



Health & WELLNESS

MUCKLESHOOT MONTHLY, Section B, July 2007



INSIDE

Muckleshoot Kids Camp B5
 Senior Lunch Menu B6
 Virginia Cross Birthday Celebration B8

MIT Dental Program's First In House Orthodontic Patient Completes Treatment

The dental clinic is happy to "spotlight" Naketa Williams, our first "in-house" orthodontic patient. Naketa Williams began her orthodontic treatment at the MIT Dental Clinic on August 2005, to correct severe crowding of her teeth and completed her clinical

portion of the treatment on June 2007. Due to her excellent home care and compliance, she was able to complete her treatment 6 months ahead of schedule. We'd thank Naketa for being a wonderful patient and for her diligence.



Naketa's teeth in August 2005



A comment from Naketa:

"I'm really happy with the results I've gotten. Dr. Kim did a fabulous job for me being his first client to get braces. As you can see from the "before" picture, anything would've helped. But by keeping up with my treatment things moved along very quickly and I got them off in two years. I would like to thank Dr. Kim for changing my confidence and most importantly, my smile."



Naketa Williams

2007 Health Fair a Popular Event!!

June 1, 2007—The annual Muckleshoot Health Fair was held with the participation of a record crowd. It is estimated that over 500 people came out on a beautiful day to take part in a variety of fun-filled and health related activities. Visitors received important information on topics such as: smoking cessation, diabetes, heart health, addiction, dental health, and fitness among others. Participants also enjoyed many fun activities such as the inflatable slides, the fire safety trailer, a bike rodeo, face painting, and of course the "dunk tank". A big thanks to the brave souls who endured the icy water for a good cause....(at least the sun was shining!)

Visitors were treated to a variety of healthy and tasty snacks prepared by our Community Health staff. They did a great job. The shirts were another highlight. This year the shirts were long sleeved and seemed to be very popular. The kids received bags filled with health information and an assortment of fun gadgets. All in all, everyone seemed to have enjoyed themselves and had fun, which was the idea behind this year's theme of "Don't Worry, Be Happy". Many thanks to all the people that helped to make the fair a great day and for all those who participated. You all helped make the event a great success!



Checking blood pressure



Hand sanitization is very important



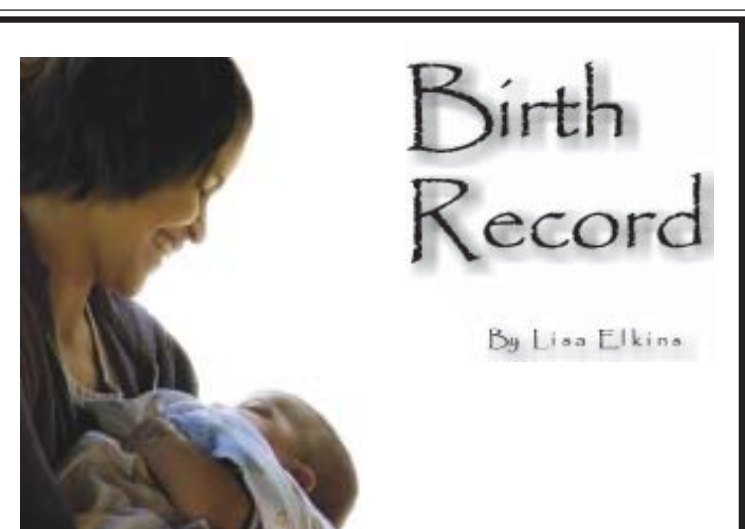
The Day Care children attended the Health Fair too!



Some young men that attended the Health Fair



New Behavioral Health Manager, Truth Griffith, volunteers for the Dunk Tank at the Health Fair.



Birth Record

By Lisa Elkins

March 2007

03/22/07-Proud Parents Monica Tejada & Lucio Cabanas
 Twin boys - Luciano & Lucio Cabanas Jr.
 Proud Grandparents Rhonda & Pascual Cabanas
 Great Grandparents Florence "Dossie" & Jim "Papa" Wynne

April 2007

04/27/07-Proud parents Monica Fox & Greg Swanson
 Girl - Sydney Rose Swanson 8lbs 15 oz.
 Proud Grandmother Jacqueline Swanson

May 2007

05/28/07-Proud Parents Teresa Allen & Myrle Anderson
 Boy- Benjamin Gordon Anderson 8lbs. 3oz. 20in.
 Proud Grandparents- Rhea Allen, Joseph Allen Sr.;
 Barry Anderson Sr.& Barbara Mckay
 Great Great Grandma-Doris Allen Great Great Grandpa
 Myrle Phillips

June 2007

06/10/07
 Proud Parents: Christine Taylor and Christian Rosas
 Baby girl Angelica Pearl Rosas
 7 lb. 0 oz., 20.5 inches
 Proud Grandparents: Earl and Shirley Taylor,
 Angelica de la Torre and Juan Hernandez
 Proud Great-Grandpa: Amos Courville



Adriana Gracelyn Cross

06/15/07

Proud Parents - Gary Cross and Kellie Butler
 Baby Girl Adriana Gracelyn Cross
 5lb. 4oz., 18-3/4 inches
 Proud Grandparents - Rosy and Crow Cross, Elizabeth James and Robert Pacheco

Congratulations to our new parents!!!

CONTRACT HEALTH SERVICE (CHS) NOTIFICATION REQUIREMENTS

CHS OFFICE (253) 939-6648

1. Notify CHS office before any non-emergent services are rendered to determine patient eligibility, medical priority and to set aside funds for payment. Pre-authorization is mandatory and failure to comply is reason for denial of payment for claim(s).
2. In true medical emergencies, notify the CHS office within seventy two (72) hours of start of services. Failure to comply is reason for denial of payment of claim(s).
3. Prior notification does not guarantee CHS pay for services, unless all other CHS requirements are met. There are some services CHS can not cover.

ALTERNATE RESOURCE REQUIREMENTS:

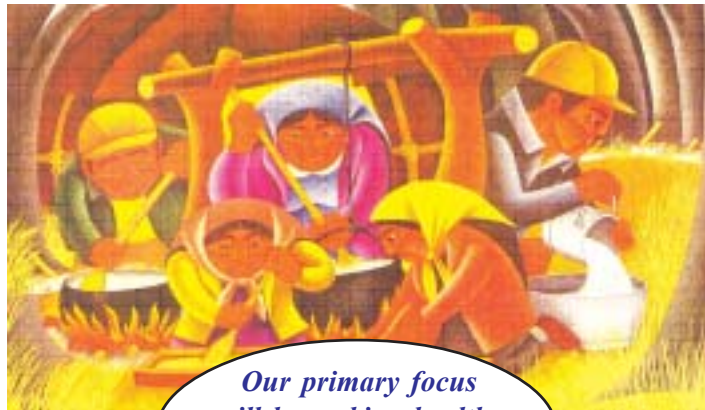
Muckleshoot CHS is a residual resource and not an entitlement program. In addition to CHS, other resources for health care are available from various state, and federal programs, as well as individual and group health insurance policies. By federal law, CHS must ensure that all resources, where and when applicable, are utilized before CHS can assume financial responsibility for your care.

This means that CHS will not be authorized if you are eligible or would be eligible upon making an application for an alternate resource such as: Medicare (over age 65 or disabled at any age), Medicaid (medical coupons), crippled children or have private insurance etc. Failure to comply with a CHS office referral to an alternate resource will terminate your CHS coverage. You are required to use these benefits as your first source of payment of your medical-related costs.

The CHS office is required, as per IHS Federal Rules and Regulations, which requires all CHS denials to patients be sent by certified mail to the address on file.



THE MUCKLESHOOT DIABETES PROGRAM IS PRESENTING DIABETES EDUCATION CLASSES



Our primary focus will be making healthy changes and staying healthy with diabetes.

Monthly Topics Include:

1. Jul. 31, 07 Balancing your blood sugars
2. Aug. 28, 07 Complications
3. Sept. 25, 07 Sick day management
4. Oct. 30, 07 Taking care of your feet

ALL CLASSES HELD AT 2:00 PM.

For more information please feel free to contact the Muckleshoot Diabetes Program at 253-939-6648. Look for additional information in the MIT Monthly Newspaper each month.

Do You Need A Will?

The Realty Department has staff who can help you draft your will, plan your estate, and answer questions about probate.

- **Wills**
- **Probate**
- **Estate Planning**

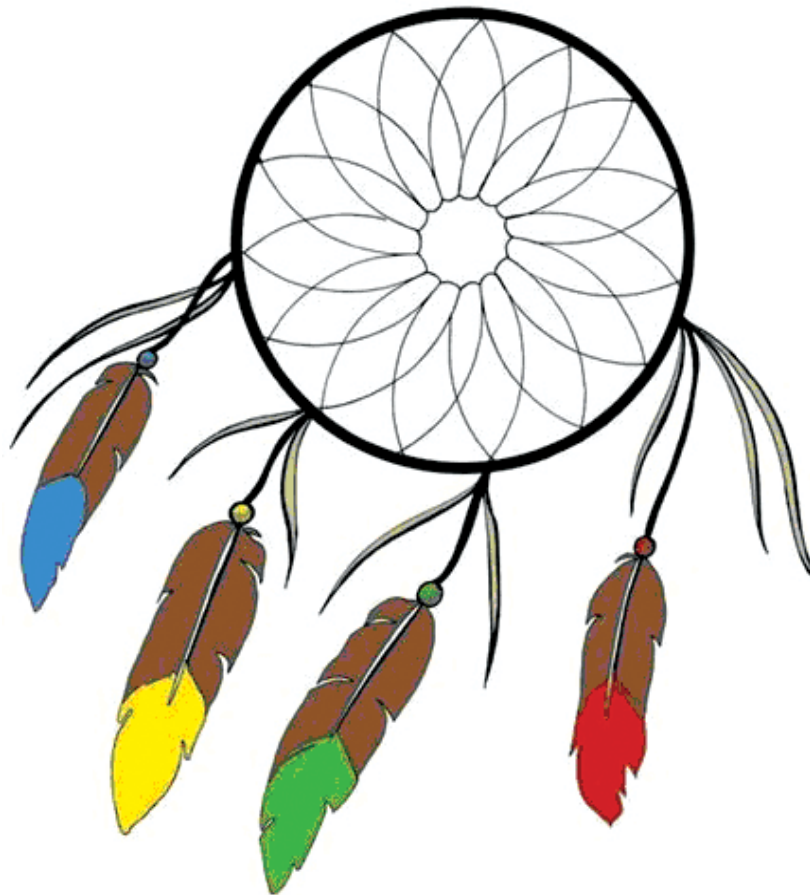
Monday-Friday, 8am-5pm

Philip Starr Building
39015 172nd Ave SE
Auburn, WA 98092

Contact:
Sarah Lawson
Realty-Trust Services
sarah.lawson@muckleshoot.nsn.us
253-876-3160

GRIEF & LOSS GROUP

Grief is painful and at times the pain seems unbearable. Now is the time to seek support.



With Dr. Sarlak in the Mountain Room of the Health and Wellness Center

Every Wednesday from 6:00 to 8:00 pm

If you have questions or need to register for the group, please call Behavioral Health at (253) 804-8752.

New Pharmacy Refill Request Line at Health & Wellness Center:

Do you have medication refills to call in, but they just slip your mind? Now you can call in your prescription refill requests at your convenience, **24 hours a day**. The Pharmacy has recently begun accepting prescription refill requests through a direct line which allows you to request your medication at any time. Here's how it works:

1. Dial (253) 333-3624.
2. The recording will prompt you to leave the prescription number, name of medication, your name, and a contact phone number at the tone.
3. Please be specific in your medication request – avoid asking for “all my meds” or “whatever is in the computer”. Requesting specific medications prevents us from filling meds you don't take anymore or don't need, and allows us to get you exactly the medications which are right for you. If you're not specific about the medications you need, we may not be able to refill

your prescription.

4. When you've finished requesting your medications, hang up. We will check the recording first thing in the morning and then throughout the day.
5. Please give us 1-2 business days to fill your medications. This guarantees that even if we have to call the doctor for refill authorizations, or if we have to special order an item, we will still have enough time to do that and have your medication filled and waiting for you.

We hope the refill request line will make it easier for you to request prescription refills. One of the most effective ways to stay healthy is to avoid running out of your prescription medication. And of course, if you prefer to speak to a live person, we encourage you to call us during business hours and we will be happy to answer your questions and comments.

Outdoor boot camp



12:15 - 12:45 Mondays and Wednesdays

This is a quick and exciting workout targeting total body strengthening and flexibility in a short period of time. Fun and challenging drills will also help you improve your cardiovascular endurance. These sport movements will benefit everyday life by strengthening knee, ankle and hip joints to reduce the risk of injuries and give you more energy throughout the day!

Check in at the Wellness Center's front desk first. Then we'll travel as a group to that day's training site. Call Dave @ 333-3616 ext 3704 for more info

Let's have fun again!



Muckleshoot Wellness Center
17500 SE 392nd Street
Auburn, WA, 98092

Family Field Day

at the Wellness Center

Join us on **THURSDAY AUGUST 2ND**
From 4pm to 7pm

Where: Wellness Center Field
Field Games: 3-legged race, Tug-o-war, etc.
Food: Longhorn BBQ
And **GREAT** give away prizes!



Berries: Nutrition All-stars!!!

By Brent Grider

Berries are nutrition superstars. They are tiny nutritional powerhouses, packed full of good things. In fact, pound for pound, berries contain more nutritional benefits than any other food. Berries come in a variety of colors, sizes, and shapes and they all share a great ability to positively affect health. Here are a few that stand out.

Blueberries—Blueberries are the nutritional leaders of the pack. They contain more antioxidants (compounds that protect the body from cell damage caused by free radicals) than any other berry. In fact, the USDA Human Nutrition Center has ranked blueberries number one in antioxidant activity. Much of this antioxidant strength comes from the anthocyanin pigments which give berries their color. The darker the berry, the more anthocyanin they contain. These anthocyanins also strengthen blood capillaries, protect the brain from damage caused by stroke, and improve circulation to the brain. The high level of antioxidants in blueberries has been shown to protect against a number of types of cancer. Laboratory tests show that compounds in blueberries were found to inhibit and block the mutations that cause cancer. Two compounds found in blueberries (and berries in general) also help to control blood sugar levels, which helps to prevent insulin resistance and diabetes.

Blueberries contain lutein which protects the eyes against age-related macular degeneration. Blueberries contain vitamins A and C, zinc, potassium, iron, calcium, and magnesium. They are also high in fiber and low in calories. A recent Tufts University study showed a potential for blueberries in reducing age-related memory impairments and motor function decline. These effects are thought to be due to the ability of the phytochemicals in blueberries to protect against oxidation, the principle cause of cellular damage. Researchers at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University recently published research showing that nutrients, like the phytochemicals in blueberries, may reverse age-related declines in brain function, specifically, the cognitive and motor deficiencies associated with Alzheimer's and Parkinson's disease.

Raspberries—Like blueberries, raspberries are rich in cancer fighting phytochemicals such as ellagic acid, coumaric, and ferulic acid. They are a good source of vitamins A, C, E, folic acid, calcium, and fiber. The pectin in raspberries reduces cholesterol levels. Raspberries also help to control blood sugar and insulin levels, thus contributing to the prevention of diabetes.

Strawberries—Strawberries have the second highest level of antioxidants among the berries, second only to the blueberry. They are good sources of fiber, manganese, and have more vitamin C than any other berry. Antioxidants found in strawberries prevent the oxidation of bad (LDL) cholesterol and therefore help to fight heart disease. These antioxidants, such as the previously mentioned anthocyanins and ellagic acid, are potent cancer fighters.

Cranberries—These berries are good for preventing urinary tract infections. In addition, they offer some protection against heart disease and stroke, possibly through their ability to lower bad cholesterol and to reduce the risk of gum disease. Gum disease is a suspected risk factor in heart disease due to the inflammation it causes. Cranberries also reduce the risk of ulcers.

Pomegranates—Pomegranates are considered berries. They are known to reduce inflammation and to be high in antioxidant power. Pomegranates provide protection from heart disease by reducing cholesterol buildup, lowering blood pressure, and lessening the thickening of the arteries. Pomegranates also protect against gum disease. They have been shown to have anti-cancer effects on human breast, prostate, and skin cells. Pomegranates have also been shown to reduce oxidative stress, which is important in preventing chronic diseases such as diabetes. The berries discussed here all provide potent health benefits, but they are not the only healthy berries. Several lesser known berries provide a number of important health benefits as well, including: goji berries, bilberries, loganberries, currants, gooseberries, and lingonberries. Overall, berries have a number of significant and important health benefits. They are colorful, tasty, and can be used in a variety of ways. Take a step toward better health today; eat some berries!

COMMUNITY HEALTH PROGRAM (CHP)

The Community Health Program at the Muckleshoot Health Division have two (2) Community Health Representatives (CHR), Judy LeGarde and Kelly Blake, and a Transporter, Melissa Jackson, to support the Medical Clinic and provide some services to the Muckleshoot Tribal and Community members. Their primary responsibilities are to:

Transport a patient to and from a hospital, clinic, or local health care provider when there is **no other transportation** available to them.

Transports

- The CHRs and Transporter work schedule is M-F from 8am to 5pm.
- Muckleshoot Tribal and Community members who are eligible to use the clinic must call (253) 939-6648 and schedule an appointment for transports to medically-related and dental appointments. Appointments are scheduled on a first-come, first-serve basis.
- We **MAY** be able to assist patients who are DSHS eligible to find alternate transportation.
- Please call and schedule appointment at least 24 hours in advance whenever possible. Last minute scheduled requests may not occur, and will depend on availability of the CHR or Transporter. Please provide your pick up address, otherwise we will pick up from your last known address.
- We are only able to transport to local appointments (in the Auburn, Federal Way, Enumclaw, and Renton areas) scheduled at 8:30 am thru 4:00 pm. If your medical, behavioral health or dental appointment is earlier than 8:30 am or later than 4:00 pm, we will ask that you reschedule or find your own transportation.
- Medical and Dental appointments scheduled in Seattle and Tacoma, must be no earlier than 9:30 am and no later than 3:00pm, as we must allow for time to deal with high traffic volume in getting to the appointment and back home on time.
- If you have a scheduled appointment that will last past 5:00 pm, you may be asked to have a find an alternative transport home.
- Transports to Behavioral Health Chemical Dependency must be arranged by your CD Counselor. We cannot schedule a transport without their permission.
- Messages left on CHR's voice mail do not guarantee you will be scheduled for transport. You must receive confirmation from the CHR's or Transporter that your appointment is scheduled. Because they transport many patients, they may not get back to your call until the end of the day. If you have not heard from them within 2 hours, please call and leave a message with Medical Receptionist.
- All ages of patient can be transported, **BUT** children who have appointments at locations other than the MIT clinic **MUST** be accompanied by a parent or guardian, AND children must be at least 13 years old to be transported to the MIT clinic alone.
- We ask that you notify us as soon as possible if you have found other transportation, cancelled or rescheduled your appointment, so that we may allow other patients to use our services in your scheduled time slot.
- All patients and/or family members **MUST** wear a seat belt. This is a Washington State Law. Child seats are available for use. Parents/Guardians of children who have difficulty staying seated in a seatbelt will be asked to sit with their children in the back seat to assure that the child remains secure in a seatbelt. **This is for their safety.**
- Parents/Guardians must advise children to behave appropriately while being transported.
- Our cars are very valuable to us and are needed in providing this valuable service to our Tribal and Community Members. Please be helpful in assisting us to keep the insides clean.
- We are not responsible for **ANY** property left in the vehicles as we transport people back to back and usually do not check vehicles between transports. Please make sure you have all of your personal items with you when you get out of the car. We do inspect our cars at the end of the shift and will make an attempt to return left/lost property found.

Home Visits:

CHRs perform the following services:

- Make regular contact with a patient who has a known health problem to see if she/he is feeling and doing well.
- Assist disabled elderly or bedridden patients with limited personal care.
- Take temperatures and blood pressures of person with a known illness.
- Deliver medications, medical supplies, and equipment to a patient's home.
- Check blood sugars and collect limited laboratory specimens for the Health clinic.
- Arrange appointments, file complaints for patients, help patients to fill out forms, and plan and schedule follow-up services.
- Clarify medical instructions from outside providers.
- May accompany elders that need assistance to and during their appointments.
- Check condition of blood sugar machines, hearing aides, and other health equipment to insure that they are working properly.

We also have a Medical Social Worker, Ronette Bailey (253.939.6648) who provides a range of services to patients of the Tribal Clinic. These services are intended to assist patients in dealing with stress, provide additional resources, and to coordinate medical care and treatment.

Counseling:

- Patients may receive individual counseling support to address chronic illness, depression, grief and loss, or to plan for safety during an episode of family violence.
- Crisis counseling support may be offered during incidents of sudden illness, abuse, and to potentially suicidal individuals.

Resources:

- Assistance with accessing resources MAY be provided for patients who are homeless, parenting, or who are otherwise ineligible for other Tribal services including medical and prescription coverage.
- Assist patients in completing application processes needed to determine eligibility for medically related services.
- Assist patients when applying for medically related disability benefits through Social Security Administration and/or Washington State DSHS Medicaid programs.

Other Services:

- Work with Medical Providers both at the Tribal Clinic and in the Community to ensure that patients are receiving available benefits and treatments that will enhance their care and recovery process.
- Discharge planning from local hospital or nursing homes, and coordination of in-home care services may also be provided.
- Tobacco cessation planning and supportive counseling.

Services NOT provided by the Medical Social Worker include but are not limited to:

- Assisting with general paperwork like food stamp applications, housing applications, or transporting for appointments related to the above.
- Ongoing counseling services.
- Ongoing case management for non-medically related patient issues.

I hope this information will be helpful to you, if you have any questions, please call me.

Cheryl Davis, Community Health Program Manager
(253) 939-6648, ext 3801.

SYMPTOMS OF DIABETES



KNOWING THE SYMPTOMS OF DIABETES MAY SAVE A LIFE!!!

- Always feeling tired
- Frequent urination (always having to pee)
- Sudden weight loss
- Wounds or sores that won't heal
- Always feeling hungry
- Sexual problems or dysfunction
- Blurry vision
- Vaginal infections
- Numbness or tingling in the hands or feet
- Always feeling thirsty

If you or someone you know are experiencing any of these symptoms, seek medical attention. Contact your doctor or the Muckleshoot Tribal Health Program at (253) 939-6648 for more information.

Head Start Physicals



Can now be scheduled at the
Muckleshoot Health
And Wellness Center

For August 22th, 2007
From 8:00am to 4:00pm

Please call the Health Clinic
for more information at
253-939-6648

Attention Past Muckleshoot Head Start Parents!

The Muckleshoot Head Start program is in the process of reviewing records for student that attended in 2000 or before. These records may include administrative records (application, health information, etc.), special services records, and child portfolios. If you are interested in obtaining these records or wish for these records to be destroyed, please contact Betsy Myers at the Muckleshoot Head Start program at 253-876-3156.

ANNOUNCEMENT!!

Tribal members if you do not have a smoke alarm in your house could you please contact the Planning Department at (253) 876-3321 and we will provide you with one immediately.

Facts on TRANS FATS

Trans fat has been linked to heart disease. It raises “bad” (LDL) cholesterol and lowers “good” (HDL) cholesterol. Trans fats come from adding hydrogen to vegetable oil through a process called hydrogenation. Margarine, baked goods, such as crackers and cookies, and fried foods such as doughnuts, potato chips and French fried all contain trans fats.



Food labeling laws now requires manufacturers to list trans fat content on the Nutrition Facts label. However, foods with less than 0.5 grams of trans fat per serving can claim “0” on their labels. The **American Heart Association** recommends no more than 2 grams of trans fat a day for a 2,000-calorie diet. To reduce your trans fat intake:

- Avoid deep fried foods when eating out. Restaurants often use hydrogenated oils for frying.
- If a food label states zero grams of trans fat, check the ingredient list. The words *partially hydrogenated*, *hydrogenated* or *shortening* indicate the food may contain some trans fat.
- Choose foods that are also low in saturated fat, since some manufacturers will replace trans fat with saturated fat.

(This article is taken from the Boeing Wellness health letter) Questions? Contact the Muckleshoot Community Health Program at (253) 939-6648.

Walking for Fitness



Walking is an exercise most adults can do. It’s safe, it’s simple- and it does not require a lot of practice. What’s more, a regular walking program may deliver just as many health benefits as more vigorous aerobic workouts, including keeping your heart and your brain fit.

Before launching a walking program, prepare with these tips.

- *If you are age 40, a smoker or have health problems, talk with your doctor before starting an exercise program.*
- *Wear comfortable shoes.* Buy shoes that fits **you** best and gives you the proper support, flexibility, and cushioning.
- *Walk with a partner.* Recruit someone at a similar fitness level who can keep to your schedule.
- *Think safety.* Choose a familiar and safe route, carry a cell phone and wear light-colored clothing or a reflective vest. Tell a friend or family member where you’re going before you leave.
- *Dress appropriately.* Wear clothing that will absorb sweat and keep you dry. In the summer, a cap or visor can protect your eyes from the sun.
- *Schedule time to walk.* Find times that will be most convenient for you. Include time for a warm-up and cool down. Plan to walk slowly during the first and last five minutes of each workout.

When you start your walking program, walk at least three times a week. Walk only as far, fast and long as you comfortably can. Then gradually add distance, speed and time as your endurance builds.

(This article is taken from the Boeing Wellness health letter) Questions? Contact the Muckleshoot Community Health Program at (253) 939-6648.

BEHAVIORAL HEALTH PROGRAM ACTIVITIES CALENDAR

Below are the days and times of services/programs that are offered by the Behavioral Health Program. If you have any questions about these any of the services, please give us a call at (253) 804-8752.

Mondays:

Women’s Aftercare: 9:00-10:30 am

A weekly group for Level one treatment for adult female clients, focusing on positive lifestyle changes, and review of skills learned in inpatient and Intensive Outpatient, learning to establish goals and follow through with them. Also includes education, clean and sober activities, recovery support, establishing a clean and sober support network (Needs to be enrolled in Behavioral Health services)

Men’s Aftercare: 9:00 – 10:30 am

A weekly group for Level one treatment for adult male clients, focusing on positive lifestyle changes, and review of skills learned in inpatient and Intensive Outpatient, learning to establish goals and follow through with them. Also includes education, clean and sober activities, recovery support, establishing a clean and sober support network. (Needs to be enrolled in Behavioral Health services)

Canoe Song and Dance: 4:30 – 7:00 (provided in collaboration with the Canoe Family)

Helps to build strong foundations by providing teachings of the culture for protocol, regalia, song and dance and talking circles. Also to teach self-discipline, structure, and healthy lifestyles. (Open to anyone)

Tuesdays:

Intensive Outpatient: 9:00 am to Noon (runs for 9 week sessions)

A 9 week group for Level II clients providing intensive treatment including, understanding the disease concept based on the Medicine Wheel (physical, mental, emotional and spiritual). Also establishing a relationship with themselves and accepting personal responsibility. To gain insight as to how their addiction(s) has affected themselves, their family and their community. (Needs to be enrolled in Behavioral Health services)

Relapse Prevention: 6:00 – 7:30 pm

A Weekly process group for Level I clients using the Medicine Wheel to identify triggers, behaviors and culturally based traditions in addressing the relapse process. (Needs to be enrolled in Behavioral Health services)

ACOA (Family Group): 6-7:30 pm (runs for 12 week sessions)

A 12 week group providing services for adult children of alcoholics; addressing personal boundaries, domestic violence, parenting and building positive relationships with themselves, letting go of the negative from the past and building a positive future. (Needs to be enrolled in Behavioral Health services).

Girl Scouts: 5:00 – 8:00 PM

An opportunity for girls from ages 5-17 to get together and learn life skills curriculum, which include tobacco and other drug prevention, peer pressure, learning to say “no”, social skills and to engage in fun activities. (Open to girls ages 5-17)

Wednesdays:

Intensive Outpatient: 9:00 am to Noon (runs for 9 week sessions)

A 9 week group for Level II clients providing intensive treatment including, understanding the disease concept based on the

Medicine Wheel (physical, mental, emotional and spiritual). Also establishing a relationship with themselves and accepting personal responsibility. To gain insight as to how their addiction(s) has affected themselves, their family and their community. (Needs to be enrolled in Behavioral Health services)

Lunch Bunch AA Meeting: Noon – 1:00pm Bring your own lunch.

Positive Indian Parenting: 9 week sessions, time of each 9 week session varies based on community needs.

Open to all Muckleshoot Community members to offer parenting skills and parenting support utilizing traditional behavioral management in conjunction with mainstream behavioral management. (Open to anyone)

Grief and Loss Group: 6:00 to 8:00 pm in Mountain Room

Grief is painful and at times the pain seems unbearable. Grief can take many forms and be expressed in many ways. This group is designed to help individuals and families work through the grief process. (Open to anyone)

Thursdays:

Intensive Outpatient: 9:00 am to Noon (runs for 9 week sessions)

A 9 week group for Level II clients providing intensive treatment including, understanding the disease concept based on the Medicine Wheel (physical, mental, emotional and spiritual). Also establishing a relationship with themselves and accepting personal responsibility. To gain insight as to how their addiction(s) has affected themselves, their family and their community. (Needs to be enrolled in Behavioral Health services)

Sexual Assault Healing Circle: 2nd Thursday from 10:30 to 2:00 and the 3rd Thursday from 5:30 to 8:00

Information about sexual assault and domestic violence, healing stories, lunch or dinner and a traditional Healing Circle. (Open to anyone)

Mixed Aftercare: 6:00 – 7:30 pm

A weekly group for Level one treatment for mixed adult male and female clients, focusing on positive lifestyle changes, review of skills learned in inpatient and Intensive Outpatient, learning to establish goals and follow through with them. Also includes education, clean and sober activities, recovery support, establishing a clean and sober support network (Needs to be enrolled in Behavioral Health services)

Boy’s Mentoring Group: 3:00 – 7:00 pm

A weekly support group for boys ages 13-17 that provides basic life skills, prevention and psycho-social education and social support.

Canoe Song and Dance: 5:30 – 7:00 (provided in collaboration with the Canoe Family)

An opportunity for girls from ages 5-17 to get together and learn life skills curriculum, which include tobacco and other drug prevention, peer pressure, learning to say “no”, social skills and to engage in fun activities. (Open to anyone)

Fridays:

Coyote Clan: 4:00 – 7:00 pm

Provides ongoing support for families who have participated in the Family Retreat, reinforcing the communication skills learned and addressing those in the group who are trying to stop using drugs and alcohol and for those who want to stay in recovery.

New Wellness Center Employee: Ashley Robertson

Hello my name is Ashley Robertson and I am the new Front Desk Supervisor, started work on 06/04/07. I am new to the Health and Wellness industry, but I am very eager to learn about it, and about all of the community members. My previous experience has been in the Travel and Tourism industry, so I have a great deal of knowledge of customer service. I know this position will be a fun and exciting new start for me!

Just a little tidbit about me, I am a Seattle native, born and raised in Washington. I recently came back from New Orleans; I attended Xavier University until Hurricane Katrina came along. I came back to Seattle and completed my

Bachelor’s degree in Business with a concentration on Marketing at Seattle University.

I hope to bring a new outlook to the Wellness Center and make it a great experience for everyone. If you have any suggestions, please feel free to let me know.



Ashley Robertson, Front Desk Supervisor

New Employee in Facilities!

Hi, I’m Bob Blanton, the new Chief Engineer for the Health and Wellness Center. (started on 06/18/07). I come to Muckleshoot with 26 years of experience in facilities maintenance, with 22 years in the healthcare arena.



Bob Blanton, Chief Engineer

I’m originally from Detroit, Michigan, and after joining the Navy in 1981, I moved to west where I discovered the most beautiful state of Washington.

It’s such a pleasant delight to find myself surrounded by so many cheerful people and positive attitudes. I look forward to joining the team, and would like nothing better, than to make this my home for the remainder of my career.

Another new face in “Our Crowd”: Scott

I’m Scott Gregg, IT Engineer. (started here on 06/18/07). I grew up in the town of Omak in North Central Washington, home of the world famous Stampede & Suicide Race (if nothing else close to ‘world famous’). I just spent my first 10 years in IT building a network for the Colville Confederated Tribes. I am an enrolled Cherokee and will show you my CDIB anytime; have played guitar for over 20 years in homes, parades, garages, dive bars, and churches; am a huge Tenacious D fan and Harley Davidson wannabe, or soon-to-be. I am nothing like Nick Burns “Your Company’s Computer Guy” from Saturday Night Live.



Scott Gregg, IT Engineer

Health & Wellness Center Program Hours:

Program Name	Phone No.	Hours Open	Closed-Lunch
Behavioral Health	(253) 804-8752	M-F 8:00-5:00	N/A
CHS/Registration Office	(253) 939-6648	M-F 8:00-5:00	12:00-1:00
Community Health/CHRs	(253) 939-6648	M-F 8:00-5:00	12:00-1:00
Dental Clinic	(253) 939-2131	M-F 8:00-4:45	12:00-1:00
Medical Clinic	(253) 939-6648	M-F 8:00-5:00	12:00-1:00
Pharmacy	(253) 939-6648	M-F 8:00-4:30	12:00-1:00
WIC Wed Only	(253) 939-6648	Wed 12:00-5:00	N/A

Wellness Center Hours:	Front Desk Phone (253) 333-3616
M-Thurs	8:00-8:00 pm
Fridays	8:00-7:00 pm
Sat	12:00-4:00 pm
Sun	Closed

Health Program Closure dates for July & August 2007

Day	Date	Times Closed	Reason Closed
Wednesday	07/04/07	All Day	4th of July
Thursday	08/02/07	8-9:30	August Monthly All Staff Meeting



Join Us For Muckleshoot Kids Camp

EVERYDAY ACTIVITIES

- Sports
- Crafts
- outdoor activities
- daily swimming

(Be sure to bring your swimsuits and towels for swimming everyday!)

*Snacks and lunch provided

CAMP SESSIONS:

- July 9th - 13th (ages 8-10)
- July 23rd-27th (ages 11-13)
- August 6th-10th (ages 5-13, swim camp)

COST: \$10
Scholarships available upon request

CAMP SESSIONS: Run Monday through Friday

HOURS: 8:00am-12:00 pm

To qualify for camp you must be a member of the MWC. Limited space! So sign up quick before it fills up!



- Friday will be a Day in the Park!
- Children must complete at least 3 days of camp to participate in the field trip!
- Transportation to and from camp is not provided by MWC and children must be dropped off and picked up at designated beginning and ending times of camp.

*There will be no special exceptions for other ages than specified in flyer. Thank you.

Please turn in this completed form, front and back, and check or cash to the Muckleshoot Wellness Center. This form must be received 1 week prior to camp! Sign up by calling 253-333-3616 and reserving a spot or mail in registration and release to:
Muckleshoot Wellness Center
17500 SE 392nd Street
Auburn, WA 98092



Muckleshoot Wellness Center Program Parent Permission Activity/Transport Form

I, _____, give permission for

(Print Parent/Guardian Name)
 _____ D.O.B. _____
(Print Child's Name)

to participate in the **Wellness Center Kids Camp**.

By signing this form I agree to not hold the Muckleshoot Tribe, Muckleshoot Wellness Center Program, or its staff or representative liable in case of injury or harm to the above named child.

By signing this form I authorize the above named child to obtain/receive emergency medical care in case of injury or harm.

Child's primary doctor (name of doctor): _____

Health Care Facility: _____ Phone Number: _____

List any allergies (types of food, medication, nature of reaction): _____

List current medications: _____

Person to Contact in Case of Emergency: _____

Relationship to Child: _____ Phone Number: _____

Signature of Parent/Guardian: _____ Date: _____

Address: _____ Day Time Phone: _____

Please check the box with an "X" that your child be will attending:

July 9th - 13th _____ (ages 8-10)

July 23rd - 27th _____ (ages 11-13)

August 6th-10th _____ (swim camp ages 5-13)

When it's NOT CANCER

Benign Breast Conditions at a glance

Although finding a breast lump- whether through self exam, clinical exam or mammogram-is every woman's nightmare, in most cases the lumps turn out to be benign. Here's a description of some common breast conditions that are not cancerous:

FIBROADENOMA: A smooth, solid, round painless lump that moves easily and can feel like a marble when touched.

FIBROCYSTIC BREAST CHANGES: Solid or fluid filled lumps that increase in size and tenderness five to seven days before each menstrual period.

CYST: A smooth fluid filled lump that is often sensitive to the touch before the menstrual period. Cyst often occur in both breasts.

LIPOMA: A soft and slow growing painless lump that moves freely.

INTRADUCTAL PAPILLOMA: A small, wart-like growth near the nipple that may cause bleeding from the nipple.

MAMMARY DUCT ECTASIA: A thick, sticky, gray to green discharge from the nipple.

MASTITIS: A warm, tender, lumpy breast that appears red, most often affecting women who are breast feeding.

TRAUMATIC FAT NECROSIS: Round, firm, painless lumps that result from a bruise or a blow to the breast, especially in older women and women with large breast.

What happens if you find a lump?

If you feel a lump during your monthly breast self-exam, contact your doctor immediately. Before diagnosing the lump, he or she will probably perform a series of tests, which may include a breast X-ray (known as a mammogram), ultrasound (to determine the consistency of the lump) or a fine-needle aspiration (to test for fluid inside the lump). A biopsy may also be done to sample or remove the lump.

If you are avoiding a mammogram for fear of what might be found, you could be PLAYING A DANGEROUS GAME. Although 75% of lumps are not cancerous, **regular checkups are the best way to find cancer early. EARLY DETECTION MAY SAVE YOUR LIFE!**

(Article taken from Women's Health Today)
 Questions? Please call the Muckleshoot Community Health Program at 253-939-6648. Also call for your free self breast exam shower card and for your referral for a mammogram.

How much do you know about Diabetes?

Think you know what diabetes is and how to prevent it? Then take our quick quiz—answer true or false to the questions below, then check the answers to see how well you did.

TRUE OR FALSE?

1. People who carry more weight below their waists are at greater risk for diabetes than those who are heavier around their stomachs.
2. If you are diagnosed with pre-diabetes, lifestyle changes can delay or prevent the development of type 2 diabetes.
3. The symptoms of pre-diabetes and diabetes include chest pain, numb feet and watery eyes.
4. If hyperglycemia isn't treated, it can lead to ketoacidosis, a serious condition that can lead to diabetic coma.
5. About 10 percent of pregnant women with diabetes experience gestational diabetes, a condition that causes their diabetes to cease during the second and third trimester.

ANSWERS

1. **FALSE.** People who are apple shaped (who carry more weight around their stomach) are at a greater risk for developing diabetes. To test yourself, measure you stomach circumference at its smallest point. If it's greater than 35 inches, talk to your doctor about a healthy exercise and diet plan.
2. **TRUE.** You can prevent or delay the onset of type 2 diabetes by exercising (30 to 60 minutes most days of the week is best) and losing 5 percent to 10 percent of your body weight. If these changes are made early, you can lower your blood sugar to a normal level.
3. **FALSE.** Actually, pre-diabetes may not have any symptoms, or sometimes the symptoms appear so gradually that people don't recognize them. However, if you experience blurred vision, abnormal thirst, an unusual increase in appetite or fatigue for no reason, talk to your doctor about getting tested for diabetes.
4. **TRUE.** If your body doesn't have enough insulin (which occurs in hyper-glycemia), it will produce energy by breaking down fats, which produces waste products called ketones. If your body doesn't get rid of the ketones, They will build up in the blood and cause ketoacidosis.
5. **FALSE.** Gestational diabetes occurs when women who don't have diabetes experience high blood sugar levels during pregnancy. The condition affects about 5 percent of pregnancies in the United States each year. Treatment focuses on keeping blood sugar levels normal through a diet and exercise program, plus daily blood glucose testing and insulin injections.

(Article taken from Women's Health Today)
 Questions? Contact the Muckleshoot Community Health Program at (253) 939-6648.

**AVAILABLE AT THE
Muckleshoot Market & Deli**

A lot of life happens in your car. So when the world's top automakers say a gasoline is good for your car, you listen.

The gasoline you use can have a big impact on your car's performance. That's why leading automakers recently raised the bar for gasolines by creating a new voluntary standard called TOP TIER. To meet this standard, a gasoline must contain higher levels of detergent additives that prevent deposits and help ensure peak engine performance. We're proud to say Quality PROclean™ Gasolines meet the new TOP TIER requirements. In fact, they're among the very few gasolines available that can make that claim. They help clean your engine while you drive, to reduce hesitation and keep your car - and your life - running as smoothly as possible.



Quality PROclean™ Gasolines

PROclean, Phillips 66, the Phillips 66 logo, 76 and the 76 logo are trademarks of the ConocoPhillips Company or one of its subsidiaries.



SUBMITTED PHOTO

Austin Jo Baker, 4 months old

Happy Birthday!



Happy 51st. Birthday Loretta Williams! (July 9th)



SUBMITTED PHOTO

Courtney Rodarte



**MUCKLESHOOT
INDIAN CASINO**

HUMAN RESOURCES
TRAINING & DEVELOPMENT

EMPLOYMENT
OPPORTUNITY





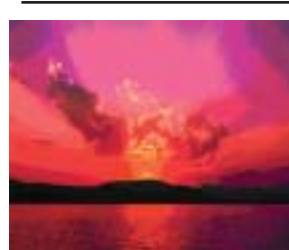


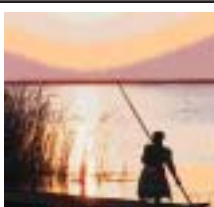
ATTENTION:
Muckleshoot Tribal Members

Training and Development currently has two openings within their area. As they steadily grow and eventually will have a Training Center servicing over 2100 employees they are in High-Demand for hiring much needed staff. If you are interested or know of anyone who might want to apply or find out more information please contact; Huda Swelam, **Direct#:** 253-929-5128 **Cellular#:** 206-423-3065 or stop by the office located next door to QFC & TGA in Casino Human Resources.



Carl Starr-Williams 'Starfish'.

July 2007 Senior Lunch Menu

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Menu subject to change without notice.	2	3	4 Closed holiday 	5 Shrimp Salad Baked Potato w/fixin's Corn Muffin Fruit Salad	6 Lacamine Green Salad Flat Bread Jello w/Mandarin Oranges	7 
	9 Spaghetti w/Meatballs Green Beans Garlic Bread Green Grapes	10 Chicken Salad Potato Salad Green Salad Croissant Fresh Fruit	11 Quiche Cucumber Salad Dinner Roll/Butter Fresh Fruit	12 Chicken Enchilada's Spanish Rice Refried Beans Flan	13 Baked Salmon Red potatoes Steamed Carrots Bread Pudding	14
15	16 BBQ Ribs Fried Potatoes Corn O.T. Cob Roll/Butter Honey Dews	17 Chicken Burger L.T.O.P. Fries Fresh Fruit	18 Ginger Beef Steamed Rice Coleslaw Jello w/fruit	19 Clam Chowder Fry Bread Salad Strawberry Short Cake	20 Chilidog's w/Fixin's Potato Salad FRESH FRUIT	21 
22	23 Closed Canoe Journey	24 Closed Canoe Journey	25 Chicken Fettucine Broccoli Garlic Bread Orange Slices	26 Turkey on Croissant Pasta Salad Potato Chips Grapes	27 Senior Fundraiser Potluck Day	
	30 Pork Fried Rice Egg Foo Yung Egg Roll Fortune Cookie	31 Tacos Red Rice Refried Beans Mango's				

2007



Washington State
Crime Prevention Association

1631 West Rose Street, Suite 615 * Walla Walla, Washington 99362
Phone: 509-525-3342 Fax: 509-522-9937 E-Mail: info@wspaonline.org

Crime Prevention
Just some of the many services we provide:

- Operation I.D. worksheets & stickers
- Engravers available for check-out
- Neighborhood Watch programs
- Residential Surveys
- "Do It Yourself Handbooks"
- Actively recruiting Block Captains

Call us or stop in to take advantage of these services!

Deputy Ron Riehs
King County Sheriff's Office
253-876-3246

Cindy Butler
Muckleshoot Housing Authority
253-833-7616

JOBS! JOBS! JOBS!

Attention ALL Enrolled Tribal Members!

If you are energetic, willing to learn, and able to work flexible shift schedules, including weekends and holidays, then we want to talk to you! If you would like to work at the **MUCKLESHOOT INDIAN CASINO** please stop by our Human Resource office, Monday to Friday, 9am to 6pm to complete an application. Job openings are posted on our Job Opportunities Board outside our Human Resource office. Or for a list of open jobs call the Jobline at 800-804-4944 ext. 4990 or look us up on the Internet at <http://www.muckleshootcasino.com>.

We exercise Tribal Preference hiring for all tribal members. Pre-employment drug test required.

Come work for Your Tribe and make a difference!!!

The Muckleshoot Tribal Administration is looking to hire Tribal members to fill its new openings. Please visit us in the Tribal Administration Human Resources Department to see if we have any new openings that you might be interested in



Also see our opening on-line at www.muckleshoot.nsn.us

MUCKLESHOOT TRIBAL ENROLLMENT

Any interested/eligible Muckleshoot parties seeking tribal enrollment please be advised that the following documentation is always needed for Muckleshoot tribal enrollment:

1. Enrollment application, filled out completely, front & back.
2. Original certified birth certificate (NO EXCEPTIONS.)
(Signatures of both parents, if both are on certified birth certificate and under age 18.)
3. Original Social Security card.
4. Relinquishment must be completed, if enrolled in another tribe.
5. Name must match on all documents.

No copies are accepted. Until all documents are on file, no review process will begin.

Have you ever considered a career in **gaming regulation?**

THE MUCKLESHOOT GAMING COMMISSION regularly posts openings at the Casino, Tribal Headquarters, and the Commission office. Because resumes and/or applications are accepted for open positions only, check often or call 253.735.2050 for current openings.



NOTICE
Agenda items for Tribal Council meetings must be received by 3:00 PM on Thursdays.

CASUAL LABOR APPLICANTS WANTED

- Casual Labor is a program designed for on-call/temporary employment.
- Make sure the application is completely filled out to the best of your ability; *incomplete applications will not be processed.*
- Applicant information must be continuously updated in order for Human Resources to contact you for a Casual Labor position **and** for you to remain on the ACTIVE Casual Labor list. **If we don't have a number to reach you at, you may be removed from the ACTIVE list and placed at the bottom of the WAITING LIST.*
- We are in need of people with Driver's Licenses, Food Handler's Permits (*w/ experience as a cook/assistant cook*), CDL, Barista experience, Certified Teachers.
- Must be willing to work odd hours and on weekends when necessary.

**For more information, please contact:
Lisa Marie Moses at (253) 876-3201
Or
lisa.moses@muckleshoot.nsn.us

WORKSHOP FUNDS NOTICE

All Tribal members interested in attending a workshop or conference through Workshop Funds must submit application 30 days prior to the day of the conference or workshop. No Exceptions! Only Complete applications will be submitted for approval to the Education Committee. All applications can be turned in to the Scholarship Building.

NATIVE OWNED CONTRACTOR
looking for framers and carpenters

Good pay for right person.
Please contact: Matt Bennett
Water's Edge Custom Finish, Inc.

(360) 490-5963
Leave message with contact information

CONSTRUCTION JOBS

Mortenson has been selected as General Contractor for the Tulalip Tribes to build the new Tulalip Tribes Hotel and Conference Center in Tulalip, WA. This exciting project which opens mid-2008 consists of a casino expansion, hotel tower, conference center, pool, spa, restaurant and retail spaces.

Please contact Nadine Williams or Pat Alden at 360-654-2262 to inquire about construction employment related opportunities or to learn about our bidding schedule for upcoming subcontracted work.

EVENTS CALENDAR

July 13 Ducks Co-Ed Softball Tournament- A the Muckleshoot Ball Fields. Contact Tammy James at 253-394-3489 or Missy Brown 253-632-4093 for more info.

July 27-29 9th Annual Natives on a Wellness Path Sobriety Pow-Wow, Muckleshoot Pow-wow grounds.

August 2 Family Field Day At the Wellness Center Field from 4pm - 7pm.

August 11 Keta Creek Family Derby - All ages fishing. For more information call Gail Larsen at (253) 876-3178

August 15 Gang Intervention Program Community Meeting - 5p.m.-7p.m., location TBA. Info: Katreece Moore, 253-876-2821(Office), 253-261-0305(Cell)

August 24-26 Skopabash Pow Wow Muckleshoot Pow Wow Grounds. INFO: Jeanette Morrison, (253) 333 - 5029 or Jeanne Moses at (253) 929-6018 or (253) 833-3920 x100.

October 6 Keta Creek Fall Classic - All ages fishing. For more information call Gail Larsen at (253) 876-3178

ONGOING:
Canoe Family Meetings Tuesday and Thursday at 5:30 p.m. - 8:30 p.m. at the Canoe Clubhouse.
Song and Dance Sessions Mondays at 5:30 p.m. - 8:30 p.m. at the Clubhouse

TRIBAL HUNTERS:

ALL FINES FROM 2006 NEED TO BE PAID BEFORE YOU CAN GET ANY 2007 TAGS.

ALL FINES NEED TO BE PAID TO THE WILDLIFE OFFICE. YOU MAY ALSO COME IN AND FILL OUT THE FORM TO HAVE YOUR FINE TAKEN OUT OF YOUR PER CAPITA. PLEASE CONTACT TAMMY JAMES FOR MORE INFORMATION 253-939-3311.

BEAR AND COUGAR TAGS ARE BEING ISSUED RIGHT NOW.

NEW 2007 CEREMONIAL MEAT GUIDELINES: MEAT WILL ONLY BE DISTRIBUTED FOR FUNERALS AND MEMORIALS. THERE IS A FORM THAT NEEDS TO BE FILLED OUT, YOU CAN PICK THEM UP FROM THE WILDLIFE OFFICE.

REMINDER: YOU HAVE TEN DAYS FROM THE DATE OF THE KILL TO RETURN TAGS TO THE OFFICE. THERE IS A DROP BOX LOCATED ON THE OUTSIDE OF THE PHILIP STARR BUILDING BY THE VEHICLE COMPOUND GATE ENTRANCE. THERE IS ALSO A DROP BOX LOCATED IN THE WAITING AREA OF THE WILDLIFE OFFICES.

SMOKE ALARM TESTING

Does your smoke alarm work properly? Would you like to have it tested to be sure? Do they need new batteries? Tribal Housing will test your smoke alarms and replace batteries for free. Just call to set up an appointment: (253) 833-7616

NATIVE BIDDERS WANTED!

The Muckleshoot Housing Authority is currently soliciting a list of Native American owned Businesses interested in bidding on construction projects and supplying materials. Native American businesses must be owned and registered. To be listed please call 253-833-7616 or mail information to:

Muckleshoot Housing Authority
38037-158th Ave SE
Auburn, WA 98092

Virginia Cross family gathers for birthday celebration



PHOTO BY JOHN LOFTUS

I would like to wish a Happy Birthday to my mother, Virginia Cross, whose birthday was on June 14th. MOM, you are the greatest mother, I LOVE YOU MOM, I wish you the best health and happiness each and every day, May the Good Lord watch over you daily. HAPPY BIRTHDAY.

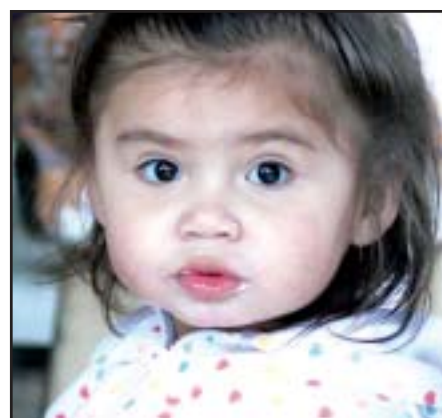
On June 17, 2007, we had a birthday party for our mother at the Game Farm Wilderness Park. This also included all of our families June Birthdays. Happy Birthday all and Thank You all for everything that each one of you brought for this great party and all the hours that were put into this event.

But most of all THANK YOU FOR ATTENDING THIS GREAT EVENT AND BEING THERE TO HONOR OUR MOTHER AND CELEBRATE HER BIRTHDAY AND ALL OUR FAMILIES JUNE BIRTHDAYS.

I Love each and every one of you, I LOVE YOU MOM.

Thank you again.

Kerri Marquez



PHOTOS BY JOHN LOFTUS