-6648

SWITCHBOARD HOURS:
 MONDAY - FRIDAY 8AM TO 5PM
 CLOSED FOR LUNCH | 12PM TO 1PM

The Lap pool, Spa and Wader pool Closing for maintenance



Will be closing for a resurfacing project. We thank you for your patience during our project. Exact dates soon.



Muckleshoot Wellness Center

Hours of operation
 Monday-Friday 6am-7pm
 Saturday 8-5
 Closed Sunday



Paddles Up Catering

To place a catering order with Paddles Up contact Caryn Avila, Gloria Simmons or Jackson Ross @ (253) 333-3616 -or- Paddles Up direct line @ (253) 876-6977.

What we will need:
 -Contact name and number
 -Order date and time
 -The number of people we are catering to
 -Pickup or delivery
 -Payment method

We ask that you give the Paddles Up team a minimum of 24 hours.

TAKE THE **ZERO TO 60 CHALLENGE**



DON'T LET SUGAR SHAPE YOU.
 Can you go 30 days without sugary drinks?

ZERO SUGARY DRINKS **UP TO 60 OZ OF WATER**

60 oz. of water per day may not be suitable for everyone. Use discretion when consuming water to avoid over consumption which can lead to hyponatremia.

Share your journey with us!

@NotahBegayFoundation
 #ZeroTo60 #DontLetSugarShapeYou
 #healthykidshealthyfutures

Go365 is at the Muckleshoot Wellness Center

Are you Ready?



Streamline your workout by using our Mindbody app to book your workout ahead of time
 Keep track of your progress anywhere with the InBody app

WALK IN. WORK OUT. Earn rewards wirelessly Go365™ app



Available on the App Store

GET IT ON Google Play

NEW CLASS @ THE WELLNESS CENTER

SPORTS AND CONDITIONING CLASS

Get ready for the upcoming fall sports season! Muckleshoot Wellness Center will be offering a new sports and conditioning class to help you get into shape. In this class you will learn new skills to be faster, stronger get better endurance and more explosiveness.

Download the Mindbody app to reserve a spot! Go to the app store > Search mindbody > create an account or login > Search Muckleshoot > click the wellness logo > reserve spots for classes. See what classes are on what days!

Every Friday at 12 p.m. and 5:15 p.m.



Meet The Wellness Trainers

Clayton Menzel
 Hello, since early high school years I have realized it is so important to maintain a holistic view of one's health, that being physical, mental and great eating habits. Having a balance of all three makes you feel great. I want to be able to be mobile and functional for as long as I can. I like to think of my body as a vehicle, you take care of it along the way while the miles add up you can keep going for decades, you neglect it along the way you suffer as you get old. I do not want this to be me, everyone has the potential to feel great and move great, my life's goal is to help and inspire others to achieve the same, and have those beliefs.

Andrake West
 All my life I have been into athletics and competition, after high school it seemed like I was missing that part from my life. Once I was introduced to working out/overall fitness by Antoine, I found myself becoming happier, confident, and more comfortable with myself overall. Since then it has become a lifestyle for me, where as I used to think of working out as more of a chore I now think of it as a hobby.

Jeffrey Sheldon
 What got me into fitness was my dad was always a built dude and so as a kid I was like hey I want muscles like that, and one day he took me to the gym when I was 14 to teach me the basics and I fell in love with weight lifting and have been stuck with it ever since. Later on I realized I like to help others like my dad helped me get into fitness, and would help others even before I became a fitness trainer. I became a fitness trainer that way I can legitimately help others towards a healthier lifestyle.

Tayla Laclair
 In high school I used to do a bunch of sports. I played a sport every season I could, but when I graduated I had no idea what to do with myself. I started coming to the wellness and begging trainers for workouts to stay in shape, that's when I fell in love. I love setting goals and watching myself get closer and closer day by day. Now that I am a personal Trainer I can help people reach their goals and feel good about themselves.

Did You Know?
 Having a personal trainer on average leads to a 37% increase in achieving your fitness goals.
 Personal trainers can write you up fitness programs for the gym, or at home with little to no equipment, just ask!

Wellness Winter Class Schedule

Monday: Booty camp @12, Yoga @12
Tuesday: Spin Class @ 12, Basics Of BJJ Class @ 5:15, Water Aerobics @ 5:30
Wednesday: Tabata @ 12, Yoga @ 12, Water Aerobics @ 12, Booty Camp @ 5:15
Thursday: Step Class @ 12, Step Class @ 5:15, Water Aerobics @ 5:30
Friday: Strength Training @ 12

Tabata: A class focused on tabata HIIT training intervals with an emphasis on different exercise equipment and techniques.

Yoga: Postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and focus are also integrated. Yoga is a great way to bring calmness into your life. While challenging your body.

Booty Camp: Here you will have a class with lots of versatility of equipment to prioritize the lower body with cardio.

Step Class: Stepping onto an elevated platform, step class offers fun music and movement, lets get those feet moving!

Water Aerobics: A full body workout, low impact and great for all ages. Water aerobics will get you moving in fun different ways!

Spin Class: This dynamic class will get you on the bike standing and in seated positions, hill climbs, sprints and the involvement of all energy systems to burn those calories!

Strength Training: A class utilizing barbells, kettlebells, dumbbells and machines, focused on developing strength and muscle for all ages.

Basics of Jiu Jitsu: Learning the fundamentals of Brazilian Jiu Jitsu, be ready to sweat and learn.

Download our mobile app:

- Search MIT Wellness in your play store and download.
- Create your account.
- Book 1 on 1 with our trainers.
- Reserve a spot for classes.
- Be able to see what classes are available on what days.

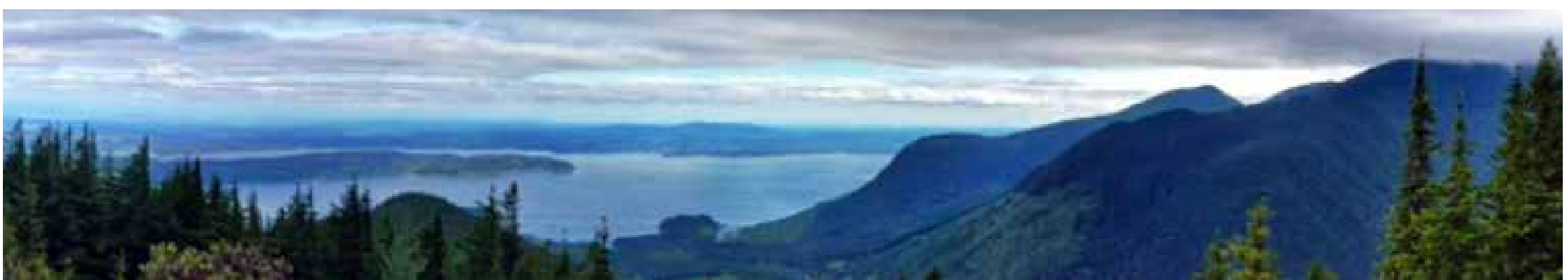




Muckleshoot Wellness Presents Muckleshoot Swim

Learn to Swim

- Our swimming lessons program consist of 12 levels broken into two different groups. These levels/groups are designed to help swimmers of any age or skill level to succeed.
- Lessons are offered-
 Monday-Friday: 10:30am-5:30pm
 Saturdays: 8:30am-4pm
- For more information on availability, level placement, or any other questions please contact Amelia Merrill at 253-345-8739 call/text or amelia.merrill@Muckleshoot-Health.com



2022 Muckleshoot Thanksgiving Dinner

PHOTOS BY GEORGENA JAMES

