

Elwha News

LOWER ELWHA KLALLAM TRIBE

OPEN

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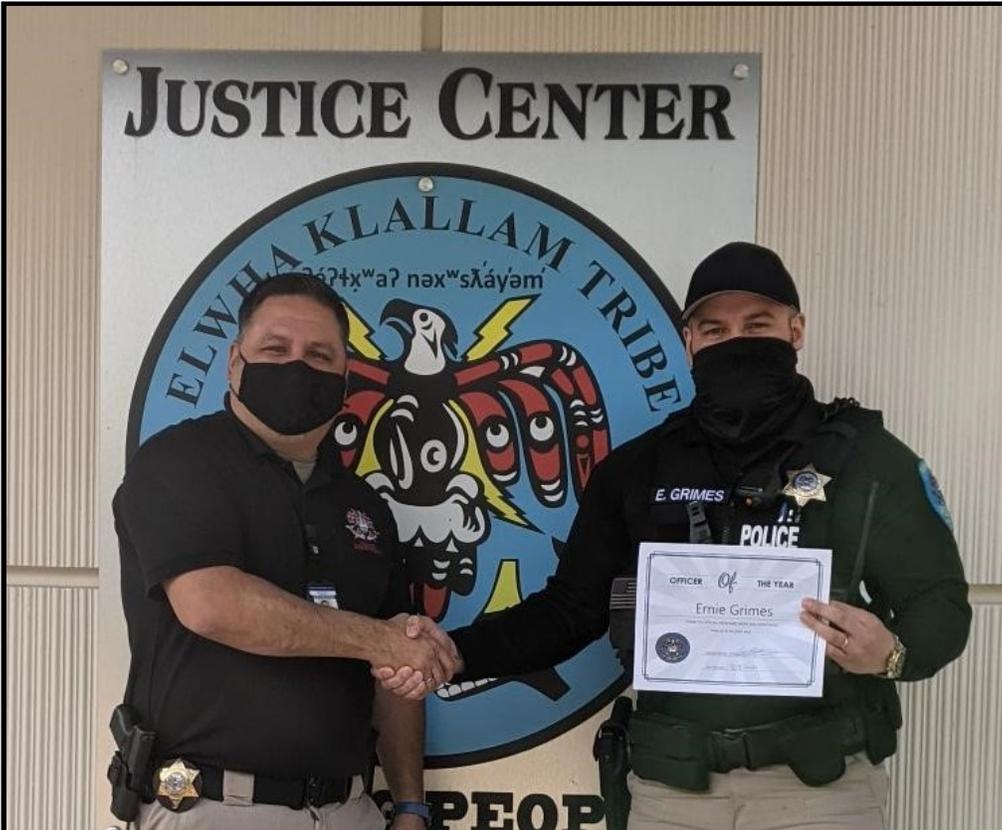


Q2 2021

Elwha News

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LOWER ELWHA KLALLAM TRIBE



The Lower Elwha Police department would like to announce that Officer of the Year has been awarded to Officer Grimes for the year of 2020! Thank you for all your hard work and dedication.

We would also like to acknowledge Officers Hamrick, Hesler, LaTourette and Woods for completing the police academy, and becoming certified through Clallam County and the State of Washington. We would like to give a round of applause to Glen Roggenbuck for all his hard work during the Coronavirus pandemic. Good job, Gentlemen. Keep up all the hard work!





Letter From The Vice Chair

Dear Lower Elwha Tribal Community,

It has been quite a while since I have put out a letter. Most of it due to COVID-19 and the shutdown of our tribal government. I know this has been a long haul for our community. I feel that with vaccinations, we are on our way out of it. I encourage our community to get their shots.

I also want to thank our leadership team. This includes Tonya Green, CEO, Tia Skerbeck, COO, Keri Ellis, Executive Assistant to our CEO and Emma Bankson, Health Department. These women have taken the lead during this pandemic. I personally do not know how we would have made it to this point without them.

My hands are also up to our health department. They have done an outstanding job with the COVID testing, tracing and vaccinations. They even made sure the needs were met of quarantined families and individuals. The vaccinations were administered very efficiently and fast! We went through the state process of getting shots very quickly. I witnessed a number of folks that are patients of Lower Elwha Clinic coming into the gymnasium to get their shots. I am proud of our clinic. You do not see this news in our local paper but that is not important. There are many others that need to be thanked, too many to name. I know that I would miss names and do not want to offend anyone. However, our team has stepped up and confronted this pandemic head on. My hands are up to them and our tribe.

I want to take time to thank my community for your support during the last election. We are already into the next election season. I take pride in representing our tribe and tribal members. I have said before that I think this is where I am supposed to be. My grandfather Sam Ulmer was on the first council, my mother LaVerne Hepfer also served and my niece Rachel Hagaman was on Tribal Council. I am certainly proud of my family members. If I can do half as well for my people as they did, I would be happy. Remember to get register to vote if you are not, get out to vote. It is important that you exercise your right to vote. I cannot express this loudly enough. VOTE!

A considerable amount of my time is on zoom calls meeting with the state and other tribes to speak to our issues and negotiate our fisheries. I really enjoy and look forward to the hard work of co-management with the State of Washington. This is very important even though we have very few tribal fin fishers left. That does not mean that we never will. Therefore, I keep protecting our Treaty Rights for us and our unborn generations. I take pride speaking for the salmon.

The Tribal Council just this month created an Enterprise Board. This board consists of seven positions, two of which are tribal. We decided that Rachel Hagaman and George Charles represent us on that board. Congratulations to both. This board will make decisions on our enterprises. I am excited that we finally got this task done. Now we can concentrate on growing our enterprises. In addition, it allows me personally to do policy work and not manage business. I always tell folks, "I am policy not management."

The construction of the Lower Elwha Tribal Food Bank will be completed by the time you read this. I feel that this is a very vital to ensure that we have food for everyone that needs it. We were working out of the Social Services building. That room was excessively small to provide the services that a real food bank needed. We decided to take advantage of the fuel tax and go for a food bank.

The Elwha Peaks Pot Shop has been up and selling marijuana for a little while now. We are not making the funds I thought we would but we are young and the profits should soar here any time soon. If you have not, you should stop by and check it out. It is very colorful and the products are displayed very nicely. I am glad to get that enterprise up and running.

Respectfully,

Russell N. Hepfer
Vice Chair



BUSINESS COUNCIL



Frances G. Charles
Tribal Chairwoman, Ext. 7411



Russ Hepfer
Vice Chairman, Ext. 7412



Ed Johnson
Secretary/Treasurer Ext. 7414



Steve Joaquin Robideau
Council Member, Ext. 7413



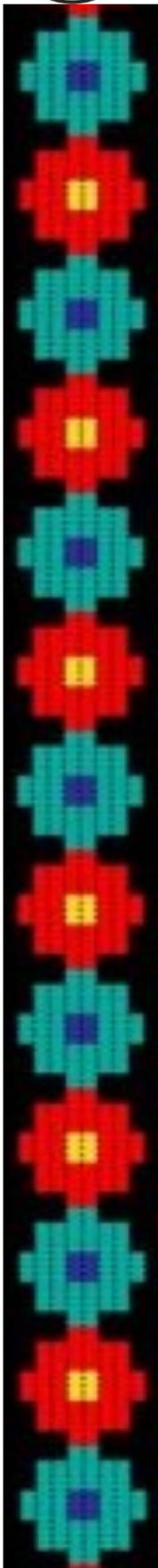
Anthony Charles
Council Member, Ext. 7415

Dates to Remember:

- April 1: Crescent School District—All Remote Learning 1/2 Day
- April 2: Crescent School District—No School
- April 5: LEKT Business Committee Nominations Due
- April 5-9: PA & Crescent School Districts Spring Break
- April 7: Business Committee Candidate Nomination Acceptance Due
- May 1: LEKT Business Committee General Election
- May 7: Crescent School District—No School
- May 14: National American Indian Day—LEKT Closed
- May 28: Crescent School District—1/2 Day
- May 29: LEKT Chairperson Election
- May 31: Memorial Day—LEKT, PA & Crescent School Districts Closed
- June 11: Port Angeles High School Graduation
- June 11: Crescent School District—1/2 Day, Last Day
- June 12: Crescent High School Graduation
- June 16: Port Angeles School District—1/2 Day, Last Day

WOULD YOU RATHER NOT RECEIVE A PAPER?

We are evaluating the level of Interest for emailed newsletters. If you would rather not receive the newsletter by mail, please contact Chrissi Ducotey by email (chrissi.ducotey@elwha.org). She will begin to gather a list of those who prefer to receive electronic files only, and we will determine if this is a workable option.





Tribal Directory

Tribal Center

2851 Lower Elwha Road
Port Angeles, WA 98363
360.452.8471

Executive Director

Tonya Greene, Ext 7469

Tribal Operations Officer

Tia Skerbeck, Ext 7420

CFO Froilan Sarmiento, Ext 7463

Accounting

2851 Lower Elwha Road
Melissa Gilman, Grants
Administrator Ext. 7461
Jo Klinski, Controller/Payroll
Ext 7460

Cedar Box Smoke Shop

4779 S Dry Creek Road
Leif Ellis, 360.477-1170

Child Care

322 Stratton Road
360.452.3562
Deborah Hales, Director Ext 7471

Education

Jessica Egnew, Director Ext 7425

Elwha Peaks Cannabis

4775 S Dry Creek Rd, Port Angeles
360.912.3469
Nathaniel McKnight, Operations
Director

Elwha River Casino

631 Stratton Road, 452.3005
Mike Watson, General Manager

Elder Services

Samantha Acosta, Coordinator
Ext 7466

Employment Services/HR/TERO

Sandra Johnson, Director Ext 7429

Enrollment Services

Marilyn Edgington, Ext 7444

Facilities & Maintenance

Warren Stevens, Director Ext 7432

Gaming Commission

631 Stratton Road
360.452.5628
Elaina Begay, Director

Head Start/Early Head Start

463 Stratton Road,
360.452.2587
Deborah Hales, Director Ext 7471

Health Clinic

243511 Highway 101 West
360.452.6252
Lorinda Robideau, Interim Health
Services Director

Heritage Center

401 E. First Street, 360.417.8545
Nicole Volkmann, Manager
Ext. 2912

Human Resources

Ext 7430

Housing Authority

22 Kwitsen Drive, 360.457.5116
Janet Hren, Interim Director
Ext. 7551

Information Technology

Ken Giersch, Director Ext. 7541

Justice Center/Tribal Court

341 Spokwes Drive
360.452.6759

Klallam Counseling Services

243613 W Hwy 101, Port Angeles
360.452.4432
Stormy Howell, Treatment
Manager

**Law & Order/Police Dept.
Justice Center**

341 Spokwes Drive
360.452.6759 Ext 2922
Sam White, Chief of Police

LOWER ELWHA FOOD & FUEL

Leif Ellis, 360.477-1170

Natural Resources/Fish Hatchery

760 Stratton Road
360.457.4012
Matt Beirne, Director Ext 7485

Planning & Development

Arlene Wheeler, Director Ext 7437

Prevention Health/GYM

Jason Wheeler, Ext. 7440

Social Services

3080 Lower Elwha Road
360.565.7252
Becca Weed, Director



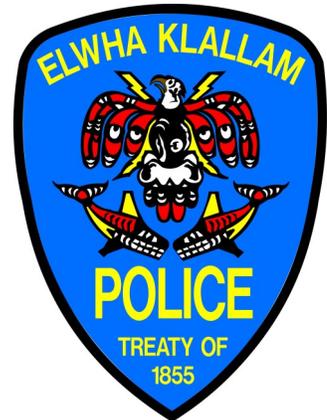


LEPD Logs & Staff Birthdays

Service Record for L & O	Feb
911 Hang-Up	5
Alarm/Alarm Check	4
Animal Calls	2
Burglary	1
Business Check	162
Citizen Assist	4
Citizen Contact	10
Civil	1
Code Enforcement	2
Community Oriented Policing	118
Court Paperwork/Service	28
CPS/APS	2
Disturbance	1
DV	1
Erratic Vehicle	1
Firework Violation	2
Follow Up	10

Found/Recovered/Lost Property	1
Frequent Patrol Request	1
Intimidation	1
Littering	1
Malicious Mischief	1
Mental/ITA	2
Misc. Info/False Reporting	4
Other Agency Assist	22
Phone Complaint	1
Sex Offense/Monitor	1
Suspicious Person/Vehicle	1
Theft	2
Threats	2
Traffic Control/Emphasis/Hazard	6
Traffic Stops	36
Trespass	4
Violation of Court Order	1
Vehicle Accidents	2

Vehicle Lockout	1
Weapons Discharge/Violation	1
Welfare Check	2
Warrant Attempts	1
Warrants-Tribal	2
Warrants-Non-Tribal	4
Total	454



STAFF BIRTHDAYS!

- | | | | |
|------------------------|------------------------|--------------------------|-------------------------|
| 4/3—Warren Stevens | 4/27—Leif Ellis | 5/27—Stephanie Lindquist | 6/14—Nathan Matchett |
| 4/3—Roxanne Charles | 4/29—Saydee Marvelle | 5/28—Glen Roggenbuck | 6/16—Yolanda Cambridge |
| 4/4—Bobi Clark | 4/30—Adam Lovik | 5/30—Suzie Bennett | 6/17—Tanner Loesch |
| 4/9—Sky Arakawa | 5/1—Zack Davis | 5/30—Kathryn Gyori | 6/18—Gretchen Van Blair |
| 4/10—Detavius Woods | 5/2—Sam Hough | 6/1—Tashena Francis | 6/22—Caleb Lucas |
| 4/10—Joseph Luce Jr | 5/2—Brooke Horn | 6/3—Mary Klock | 6/26—Janet Cameron |
| 4/12—Cassandra Charles | 5/4—Michelle Charles | 6/5—Mary Rose Larson | 6/28—Diane O’Hara |
| 4/18—Vanessa Goldsbury | 5/5—Jed Johnson | 6/9—Garrison Johnson | 6/28—Lancia Charles |
| 4/20—Tyann Bush | 5/6—Vicki Gross | 6/10—Rick Pennington | 6/28—Halie Wilson |
| 4/20—Lora Burke | 5/10—Russ Hepfer | 6/10—Alisha Adams | 6/29—Jim Bolstrom |
| 4/21—Lauren Steim | 5/15—Lester (Mo) Moses | 6/11—Dawn Travelstead | 6/29—Garth Hopie |
| 4/22—Crystal Hren | 5/16—Lorna Mike | 6/11—Iona Feinstein | 6/29—Joshua Lampman |
| 4/22—Teva Henderson | 5/17—Jessica Tinoco | 6/12—Corina Bolstrom | 6/30—Jessica Wright |
| 4/24—Anne Ronan | 5/18—Greg Mattus | 6/14—Amy Johnson | 6/30—Angela Raycraft |
| 4/24—Brandy Williams | 5/20—Bernice Ellis | | |
| 4/25—Jared Moses | 5/23—Samantha Acosta | | |



Tribal Operations Office Update

ICDBG CARES Grant Update (PPE, Cleaning Supplies, Freezers, and Emergency Notification System)-

The Tribe was awarded a grant to provide freezers, cleaning supplies, and PPE to homes in the local community. This is a large task to undertake especially during COVID-19 pandemic times.

PPE and cleaning supplies- Cleaning supplies went out in two different rounds. Round 1 was delivered to homes in the local area, and Round 2 was picked up at the back of the Tribal Center.



Freezers –We have been working with A&A Appliance to coordinate the upcoming April/May delivery and installation of freezers.

Emergency Notification System- Rave is web based notification system that will allow us to send notification text, email, phone, or social media messages. Things are up and running with RAVE, if you haven't already signed up for emergency notifications please do so by visiting: www.tinyurl.com/elwhaAlert

Public Health Officer Update – Tribal Resolution 97-20 approved the LEKT communicable disease code and appointed me as the Tribal Health Officer with the responsibility to carry out the duties outlined in the communicable disease code. The majorities of these duties involve COVID-19 case investigation, contact tracing, and more recently vaccination promotion. COVID cases have been dropping for the County and Tribe and vaccination planning and promotion has ramped up.

COVID-19 Vaccinations

The Tribe has had some very good vaccination clinics, and continues to see more and more Tribal members receiving their vaccinations. Have you gotten your vaccination? Did you know that you're eligible? Call 360-452-6252 to schedule.

Tribe move to Phase 3

The Tribe has moved to Phase 3 of our COVID-19 re-opening plan, which includes opening up more indoor/outdoor recreation and gatherings. Social distancing and PPE protocol still needs to be followed.

Tia Skerbeck—Tribal Operations Officer



Council Resolutions 2021



Lower Elwha Klallam Tribe Resolution Record page 1 for 2021

Date	Resolution Number	Title	Vote		
1-12-21	01-21	Public health order remain strong, resilient and stay at phase 1 in response to the rising threat of COVID-19	3	0	0
1-12-21	02-21	Standard operation procedures for Elwha Food & Fuel	3	0	0
1-12-21	03-21	Common interest agreement for litigation regarding federal archives	3	0	0
1-12-21	04-21	Approval of the LEKT COVID-19 Moderna Vaccination plan	4	0	0
1-26-21	05-21	Adoption of LEKT government finance and accounting policy manual	4	0	0
1-26-21	06-21	Approval of funding application to the Indian Health Services for the FY 2021 medical equipment funds	4	0	0
1-26-21	07-21	Public health order remain strong, resilient and move to phase 2 in response COVID 19	4	0	0
1-26-21	08-21	Submission of FY21 BIA, endangered species program proposal to BIA with respect to development of In-River selective fisheries techniques for the Elwha River	4	0	0
2-4-21	09-21	Approval of acceptance of services, treasury management services and master agreement for treasury management services between LEKT and Wells Fargo Bank	4	0	0
2-4-21	10-21	Approving consent decrees for natural resources damages in western Port Angeles harbor	3	0	0
2-4-21	11-21	Ratifying, approval and acceptance of contract with northwest Portland area Indian health board to create and implement a comprehensive opioid response plan	3	0	0
2-9-21	12-21	Enrollment of Johntay Tolliver Mother: Fanny Burdette Father: Phillip Tolliver Jr.	4	0	0
2-16-21	13-21	Confirmation of establishment and status of Elwha Peaks Cannabis	4	0	0
2-18-21	14-21	Approval of master services agreement between Castle Hill Studios LLC d/b/a Castle Hill Gaming and LEKT d/b/a Elwha River Casino	4	0	0
2-18-21	15-21	Approval of submission of funding application to salmon recovery funding board for Little Hoko river restoration design project	4	0	0
2-18-21	16-21	Public health order remain strong, resilient and move to phase 2.5 in response to the COVID-19	4	0	0
2-18-21	17-21	Appoint Brandy Williams to the Lower Elwha Housing Board of Commissioners	4	0	0
3-2-21	18-21	Approval of personal services contract between LEKT and the United states Fish & Wildlife service for estimating pHQS and broodstock collection strategy for Elwha River Winter steelhead 2021	3	0	0
3-2-21	19-21	Approval of Regence Blueshield participation dental provider agreement with the LEKT with waivers of sovereign immunity	3	0	0
3-2-21	20-21	Approval of LEKT membership with the National Indian Gaming Association	3	0	0
3-2-21	21-21	Approval of instamed order form with terms and Conditions and the Merchant application with terms of services and indemnification of the Chairwoman and CFO	3	0	0
3-18-21	22-21	Appointment of Three Justices to Lower Elwha Court of Appeals	4	0	0



Education

Dear Elwha Klallam Community,

The Education Department is happy to announce we are going to slowly reopen our library facility. We will have a safety protocol in place, temperature will be taken upon entry and PPE will need to be worn at all time. Patrons will be able to schedule an appointment for our computer lab or library to check out books, DVD's etc. Since the library is a small space, we are limiting the library/computer lab to two people at a time. Priority will be given to youth for tutoring when the Academic Support Providers are available (listed below). Please keep an eye out for our reopening date and call the Education Director at 360.452.8471 ext. 7425 for scheduling. We look forward to seeing our community again.

In the afternoon when our Academic Support Providers are in the library, they will be available for 1:1 tutoring by appointment only. Please read below for more information.



Academic Support Provider for Middle School Students

Hello all! My name is Shayla Nagel. I am a member of the Makah Nation and come from the Tyler-Lawrence family. I have two children, ages 9 and 11. I have been working with Native children for over ten years in a variety of different roles. I am very excited to be a part of your community and serve your families as the new Academic Support Provider for 7th and 8th grade students. I will be working closely with the Lower Elwha Klallam Tribal students at Steven's Middle School and the local Learning Center to ensure academic success through tutoring, guidance, and tutorial services. I will also be available for one on one tutoring for middle school students at the Lower Elwha Library Monday Wednesday and Thursday from 3:00pm - 4:30pm and Tuesday and Friday from 3:00pm – 4:00pm (30-minute slots per child) on a first come first serve basis.

Shayla Nagel

360-912-2020

Shayla and Jessica are available for tutoring at Steven's Middle School with a max capacity of 6 students on Wednesdays 9am-11:45am for A day middle school students and 12:45pm-3pm for B day middle school students.

We do not currently have transportation for students on this day so parents would be responsible for transportation to and from.

Parents will just need to call or email us to set tutoring up, our work phone is 360-565-1806 and emails are snagel@portangelesschools.org and jelofson@portangelesschools.org

Academic Support Provider for Elementary School Students

This school year has been strange and stressful. Does your student need tutoring? One-on-one support will be offered by appointment at the Tribal Library. Safety precautions will be taken so each student will have a sanitized environment and mask wearing is required. 30-minute appointments are available between 8:30 am and 4 pm on Wednesdays. 30-minute appointments are also available starting at 3 pm on Monday, Tuesday, Thursday, or Friday afternoons. Please call Kristina to set up a tutoring appointment at 360-809-9274.

Kristina has been supporting 4th, 5th, and 6th graders at the Learning Center since the beginning of the school year on Mondays and Thursdays. There are an average of 10 students receiving academic support in those grade groups. Then on Tuesdays and Fridays, students at Dry Creek Elementary are supported. Between Kristina and the Native American Interventionist at Dry Creek, most Native American students enrolled at Dry Creek are being helped this school year.

Kristina Cain



Phase 3 Reopening

Lower Elwha Klallam Tribe’s COVID-19 Phased Re-Opening Plan

The Tribe has established the below COVID-19 phased approach to opening government offices and modifying physical distancing measures.

	Phase 1	Phase 1.5	Phase 2	Phase 2.5	Phase 3
High Risk Populations	Continue to stay home, stay healthy	Remain strong, resilient, and remote	Remain resilient and remote	Resume public interactions, with physical distancing and mask	Resume public interactions, with physical distancing and mask
Recreation	-Some outdoor recreation	-Outdoor recreation involving fewer than 5 people outside your household	-Outdoor recreation involving fewer than 5 people outside your household	-Outdoor recreation activities up to 15 people (with physical distancing and mask) -Indoor recreation, up to 4 members per household, by reservations in the gym and fitness room.	-Outdoor recreation activities up to 25 people (with physical distancing and mask) -Indoor recreation, no more than 15 participants in the gym (with physical distancing and mask). Up to 6 members per household in fitness room, reservations only.
Gathering	-None	-Gather with no more than 5 people from outside your household per week	-Gather with no more than 5 people outside your household per week	-Gatherings outdoor with no more than 15 people (physically distanced) -Gatherings indoor with no more than 5 people from outside your household per week	-Gatherings outdoor with no more than 25 people (with physical distancing and mask) -Gatherings indoor with no more than 10 people from outside your household per week (with physical distancing and mask) -Fully vaccinated individuals may: --visit outside of the workplace with other fully vaccinated individuals indoors without masks or physical distancing --visit outside of the workplace with unvaccinated people from a single household who are at low risk for severe COVID-19 disease indoors without masks or physical distancing
Travel	Only essential travel	Limited non-essential travel within proximity of your home	Limited non-essential travel within proximity of your home	Resume non-essential travel within Clallam County	Continue non-essential travel within the State of Washington
Government*	-Essential services staff -Limited field workers	-Remain strong, resilient, and remote -Remote work to the highest extent possible -Field work	-Staff in single occupancy offices -Field workers	-Staff in shared workspaces (physically distanced) - Offices open to public with personal protective and physical distancing measures in place	-Staff in shared workspaces (physically distanced) - Offices open to public with personal protective and physical distancing measures in place

*Follow the Phased Opening of Tribal Government Buildings Plan.

Physical distancing requires maintaining a space of at least 6ft between people.

Video meetings to the highest extent possible.

In-person meetings and services that cannot meet physical distancing criteria must use virtual or telehealth platforms.
One-on-one services limited must meet physical distancing criteria, be brief in duration, and follow masking protocol.

Group services with additional approved protocol.
An individual is considered fully vaccinated two weeks after receiving the second dose of a vaccine in a 2 dose series (Pfizer or Moderna), or 2 weeks after receiving the first dose in a single dose series (Johnson & Johnson).

Adults of any age with the following conditions are at increased risk of severe illness from COVID-19:
Cancer; Chronis kidney disease; COPD (chronic obstructive pulmonary disease); Down Syndrome; Heart conditions (such as heart failure, coronary artery disease, or cardiomyopathies); Immuno-compromised state (weakened immune system); Obesity; Severe Obesity; Pregnancy; Sickle cell disease; smoking; Type 2 diabetes mellitus.



COVID-19 Updates

WHAT YOU NEED TO KNOW ABOUT COVID-19 VACCINES

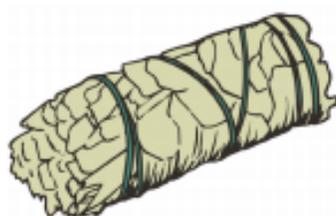


You can help stop the pandemic by getting a COVID-19 vaccine.

To protect our elders and our community, we need to use all our prevention tools. Vaccines are one of the most effective tools to protect our health. Vaccines work with your body's natural defenses so you can fight the virus.

Each tribal nation or state has its own plan for deciding who will be vaccinated first. Contact your health department or clinic to find out when and where vaccines will be available in your community.

The COVID-19 vaccine can help keep you from getting COVID-19.



COVID-19 can cause serious illness or death. All COVID-19 vaccines available in the United States are effective. Even if you still get the disease after you

get vaccinated, the vaccine should protect you from more serious illness.

The COVID-19 vaccine will be free for you.

The United States government is providing the vaccine free of charge to all people in the United States. No one should be charged for the vaccine.

Some COVID-19 vaccines need two shots.

If you are told you need two shots, make sure to get your second shot at the time you are told, so you can get the most protection.

The COVID-19 vaccine will not give you COVID-19.

The authorized COVID-19 vaccines **cannot** make you sick with COVID-19. They **do not** contain the virus that causes COVID-19. Getting vaccinated may also protect others around you.

After COVID-19 vaccination, you may have some side effects.

You may have tiredness, headache, chills, and mild fever for 1–2 days. These are normal signs that your body is building protection against COVID-19. After getting the shot, you will be asked to wait for 15–30 minutes to see that you are okay.

You should still get vaccinated if you've already had COVID-19.

Even if you have already had COVID-19, it is possible—although rare—that you could get COVID-19 again. Experts do not yet know how long you are protected from getting sick again after having COVID-19. Vaccination is the best protection.

If you have recovered from COVID-19, ask your health provider when you should be vaccinated.



Head Start & Early Head Start

Lower Elwha Head Start & Early Head Start

360)- 452-2587 Ext 2 Early Childhood Director (Debbie)
(Ext 1 Child Care Manager/Bobi)

Health Manager: Deanna Transportation: Frances

Education Manager: (Vacant) Prenatal Educator: Donna

Family Community Partnership Manger & Enrollment: Michelle

čəṇ'má?əx^w (Time for Horsetail) April 2021

April 2021
5-9 Spring Break (no school)
*Return April 12/Monday

JOBS @ LEHS

If you or someone knows of anyone looking for a job, please apply.

- ◆ Early Education Coach
- ◆ Early Head Start Lead Teacher
- ◆ Early Head Start Teacher's Aide
- ◆ Head Start part time shadow teacher
- ◆ Teacher/bus aide
- ◆ Substitute kitchen aide
- ◆ Substitute teacher's aide

Call Head Start: 360-452-2587 Debbie Hales,
Director (ext 2)



čə?mús (Otters)

Teacher Carol and Teacher Janet are excited to be back in the Otter classroom. We've missed being around the children. The Otters have been enjoying their time outside with the nice weather. We will be outdoors more to play and to go on walks. Please remember to send your children in coats and extra play clothes.

This month The Otters are having fun learning about colors and insects. We will be transitioning into learning the 'Alphabet Song' (and letter recognition) and counting (and number recognition) for the month of April.

Thank you,

Teacher Carol and Teacher Janet J



Heritage Training Center

THE LOWER ELWHA KLALLAM TRIBE PRESENTS:

TRAFFIC CONTROL / FLAGGING CERTIFICATION

- READY TO WORK IMMEDIATELY!
- HANDBOOKS ARE YOURS TO KEEP.
- VALID FOR 3 YEARS
- ACCEPTED IN WA, OR, ID AND MT.
- FIRST COME, FIRST SERVED.
- SOCIAL DISTANCING RULES APPLY. ENROLLED TRIBAL MEMBERS ONLY.



FULL

~~MARCH 27TH, 2021~~ | APRIL 24TH, 2021

9AM - 6PM

ELWHA KLALLAM HERITAGE CENTER

401 E FIRST ST

PORT ANGELES, WA 98362

(360)417-8545



COVID-19 Updates

You should still take steps to protect yourself and others after getting each shot.

It is important for everyone to continue using all the tools available to help stop this pandemic and keep our people safe. You should continue to wear a mask over your nose and mouth in public, stay 6 feet apart, avoid crowds and poorly ventilated spaces, and wash your hands often.

Getting the vaccine and following CDC's recommendations for protecting yourself and others will offer the best protection from getting and spreading COVID-19.

The U.S. vaccine safety system monitors the safety of all vaccines.



All COVID-19 vaccines used in the United States were tested in clinical studies involving thousands of people, including American Indians and Alaska Natives. These studies were done to make sure the vaccines meet safety

standards and protect people of different ages, races, and ethnicities. All authorized COVID-19 vaccines meet the same safety standards as other vaccines used in the United States.

CDC has developed a new tool, v-safe (v-safe.cdc.gov), to help identify any safety issues with COVID-19 vaccines. Sign up to participate after you're vaccinated!

Unless you have had an allergic reaction to any ingredient in a COVID-19 vaccine, it is safe to get a COVID-19 vaccine.

If you have ever had a severe or immediate allergic reaction to any ingredient in a COVID-19 vaccine, you should **not** get vaccinated. If you have had an allergic reaction to other vaccines or injectable medications, talk to your healthcare provider.

You may still get vaccinated if you have severe allergies to oral medications, food, pets, insect stings, latex, or things in the environment like pollen or dust.

If you are pregnant or want to have a baby one day, you may get a COVID-19 vaccine.



If you are pregnant now or plan to be pregnant in the future, you may receive the COVID-19 vaccine when it becomes available to you. There is no evidence suggesting that fertility problems are a side effect of any vaccine.

The COVID-19 vaccine will not change your DNA.

Different types of vaccines work in different ways to offer protection, but the COVID-19 vaccine—like any other vaccine—cannot affect your DNA in any way.

It is safe to get a COVID-19 vaccine if you have an underlying medical condition.

People with medical conditions like heart disease, lung disease, diabetes, and obesity are more likely to get very sick from COVID-19. Vaccination is especially important for people with these conditions. People with a weakened immune system may not get as much protection from a COVID-19 vaccine as those with a functioning immune system, but some protection is better than none.





Elwha River Casino

April 2021



DID SOMEBODY SAY FOOD?

Promotions and Events:

Senior Day:

Every Wednesday seniors 55+ qualify for 2X points from 12pm-8pm and hot seats from 12:30pm-4pm!

Money Bags:

Thursdays beginning April 8th from 6pm-10pm every 30 mins. someone will win a bag up to \$500 cash!

Slot Tournament April 9th & 23rd :

Session winners- \$25 sp 1st overall- \$300 cash 2nd overall- \$150 cash 3rd overall- \$75 cash

The Claw:

Play Aries machine with purple and gold signs for a chance to win a money bag or your share of \$3,500!



Mondays in April (subject to change):

Olympus Hot-Dogs at Elwha River Casino from 12pm-4pm! Watch us on Facebook/Instagram for updates!

Earn & Get Food:

Earn 250 points any day when food trucks are on-site and receive a complimentary meal!

Frybread Friday @ Elwha River Casino:

\$8 Indian Tacos on April 2nd!

12pm – sold out (no coupons)



Nutrition & Diabetes

Klallam Strong: Nutrition & Diabetes Newsletter

In this issue:

- * Nutrition Month
- * Eating Tips
- * Did You Know
- * Recipe

National Nutrition Month

If you would like a nutrition session, please call me @ 360-912-1500.

Healthy eating is about getting back to basics and decreasing processed/convenient foods.

What's changed in our food supply over the years? Use of antibiotics and hormones in animal products, artificial flavorings, color dyes and high fructose corn syrup to name a few.



Tasty Hamburger skillet:

- 1# ground beef or turkey
- 1/2 c. chopped onion and bell pepper
- 2 c. water
- 1 c. long grain white rice
- 1 tsp garlic powder
- 1 TBL chili powder
- 1/4 tsp. salt and pepper
- 1 (15 ounce) can diced tomato
- 1 1/2 c corn (fresh/frozen of can)
- 1 can (15 ounces) kidney beans, drained and rinsed
- 1/2 c grated cheddar cheese

Cook beef, onion, pepper till brown, in large skillet and drain. Add rest of ingredients and cook covered for about 20 minutes. Remove from stove and sprinkle with cheese and serve. Enjoy!

Healthy Eating Tips:

- ◆ Eat seafood twice a week, local if possible
- ◆ Slow down at mealtime. Take 20 minutes to enjoy the taste and textures of the meal
- ◆ Eat as a family, set regular mealtimes. Turn off devices.
- ◆ Get kids involved in meal preparation. Great way to introduce new foods. Kids will usually try something new if they help to cook it.
- ◆ Get to know your labels. If there is a word you don't know, good chance it is a chemical. The least ingredients on the label, the healthier it could be.
- ◆ Watch portion sizes. Portion size has increased greatly over the years. Protein— size of your palm, starch— fist size and rest of plate: vegies.
- ◆ To maintain blood sugar balance, aim for 150 grams of carbs and < 30 grams of sugar a day.



Here are some of the top food sources:

Spices: cloves, mint, oregano, cocoa powder

Fruit: elderberry, salal berry, blueberry, blackberry

Vegetables: nettles, spinach, seaweed, leeks, fern

Nuts/seeds: flaxseed, hazelnut, pecan, almond

Beverages: green tea, mint tea, dandelion tea

Add more spice to your cooking and include a daily source of berries or elderberry syrup.

For a snack—a handful of wonderful nuts!



Did you Know?

There are great healthy and kid friendly recipes at this website:

www.foodhero.org



Nutrition & Diabetes

By Dawn Travelstead RD,CDE

Libre Sensor:

If you are an Elwha tribal member and have either pre-diabetes or diabetes and would like a Libre sensor system to monitor your blood sugars, please call or text Dawn @ 360-912-1900.



Mission statement

To provide high quality nutrition therapy and diabetes self-management education while enhancing the lives of the tribal patients who come to the Elwha Clinic.

Vision Statement

To create a culture of health and well-being in our community that will lead people to take care of their health. To be sensitive to the cultural and unique needs of the people we serve. To address the whole person, not just the disease. To restore health thru education and the services we provide.

New Year!! Remember to schedule your yearly Eye/Foot/Dental visit if you have diabetes



COVID-19 vaccine: It's our turn to roll up our sleeves and get vaccinated!

It's hard to imagine a time when we didn't know COVID-19 existed. Now when people say "virus," we know what they mean. The impact of COVID-19 on our lives, our activities, and our freedom has affected us all. The responsibility is ours, as a community, to help stop this virus. Now we have a new, safe, and effective tool to help us do that—COVID-19 vaccines.

It takes everyone.

We all need to step up to beat COVID-19. We ask you to join us in protecting yourself, your family and friends, and our community by getting vaccinated.

"COVID-19 vaccination is one of the strongest tools we can use to fight this pandemic together," says Tia Skerbeck, Tribal Operations Officer

Getting vaccinated adds an important layer of protection for you, your family, and loved ones. Here are some things you should know about the COVID-19 vaccine:

- All COVID-19 vaccines currently available in the United States are very effective at preventing the disease.
- The most common side effects are pain in the arm where you got the shot, feeling tired, headache, body aches, chills, and fever.
- Stopping a pandemic requires using all the tools we have available—wearing masks, staying at least 6 feet apart from people who don't live with you, avoiding crowds and poorly ventilated spaces, washing your hands frequently, and **getting vaccinated**.

• We want everyone in our community to be safe and get back to hugging our families and friends and pulling together in the canoes.

We all play a part in this effort, and you are key. Please call the Elwha Health Clinic at 360-452-6252 to schedule your COVID vaccine.





Vaccine Info



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

3.8.21

NPAIHB Vaccine Success Stories

With the hardship we have all experienced this last year, it is easy to overlook **what an amazing success the new COVID-19 vaccines are!**

All three vaccines, **Pfizer-BioNTech, Moderna,** and the one-dose **Johnson and Johnson,** offer excellent protection from severe illness and disease and have reported 100% effectiveness in preventing hospitalizations and deaths in their clinical trials.¹ And, now these results are being confirmed in real world settings.² These remarkable results make these vaccines similar to some of the best vaccines ever created, such as those for chickenpox, measles, and polio.

These vaccines are also very safe. Safety monitoring for them is the most comprehensive in U.S. history. Two systems monitor vaccine safety, the Vaccine Adverse Event Reporting System (VAERS), and v-safe, a system established by CDC specifically for COVID-19. In the first month of monitoring, no unexpected reactions or safety concerns have been identified.³

Thankfully, **we can vaccinate adults and elders with confidence,** knowing that getting vaccinated is the best way to protect our community and loved ones and to end the pandemic!

Tribes Recognized Nationally for Vaccine Rollout Success

Across the country, in media, online journals, and local and regional newspapers, including in the Pacific Northwest, Tribes are being hailed for their successful rollouts of the vaccines, with vaccination rates often much higher or even double State's rates.

Several reasons stand out for this success – including our focus on local surrounding communities, Tribal sovereignty, and creative communications. Sovereignty gives Tribes the flexibility to decide how best to vaccinate their communities, reducing vaccine waste and allowing for faster vaccinations. Multiple types of communications are being used to make sure communities are aware of the importance of being vaccinated and vaccination events. These include digital and social media but also “old school” methods like print media, phone trees, one-on-one conversations, radio messages, and flyers sent home to elders with food baskets.

Underlying it all, has been **our deep commitment to protect our communities** and strong leaders who advocate for the health and welfare of their Tribes.

Each person who gets vaccinated is doing their part to protect our community, too.

A new survey of American Indian and Alaska Native people by the Urban Indian Health Institute, found that among all surveyed, 75% were willing to receive a COVID-19 vaccine and 74% of those believed getting vaccinated is their responsibility to their community. As Derrick Belgarde, deputy director of the Chief Seattle Club, said in one article, **“We don’t take the vaccine for ourselves. We take it for our community.”**⁴

¹ <https://www.livescience.com/covid-19-vaccine-efficacy-explained.html>

² <https://www.nejm.org/doi/full/10.1056/NEJMoa2101765>

³ <https://www.cdc.gov/mmwr/volumes/70/wr/mm7008e3.htm>

⁴ <https://www.seattletimes.com/seattle-news/health/we-take-it-for-our-community>



Mental Health

When to get Help after Loss

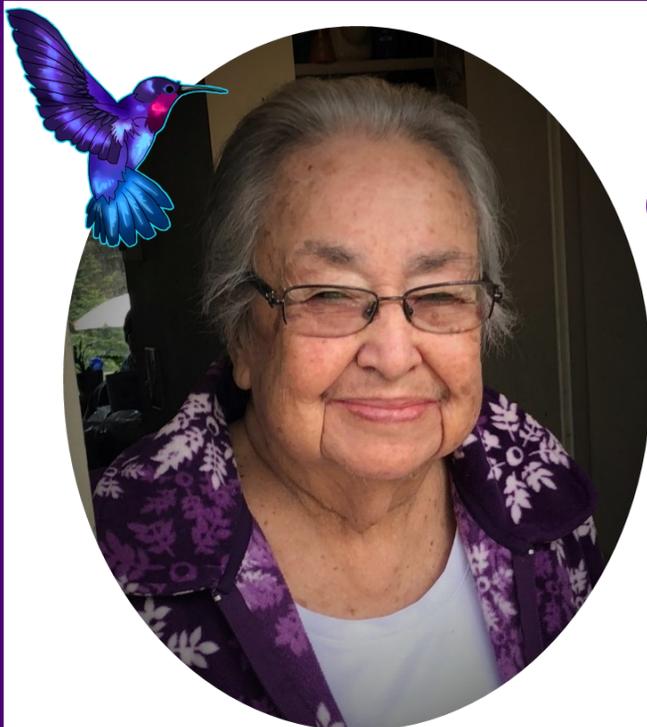
By Kris Coppedge

In the moment someone close to us dies, everything changes. Everything. Your body suddenly feels different, in shock perhaps. In the coming days and weeks, your energy level, appetite, ability to sleep all diminish. Your routine, what you care about, and your spiritual beliefs are all disrupted. Or perhaps you experience something altogether different.

Your response to the death of a loved one is as unique and as complicated as your relationship was to that person. It is impacted by your life experiences with previous loss, how secure you feel in other relationships, and the coping skills you have to rely on. When someone we love dies unexpectedly, violently, too young, or in some other manner that shocks us, forces us to lose a sense of safety, or robs us of the sense that there is order in our lives, it can leave us traumatized.

One person dies, but each of us experiences a different loss. One person loses a life partner, another person loses a mom, and a young child loses the hope for a mom. One person feels peace because the day before they talked about how much they loved each other, and another person feels wracked with guilt because they never made up. After a suicide, a community wonders what they missed, but in looking for reasons, it is easy to blame ourselves or another.

When grief becomes complicated it's wise to seek help. The complexity of grief can interfere with our ability to function in day to day life. If weeks go by and you are having trouble caring for yourself or your children, if you are struggling to find meaning and purpose, if the pain feels too much to bare, then it can be helpful to join a grief support group, or talk to a grief counselor. If you feel an ache in your soul months or even years later, please don't hesitate to seek support. We are here so that we can be available for you.



Viola B. Cagey

Sunrise 4/9/1932-

Sunset 2/9/2021



Mental Health



Living through Grief



A Support Group for those struggling with painful loss

This group is open to all staff, Lower Elwha Tribal Members, and patients at the Lower Elwha Health Clinic.

Each group will include:

- ◆ A Presentation on a topic related to grief and loss
 - ◆ An opportunity for discussion
 - ◆ A description of a skill to help you cope

Until it is safe to meet in person, we will meet through Zoom. You are welcome to come to one or all of the group meetings.

Dates: March 17th

March 31st

April 14th

April 28th

May 5th

May 19th

Time: 1:00 P.M. to 1:50



No rule book. No time frame. No judgement. Grief is as individual as a fingerprint. Do what is right for your soul.

-Ifw

To attend, send a brief email to:

Kris.coppedge@elwha.org

I will send you the zoom link. When it is time for the group to start, just click on the link and join the group!



Vaccine Info

Next Steps

New guidance from the CDC allows **some flexibility to people who are fully vaccinated!** Fully vaccinated means two weeks after your second dose of either the Pfizer-BioNTech or Moderna vaccines or two weeks after your one-dose Johnson and Johnson vaccine.

Now fully vaccinated people can:

- Visit with other fully vaccinated people indoors without wearing masks or physical distancing.
- Visit with unvaccinated people indoors from ONE household who are at low risk for severe COVID-19 disease without wearing masks or physical distancing.
- Avoid quarantine and testing following exposure to COVID-19 if without symptoms.⁵

Keep Up the Precautions

The new vaccines will protect us from severe disease, hospitalization, and death from COVID-19 and will help end the pandemic, **but there are still some unknowns.**

It is unknown if vaccinated people can carry the virus without showing symptoms and accidentally spread it to others who are unvaccinated.⁶ There are also new variants of the virus and it is unknown how much, or if, vaccinated people are susceptible to them. Researchers are working hard to answer these questions, but it may take a few more months.

Until then, there are **some important things we can all do** to help keep our families and community safe until we return to normal.

- **Get vaccinated and encourage others to get vaccinated.** Reaching "community immunity" is necessary to end the pandemic. Researchers believe that 85% or more of the population needs to be vaccinated to reach this goal.⁷
- Continue to **practice masking and social distancing outside your** home; avoid crowded indoor settings; and wash your hands regularly. Native people have the highest rate of death from COVID-19 in the country.⁸ These small things can continue to protect our communities until we are all safe.
- If you, or others you know, are feeling sick, **make sure to be tested for COVID-19.** Testing is still very important to control the spread of this virus.



"We look to take care of people. Generosity is a very important attribute in terms of who we are as a traditional people. That's how we measured wealth."

-Donny Stevenson, vice chairman of the Muckleshoot Indian Tribe.⁹

⁵ <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated-guidance.html>

⁶ <https://www.statnews.com/2021/02/02>

⁷ <https://www.nytimes.com/2020/12/24/health/herd-immunity-covid-coronavirus.html>

⁸ <https://www.theguardian.com/us-news/2021/feb/04/native-americans-coronavirus-covid-death-rate>

⁹ <https://www.seattletimes.com/seattle-news/health/we-take-it-for-our-community>



Health Department



Thank You Volunteers and Participants

Thank you to everyone who volunteered and participated in the vaccine clinic on March 18th. The vaccine team had medical providers, medical assistants, nursing, patient services, volunteer patient monitoring, patient directing, and set up/tear down. Volunteers did a great job of monitoring and cleaning the chairs between patients. There were 200 vaccines distributed. Such an amazing accomplishment for staff, volunteers, and community. A huge thank you to staff and volunteers:



Dr. Austin
Lora Jackson
Mary Klock
Jessica Tinoco
Jamey Russell
Tyann Bush
Katrina Ayala

Yolonda Zuniga
Angela Raycraft
Stephanie Lindquist
Chelsea Bender
Chelsea Augustine
Corina Bolstrom
Jason Wheeler
Justine Clifford

Glen Roggenbuck
Brad Holloway
Sam Acosta
Suzie Bennett
Taylor Jones
Angelina Sosa
Tia Skerbeck



Thank you to the departments that were able to allow staff members participate in this amazing event. There are going to be more vaccine clinics in the future and regular vaccine appointments at the clinic. You can call the Lower Elwha Health Clinic if you have any questions or concerns. If you are interested in getting vaccinated call the clinic to schedule an appointment (360)452-6252.



TVR



LEKT Tribal Vocational Rehab



Established in 2015, the Lower Elwha Klallam Tribal Vocational Rehabilitation (TVR) Program is grant funded through the US Department of Education. Our purpose is to assist tribal members with disabilities excel in their chosen field of work, whether that be securing employment, establishing a sole proprietorship, or advancing your career through education. We are able to assist with resume writing, interview skills, work clothes, tuition, textbooks, permits, licenses, and much more.

Some examples of disabilities that qualify for our program include Substance Use Disorder, Diabetes, PTSD, Fetal Alcohol Spectrum Disorder, Arthritis, and any number of mental and/or physical ailments that may interfere with day-to-day work abilities.

Clients must be a member of a State or Federally Recognized Tribe, and reside within our Clallam County service area.



Meet the staff:

Program Director Jim Allen

My name is Jim Allen and I have worked for the TVR Program for over four years now. I have had many different jobs over time due to necessity. Not too long ago I went back to school for what ended up being seven years. Since then, I have been helping people find work now for over eight years. I can be reached at 360 460 7549, or Jim.Allen@elwha.org.

Vocational Rehab Counselor Jeremy Acosta

My name is Jeremy Acosta I have worked for the Lower Elwha Klallam Tribe since April of 2019. I started with the Tribe as a Job Coach for the Becoming Employed Starts Today or (BEST) Program and transitioned to Tribal Vocational Rehabilitation earlier this year. My professional background is mostly in construction which I feel gives me a unique perspective to better serve our community.

Jeremy Acosta (360) 809-4663

Jeremy.Acosta@Elwha.org

Admin Assistant Chrissi Ducotey

I am Choctaw, and have worked for the tribe since 2016. I coordinate events and run admin at the Heritage Center. I have worked in software quality assurance for over a decade, and now own my own business contracting my QA and narrative design services in the evenings. I am a huge nerd, and look forward to the first week of August every year, in which I participate in a charity scavenger hunt benefitting Random Acts (of Kindness). I am happy to utilize my skills to help you design resumes, cover letters, business plans and more. You can reach me at 360 417 8545 ext. 2902 or Chrissi.Ducotey@elwha.org.



Social Services

Happy Spring everyone! This month the Family Preservation staff in partnership with TANF will be working to finish putting together the Toddlers Incredible Years Parenting class projected to begin in April. (Keep an eye out for the flyer!) This class will be 12 weeks and open to all community members! For the purpose of this class, it is ideal that you or someone you know is living with or working with toddlers. (A toddler is classified as any child age 9 months to 3 years of age). This class is one of our favorite classes to teach and we are excited to bring it to the Lower Elwha community.

In this program parents and participants will learn how to:

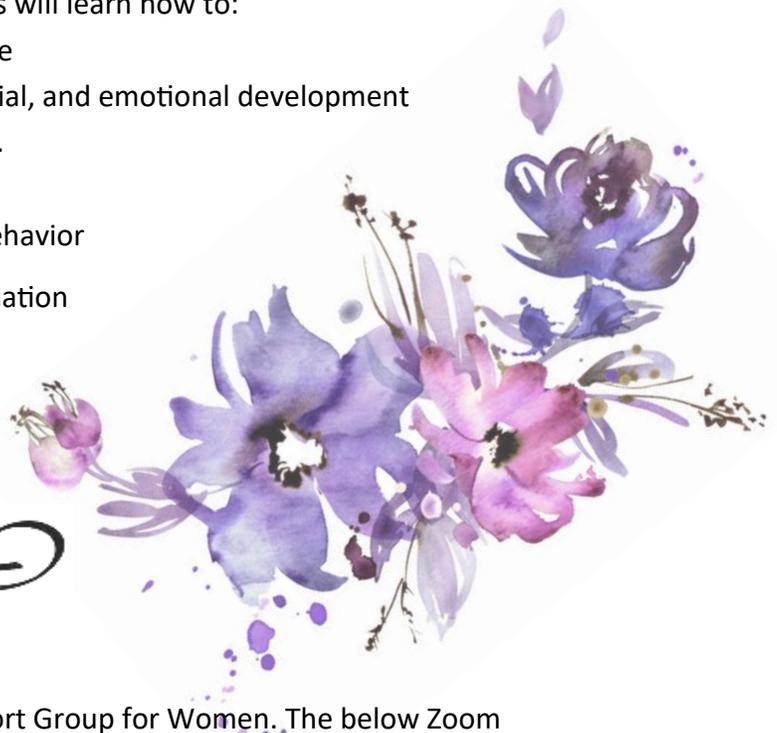
- Help their toddlers feel loved and secure
- Encourage their toddler’s language, social, and emotional development
- Establish clear and predictable routines.
- Handle separations and reunions
- Use positive discipline to manage misbehavior

Please contact Tessa Velasco for further information

Work Cell: 360-912-5060

Office: 360-565-7257 ext. 5003

Email: tessa.velasco@elwha.org



Greetings!

You are invited to join the Talking Circle Support Group for Women. The below Zoom schedules ends on May 26th but this group will be on going group.

If you are interested to join for weekly or at least most of the weeks, I have arts and crafts/ beading supplies for you to have for free. Just let me know so I can deliver it to you or you can pick it up at Social Services building.

Every week on Wednesdays:

Mar 10, 2021 11:30 AM

Mar 17, 2021 11:30 AM

Mar 24, 2021 11:30 AM

Mar 31, 2021 11:30 AM

Apr 7, 2021 11:30 AM

Apr 14, 2021 11:30 AM

Apr 21, 2021 11:30 AM

Apr 28, 2021 11:30 AM

May 5, 2021 11:30 AM

May 12, 2021 11:30 AM

May 19, 2021 11:30 AM

May 26, 2021 11:30 AM



Health Department

The Lower Elwha Health Department wants to encourage everyone to get their cancer screenings done! Cancer is best cured when caught early and this can be done thru appropriate screenings. These screenings may include: colonoscopies and cologuard screenings, mammograms, PAP and cervical screenings, and chest CT's.

To encourage Tribal Members to get their screenings, the Health Department asked artist Bonnie Peter to create an image to place on T-shirts and bags. These T-shirts and bags are being printed by Julie Erickson and will be available soon to those who get their screenings done. há?nəŋ cən to Bonnie and Julie!!!

Additionally, the Health Department has financial helps (gift cards) to go to people who are presently fighting cancer. This could be to help fund a trip to Sequim or Seattle to see your cancer doctor, for special medicines or supplements you need to fight cancer, or other expenses that can occur while completing cancer treatment.

Stay tuned for the completion of T-shirts and bags and let Corina Bolstrom or Vicki Gross, RN at the Clinic know if you need some financial help to "fight the good fight" to beat cancer!

Clinic phone number is: 360-452-6252; Vicki's ext: 7521; Corina's ext: 7613

And remember to ~**GET SCREENED FOR LIFE!**





Dental Clinic Updates

The Dental Clinic Has Laughing Gas Again!

Great news for our patients who have dental anxiety!

We are happy to announce that we can once again offer nitrous-oxide (laughing gas) for our patients. For most of 2020 our delivery system was malfunctioning and we were unable to get a new system, but we have a new system now and are back up and running with it.

Laughing gas is a great, low-risk way of helping calm your nerves for a dental appointment. A nosepiece is fitted and as you breathe in through your nose you will feel very relaxed. When the laughing gas is turned off after your dental procedure, you will immediately go back to feeling 100% normal!



Is it safe to visit the dental clinic?



It's a good question! It may seem scary to come to the dentist, and even more scary with the COVID-19 pandemic, but oral health really is an important part of your overall health and well being. The dental team is following CDC and ADA guidelines to ensure the safety of our patients and staff. Please know:

- All patients are screened for signs and symptoms of illness. Those with a cough, fever, runny nose, etc. are asked to stay home to protect everybody else.
- We are doing our best to allow for physical distancing in the clinic by limiting appointment availability. This decreases traffic in the waiting areas and inside the clinic
- Dental staff have adopted more rigorous protocols for infectious disease precautions during procedures. We might look like astronauts while we are working now, but promise we are the same people you know and love underneath!



What is needed:

1. **Complete Application**
2. **Current landlord statement**
3. **Last 3 months of income for EVERYONE in the household. Income verification must be from this year for all income sources including SSI/SSA.**
4. Photo ID (If not on file from previous years)
5. Social Security Cards (If not on file from previous years)
6. Tribal Enrollment (If not on file from previous years)

Application can be dropped off in the drop box at Social Services, faxed to 360-457-8429 or emailed to liheap@elwha.org

You may qualify for LIHEAP if your income meets the following guidelines

2020-2021 HHS
Income Guidelines

Persons in Family/ Household	Annual Maximum Income Limit (150% Poverty)	
1	\$19,140	\$1,595
2	\$25,860	\$2,155
3	\$32,580	\$2,715
4	\$39,300	\$3,275
5	\$46,020	\$3,835
6	\$52,740	\$4,395
7	\$59,460	\$4,955
8	\$66,180	\$5,515
9	\$72,900	\$6,075
10	\$79,620	\$6,635
11	\$86,340	\$7,195
12	\$93,060	\$7,755

APPLY AT LEKT SOCIAL SERVICES

Applications are available at LEKT social services, also online at www.elwha.org/LIHEAP