

Elwha News

LOWER ELWHA KLALLAM TRIBE

OPEN

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Lower Elwha Klallam Tribe
2851 Lower Elwha Road
Port Angeles, WA 98363

PRSRT STD
U.S. Postage
PAID
Olympic Mailing
Services

Change Service Requested

ELWHA NEWS
Lower Elwha Klallam Tribe
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“THE STRONG PEOPLE”

The *Elwha News* is a monthly publication of the Lower Elwha Klallam Tribe to inform, educate and stimulate interest in the Tribe and community affairs. It also raises awareness and respect for the Reservation and its resources. For news articles, please send to the address below by the third Friday of the month.

Chrissi Ducotey
Administrative Education & Training
Specialist
Elwha Klallam Heritage Center
401 E First St
Port Angeles, WA 98362
Phone: 360.417.8545
Chrissi.Ducotey@elwha.org

Note: This newsletter is uploaded monthly to the Lower Elwha Klallam Tribe webpage elwha.org

You can find it under the “Announcements” section titled: **Newsletter**

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September 2021

Elwha News

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LOWER ELWHA KLALLAM TRIBE



New Food Bank Now Open!

22 Spokwes Dr—Tuesdays & Thursdays 11am-4pm

Special thanks go out to Tribal Council for their support of the project; Rebecca Sampson-Weed for her direction, and Sateva Henderson, Jeremy Acosta, Brad Holloway, and Janet Elofson for their hard work and dedication to providing assistance to the Elwha community.



Tribal Operations/Public Health Office Update

PHASE 3.5+

On August 5th, resolution 100-21 was approved which kept the Tribe into Phase 3.5 of the re-opening plan, and added back mask wearing for everyone, regardless of vaccination status. This resolution also adds the additional requirement for all unvaccinated individuals that are employed by, contracted by, or volunteering for the Tribal Government or enterprises are required to every 14 day COVID 19 testing at the Lower Elwha Health Department.

FREEZERS

Freezers are still being delivered! The appliance company has been working their way through the order list and delivering the small chest and upright freezers. The large chest freezers are still in production at the manufacturer. No one quite expected this long of a production delay on the freezers, and we're all happy to have the freezers arrive. If you haven't received your small chest or upright freezer yet, give me a call and I can help sort things out.

COVID CASES

COVID cases have been slowly creeping up in the community, with more and more vaccinated folks testing positive. Almost all of these breakthrough cases (when a fully vaccinated tests positive), stem from an unvaccinated person transmitting it to the vaccinated person. Please, if you are not yet vaccinated, get vaccinated—the health of our entire community depends on it-. The Delta variant is more contagious and people are sick for far longer with more severe symptoms. The COVID vaccine has helped most break through cases get through it with mild symptoms, but that's not true for everyone. Break through cases in immunocompromised folks are falling ill to severe COVID, and developing secondary infections.

COVID prevention is a multi-layered approach that takes teamwork and increased responsibility from the entire community. Please ensure that EVERYONE in your home/family, and social circle are vaccinated. Youth under 12 are not yet eligible for the vaccine, and adults and older youth need to take the necessary steps to keep our youngest community members protected and safe until they are eligible for the vaccine.

VACCINE 3rd DOSES and BOOSTER DOSES

Currently the Lower Elwha Health Department is scheduling 3rd dose COVID vaccinations for the Moderna and Pfizer for immunocompromised individuals. If you meet the criteria for this 3rd dose, please call the clinic to schedule your vaccination and increase your immunity 360-452-6252.

VACCINE SUPPORT PROGRAM

The Youth and Adult COVID-19 vaccine support program is still underway. To participate you must be fully vaccinated, meet the eligibility criteria, and apply online. Limited paper applications are available at the Tribal Center, and Social Services. Assistance completing the application is available, just call me at 360-452-8471 x7420.

Adult online form: <https://app.smartsheet.com/b/form/4a309f6e7bb14f7282ee4b63975b507f>

Youth online form: <https://app.smartsheet.com/b/form/fcfba3da664140a8a20dd73a513d7924>

- Tia Skerbeck, Tribal Operations/Public Health Officer



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:

September 2: PA Schools First Day

September 6: Labor Day

September 15: Drum Making

September 18: Fish Canning

September 22: Drum Making



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.

**Newsletter submissions and suggestions
may now be received at
Newsletter@Elwha.org**



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

Children's House of Learning (Early Head Start, Head Start, Child Care, Prenatal Program)

291 Spokwes Dr
360.504.3141
Debbie Hales, Early Learning
Director Ext. 7471
Bobi Clark, Child Care Program
Manager Ext. 3402
Deanna Murray, Health Manager
Ext. 7470
Michelle Charles, Family and
Community Partnership Ext. 7474
Donna Goldsbury, Prenatal
Program Ext. 7475

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

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
Sam White, Chief of Police Ext.
2922

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 Sampson-Weed, Director
Ext. 7456



Vaccine Information

When Do I qualify for a COVID-19 booster dose?

For increased COVID-19 immunity, those that are not immunocompromised should receive a booster dose of the Pfizer or Moderna COVID-19 vaccine at the timeline below:



Eight (8) months has passed since the 2nd dose of your COVID-19 vaccination



**Call the Lower Elwha Health Dept.
with questions or to schedule 360-452-6252**



8/27/2021
this is the current
information. Check
back at Elwha.org
for updates

Do I qualify for the 3rd dose of the COVID-19 vaccination?

For increased COVID-19 immunity, those that meet the criteria below should receive the 3rd dose of the Pfizer or Moderna COVID-19 vaccine



- ✓ **Active treatment with high-dose corticosteroids or other drugs that may suppress your immune response**
- ✓ **Received an organ transplant and are taking medicine to suppress the immune system**
- ✓ **Received a stem cell transplant within the last 2 years or are taking medicine to suppress the immune system**
- ✓ **Moderate or severe primary immunodeficiency (such as DiGeorge syndrome, Wiskott-Aldrich syndrome)**
- ✓ **Been receiving active cancer treatment for tumors or cancers of the blood**
- ✓ **Advanced or untreated HIV infection**

**Call the Lower Elwha Health Dept.
with questions or to schedule 360-452-6252**



8/27/2021
this is the current
information. Check
back at Elwha.org
for updates



Mask Recommendations



NORTHWEST PORTLAND AREA
INDIAN HEALTH BOARD
Indian Leadership for Indian Health

8.12.21

Why do we need to wear masks again?

Many mask mandates have been removed but now we are being asked to wear masks again in certain places. It can be confusing and even frustrating. But, because of the highly contagious Delta variant, this is necessary. COVID-19 cases are increasing rapidly.

Indoor, public spaces are where we are being asked to mask up. This is where the virus spreads most easily. Masks can help stop the spread and each of us can help keep our people safe by wearing a mask.

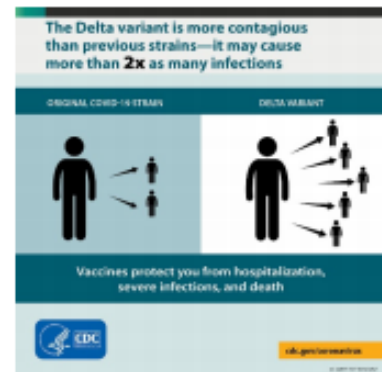
- The new Delta variant is two to three times more transmissible than the original virus and other variants ¹. It also has a shorter incubation period, 4 days instead of 6, meaning people are contagious sooner.
- Because of its short incubation period and increased transmissibility, the Delta variant spreads faster among unvaccinated people, including children and youth ².
- Both vaccinated and unvaccinated people should wear masks. It is rare, but vaccinated people can still become infected with COVID-19 ("breakthrough cases") and may not know it. This means they can pass the virus to others not wearing masks.
- Vaccination is the key to stopping the pandemic, but as we work to vaccinate all our people, wearing masks can help stop the spread of the virus in this crucial time. Stopping the spread will also help stop new variants like Delta from forming.

This is particularly important because children under 12 cannot yet be vaccinated so they are very vulnerable. Cases and hospitalizations of children with COVID-19 are rising³, but vaccinating adults helps create a protective shield around children.

- Be a good relative and help protect your Tribe and community by getting vaccinated and wearing a mask in public indoor settings. Help beat the virus!

Just as we joined together to protect the health of our elders, it is now important to protect our future generations.

Thank you for keeping the circle strong.



Mask up indoors! Get vaccinated!

¹ <https://www.cdc.gov/coronavirus/2019-ncov/variants/delta-variant.html>

² <https://www.yalemedicine.org/news/5-things-to-know-delta-variant-covid>

³ <https://services.aap.org/en/pages/2019-novel-coronavirus-covid-19-infections/children-and-covid-19-state-level-data-report/>



Council Resolutions 2021

Date	Resolution Number	Title	Vote		
			For	Against	Abstain
8-2-21	84-21	Enrollment of: Steven Elofson	3	0	0
8-2-21	85-21	Approval of the purchase of sand for restoration of Ediz Hood from Steve Wirth Enterprises in the amount of \$69,900.00	3	0	0
8-2-21	86-21	Relinquishment of Anthony Boyd Jr.	3	0	0
8-6-21	87-21	Ratifying approval of agreement #OTGP-2021-LEKT-00072 one time grant program agreement between the State of Wa. Dept. of Ecology and the LEKT	3	0	0
8-6-21	88-21	Approval of standard for of agreement between the LEKT and Slayden Constructors Inc. with respect to the Elwha Fish hatchery, well 7 addition and flow meter replacement, with a limited waiver of sovereign immunity.	3	0	0
8-2-21	89-21	Enrollment of: Maria Gloria	3	0	0
6-29-21	90-21	Approval of ratification of American rescue plan act establishing the COVID state fiscal recovery fund and the COVID local fiscal recovery fund, together the fiscal recovery funds.	4	0	0
6-29-21	91-21	Approving hiring of CEO for Elwha Enterprises, Inc, and attached employment contract.	4	0	0
7-12-21 G	92-21	Affirming and ratifying approval of LEKT general welfare exclusion code.	4	0	0
7-12-21 G	93-21	Affirming and ratifying approval of articles of incorporation for Elwha Enterprises, Inc.	4	0	0
8-2-21 G	94-21	Cancelling land assignment regarding LEKT Village lot 1605	3	0	0
7-20-21	95-21	Authorization to submit FY 2021 Pacific salmon treaty implementation project proposal and FY 2020 performance report.	2	0	0
7-20-21	96-21	Approval of helicopter services agreement regarding Deep Creek LWD 2021 stream enhancement project between the LEKT and Columbia Helicopter Inc.	2	0	0
7-20-21	97-21	Approval of personal services contract between LEKT and United states fish & wildlife services for development of in-river selective fisheries for the Elwha River	2	0	0
8-2-21 G	98-21	Approval of deposit account services, treasury management services, commercial cards, deposit placement services and certain extensions of credit and other credit accommodations related thereto between LEKT and Umpqua bank with a limited waiver of sovereign immunity.	3	0	0



Birthdays & Police Call Logs



Service Record for L & O		July		
911 Hang-Up		6	Erratic Vehicle	5
Abandoned Vehicle	1		Firework Violation	3
Alarm/Alarm Check	3		Follow Up	17
Animal Calls	4		Found/Recovered/Lost Property	1
Assault	1		Frequent Patrol Request	6
Burglary	1		Malicious Mischief	1
Business Check	171		Misc. Info/False Reporting	1
Citizen Assist	11		Other Agency Assist	33
Citizen Contact	15		Overdose	1
Civil	3		Overdue Person	1
Community Oriented Policing	104		Report of Open Door/Window	3
Court Paperwork/Service	8		Runaway	1
CPS/APS	1		Suspicious Person/Vehicle	7
Custodial Interference	1		Threats	3
Disturbance	7		Traffic Control/Emphasis/Hazard	7
Drug Violation	1		Traffic Stops	31
DUI	2		Trespass	4
DV	2		Vehicle Lockout	2
Eluding	1		Warrant Attempts	1
			Total	471



STAFF BIRTHDAYS!

9/1—Ray Moses	9/8—Rachel Hagaman	9/15—Les Riba	9/24—Tammie Stevens
9/1—Jim Hoffman	9/8—Arlene Wheeler	9/17—John Marquardson	9/25—Josh McCool
9/1—Susan Alexander	9/9—Justine Clifford	9/18—Ron Bolstrom	9/27—Marcy Do
9/3—Sarah Lawrence	9/9—Jon Clifford	9/21—Gabe Youngman	9/28—Robert Elofson
9/4—Delsen Lauderback	9/10—Jason Mecum	9/21—Sam White	9/29—Catherine Youngman
9/4—Chantal Hughes	9/10—Mica Curtis	9/21—Christina Matson	9/30—Steve Suagee
9/6—Deanna Murray	9/11—Mackenzie Ferrel	9/22—Ashley Pitchford	9/30—Dawn Stephan
9/7—Harmony Arakawa	9/14—Lazaro Tinoco	9/22—Kimberly Cowling	



Public Apology

As part of sentencing in the Lower Elwha Tribal Court, criminal defendants are sometimes required to write a letter of apology for their crime or crimes. In most cases, the letter is directed to an individual victim. In some cases, however, the entire community is a victim, and the defendant is ordered to apologize to the community as a whole. The following letters were recently submitted by a defendant and approved by the Court for publication.

Dear Lower Elwha Community Members,

I am here writing you today to apologize. I was at a low point in my life making selfish choices. Which negatively affected my Community as a whole. Yeah I feel it's my responsibility and obligation to apologize. I let my addiction take over my life and that was my main priority. I threw away two years of recovery along with my home and vehicle for it if , gives you an idea of what I was willing to do to get high. I think I consider that my rock bottom. Although now, you'll be happy to hear that I am working with probation I'm going to treatment Harris really soon trying to change my life for the better. And also in compliance with restitution and fees to pay back to the community what was taken. But again would like to reiterate the level of remorse I have for my actions and again would like to apologize. Thank you for your time and consideration and thank you for reading.

To Whom It May Concern (Business Committee),

I wanted to take the time and apologize for my part in what happened in the community. I know that the stolen property has impacted the community greatly. A lot of people were hurt by my actions and I am deeply remorseful. I do have a plan now. I am going to treatment and am now on probation with the Tribe. I'm also working on getting payments and fines with the tribe worked out. Right now I am in the beginning stages, but I am making the right strides and hope that one day the Elwha community can one day see that and begin to see that I'm serious. I also plan to give back by doing some community service hours within the community I am hoping. I am grateful that my tribe was willing to work with me and I was able to keep my place down here instead of something worse such as exclusion. And I plan to show the community just how appreciative I am by doing right by you guys and going the extra mile. Thank you for your time and consideration and I hope you have a wonderful day!

Signed,

A handwritten signature in black ink, appearing to read "Robert Ryan".



School Board Elections

Lola Moses for Port Angeles School Board, Position 1



Thank you Lower Elwha Tribe for the support and contribution to my campaign. I am running for Port Angeles School Board, position 1. I greatly appreciate the support from the tribal members, the Port Angeles Community, the Tribal Council and my biggest supporters my family. I will be on the November 2nd ballot, so please make sure to cast your vote. **Every vote counts!**

I am running for the Port Angeles School Board, because I want to represent all students and families. I want to be a voice for our students and families. My children also attend school in the school district just as I did growing up. I know that I will have a positive impact if I am elected. I have been committed to youth and families my entire life. I've worked with youth in need of mental health services. I

served on the Clallam County Juvenile Drug Court for years and worked closely with families and youth with substance abuse issues. I've volunteered as a coach in Port Angeles for: YMCA, NOBAS, and AAU Girls' Basketball Program. I've volunteered in our tribal community hosting many family and youth events, coached many teams and organized many tournaments and leagues.

If elected I will do my very best to represent Port Angeles, Lower Elwha Tribe and my family in a good way. I will work hard to support the important work that has been done, and move forward to strengthen our School District for future generations. **Please make sure to cast your vote for Lola Moses for Port Angeles School Board, position one on November 2, 2021.**



Community News

**The Heritage Training Center
wants your input!**

**What community workshops and
trainings would you like to see
offered? What days and times
would you be most likely to
attend?**

**Please send your input to
heritage.center@elwha.org**

Thank you!



**Happy 19th Birthday
to Miss Elena Turrey,
Class of 2021
Graduate!**

August 23, 2021

Lummi Nation mourns the late Lorraine Loomis

The Northwest Indian Fisheries Commission Chair leaves behind a legacy of salmon and treaty protection

"We honor Lorraine for her love, strength and leadership as a treaty warrior, matriarch, and woman. Lummi Nation stands with our sister tribes to honor Lorraine for her fierce fight as one of the most powerful leaders in Indian Country. She elevated the traditional role of women in leadership and brought many of our young woman leaders along with her. Our children, salmon, cedar, berries and deer raise their hands and honor this great woman for protecting our Schelangen for generations to come."

- Lawrence Solomon, Chairman of the Lummi Nation



I am available for deep
clean, move-outs and
weekly clients! I am
vaccinated, licensed and
insured. I bring my own
products; green products
available upon request.
\$35/hr—2 hour minimum.

Call Leona at (360)809-
4232

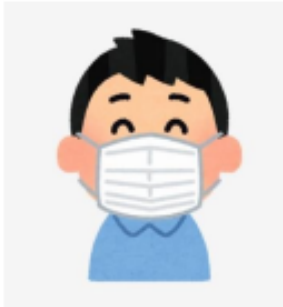
NOTICE: Please do not
overfill the dumpsters at the
Tribal Center. Excess waste
will not be picked up. Wait
until after pick-up and try
again.

Sorry for the inconvenience,
and thank you for your
patience.



Housing

LOWER ELWHA HOUSING AUTHORITY **SUMMARY**



MASK WEARING

As a reminder, please wear a mask when entering into the housing building regardless of your vaccination status as per the tribal resolution 100-21.

If you do not have a mask, we will gladly provide you with one.

REMINDER THAT WE DO EXCEPT



FIRE SAFETY

Check your smoke detectors regularly by running a test on each one and if you need batteries please stop by and pick them up. If you're an elder and need assistance with this, give us a call and we can have maintenance stop by and replace them for you.

Also check to make sure your fire extinguisher(s) are up to date or notify us and we will make sure to replace it right away.



RENTERS INSURANCE

Rental unit tenants should look into purchasing renters insurance or adding it to your existing insurance policy if possible. A reminder that:



A landlord's insurance does not pay for damage to your own belongings



Renters insurance covers your stuff in case of theft, fire, tornado and other problems



It also includes liability insurance in case you're sued for causing an injury or other issues

PREPARING FOR WINTER

As you begin to prepare for winter, if you have a fireplace and gather firewood, make sure that you do not stack firewood against the house as this can invite bugs and rodents which can cause damage to your home.

Also, (rental units with fireplace) if you use your wood stove regularly during the winter months please give us a call so we can start scheduling chimney cleanings.



FOR IMMEDIATE RELEASE:

CONTACT:

Mike McHenry, Fisheries Habitat Manager, Lower Elwha Klallam Tribe

Mike.mchenry@elwha.org

360-457-4012 ext. 7492

**LOWER ELWHA KLALLAM TRIBE, PARTNERS COLLABORATING ON
BEACH RESTORATION PROJECT ON EDIZ HOOK**

The Lower Elwha Klallam Tribe is conducting a beach restoration project at the former Olympic Rowing Club site on Ediz Hook through mid-August.

The tribe's restoration crew will remove existing piers and shoreline armoring such as concrete, creosote beams, riprap and metal. The area will be restored with logs and clean beach sand. A former building pad and parking area will be removed and prepped to be planted with native dune grass in 2022.

About 1,500 yards of clean sand will be used at the rowing club site, and another 2,500 yards will be placed east of the site. The tides will help push sand into the beach to further restore it at a natural rate.

Following completion, vehicles will be excluded from parking on the restored site.

"The project is designed to improve habitat for forage fish and marine birds, improve salmon migration corridors, and facilitate human recreation opportunities," said Mike McHenry, the tribe's fisheries habitat manager.

"The stewardship demonstrated by the Lower Elwha Klallam Tribe for this critical nearshore habitat is unsurpassed," said Nathan West, Port Angeles City Manager. "This work continues to result in the repair and removal of multiple industrial era structures and features that saw decades of neglect. These restorative actions along Ediz Hook have resulted in enhancements to the experiences of community members and visitors alike as they learn, explore and recreate."

The project site will be defined by cones and barriers, and the Olympic Discovery waterfront trail along Ediz Hook will not be blocked except for the entering and exiting of trucks. The bike lane on the south side of the spit will not be affected by this work.

An overwater structure on the site was recently moved upland by the rowing club. The organization did not have the funding to restore the beach, so it partnered with the tribe, which was able to secure a grant from the Pacific Coastal Salmon Recovery fund. The Port of Port Angeles also is donating several dozen log booms for use on the project.

This is the fourth restoration effort conducted over the last two decades on the south shore of Ediz Hook, and is a cooperative project between the tribe, rowing club and city.



Language & Culture



Klallam Language & Culture Elementary Drop-In

*For the month of September, we will continue drop in crafts.
Tuesday-Friday, 2:30-4:30.*

*We will be personalizing masks and making mobiles all month,
while supplies last.*

*After School Program will begin in October. Sign up required
with limited space available, tribal member/descendant preference
given.*

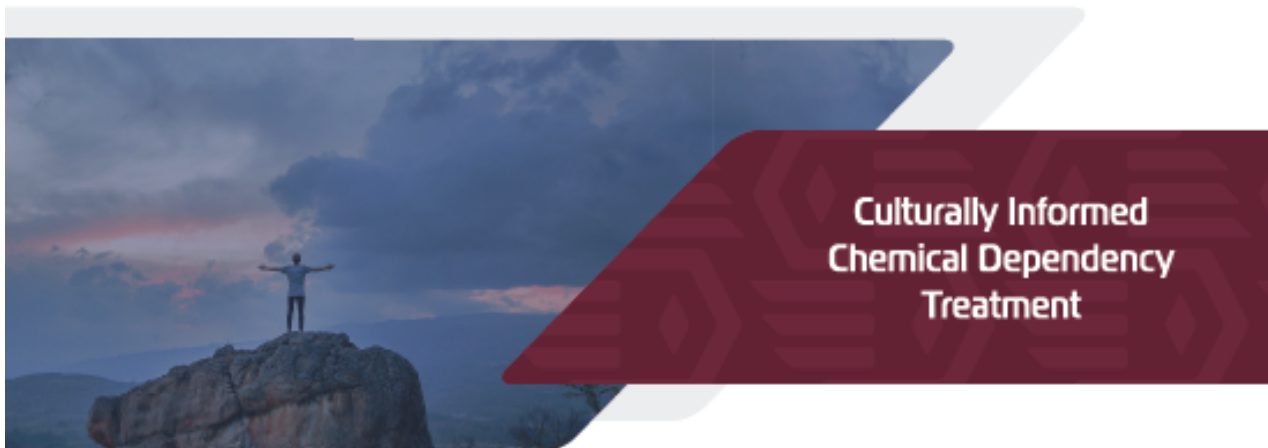
*No transportation provided. Students MUST be picked up before
4:45. COVID-19 restrictions, screening, and waiver required.
Waivers for children MUST be signed by an adult.*

*Email ashley.pitchford@elwha.org or harmony.arakawa@elwha.org
for more information.*





Help is only a phone call away:
(509) 634-2050



Culturally Informed Chemical Dependency Treatment

Treatment | Recovery | Sobriety | Wellness

The **San Poil Treatment Center** is a 46 bed facility on the Colville Reservation in Keller, WA. Our mission is to provide the highest quality of evidence based residential substance abuse treatment that supports, celebrates and integrates the traditional healing practices of Indigenous people.

We are focused on helping clients find their way back to their families and their culture. Our team of treatment and cultural professionals would like to extend a helping hand and invite you to join us on a walk into wellness. Your recovery journey starts here.

Inpatient Rehab

Clients are in beautiful housing that provides a nurturing environment that promotes personal well-being and recovery.

Traditional Healing

Sustained healing through culture, spirit, traditions and heritage. Healing circles, drumming, sweating, canoe building, cultural arts & more.

Multidisciplinary Approach

Chemical dependency is complex and requires a multidisciplinary approach to treating co-occurring medical & mental health disorders.

We Specialize in Addressing the Needs of the Native American Population.

Traditional knowledge and cultural activities are integrated into the treatment program through ongoing patient-centered collaboration between cultural specialists and other behavioral health providers.

Services meet or exceed the requirements of the various deferred prosecution programs through the justice system and all evidence-based standards for the modern treatment of chemical addiction. Residential stay lengths

are dynamic and are determined based upon a combination of clinical recommendations and collaboration between residents, their support systems, and other professionals involved in each resident's case. Transition planning begins the moment the resident is admitted and is designed to support and continue the progress made during residential treatment through customized discharge placements appropriate to each case, which will in the near future include options for transitional housing.

Benefits of the San Poil Treatment Center:

- Specialized & Culturally Driven Approach
- Trauma Informed Treatment
- Comprehensive Team of Experts
- A Safe & Supportive Environment
- A Focus On Health
- Spiritual Healing
- 24/7 Medical Support
- ADA Accessible Rooms

The San Poil Approach

Functional Benefit

A cognitive-behavioral therapeutic approach used to identify triggers and develop strategies to support change.

Emotional Benefit

Focusing on traditional paths and spiritual healing, with an emphasis on whole health during the recovery process.



Human Services

Human Services would like to extend a huge thank you to our Summer Youth, Austin McLaughlin! 🤗

"Thank you so much for all of your help with everything we asked of you to do.

I bet you will never look at a water bottle the same after working down here!!

Good luck with your future plans." —Tammie Stevens

I would like to send a heartfelt thank you to him for working at Social Services department. Amongst many things he did, he helped organized the Lower Elwha Family Advocacy Program's storage.

Beatriz Arakawa

I'd like to say that it was a pleasure working with him. He was dependable, prompt, focused and got work done with a positive attitude. Not to mention, he was so polite and respectful. I thoroughly enjoyed getting to know him and hope that he will come back in the future. Thanks Austin for your hard work and positive attitude ☺

—Janet Elofson

"We loved having you around, and can't wait to put you to work next year! Thanks for being a go-getter." - Nicole Volkmann

Austin was a big part of the move and set-up of the new food bank. - Jeremy Acosta

4779 South Dry Creek Road
Port Angeles, WA 98363
360.452.9250

info@cedarboxsmokeshop.com

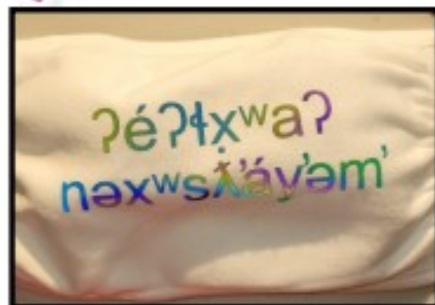


CEDAR BOX SMOKE SHOP ©2015
ENTERPRISE OF THE LOWER ELWHA KLALLAM
TRIBE





Klallam Language & Culture August Crafts





Culture & Language Calendar

September

2021

Activities happening at the Culture and Language Building

Please sign up for drum making class. Supplies is limited.

No transportation or meals are provided at this time.

COVID- 19 restrictions, screening, waiver and masks are required.

Waivers for children must be signed by and adult

Children 13 or under must be accompanied by an adult for community classes.

For more information contact angelina.sosa@elwha.org

After school drop in Culture Program Tuesday- Friday 2 :30-4 :30 pm is open for school age children (K-1 must be accompanied by an older sibling or adult.)

Contact info Ashley and Harmony 360-452-8471 x7422

Ashley.pitchford@elwha.org

Harmony.arakawa@elwha.org



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Weaving 4:30-6:30pm Drop in 2:30-4:30	2 Beading 2-4:30pm Drop in 2:30-4:30	3 Regalia 2-4:30pm Drop in 2:30-4:30	4
5	6 Closed.. Holiday	7 Drum Group 4:30-6:30pm Drop in 2:30-4:30	8 Weaving 4:30-6:30pm Drop in 2:30-4:30	9 Beading 2-4:30pm Drop in 2:30-4:30	10 Regalia 2-4:30pm Drop in 2:30-4:30	11
12	13	14 Drum Group 4:30-6:30pm Drop in 2:30-4:30	15 Drum Making 4:30-6:30pm Drop in 2:30-4:30	16 Beading 2-4:30pm Drop in 2:30-4:30	17 Regalia 2-4:30pm Drop in 2:30-4:30	18 Fish Canning 11-2pm
19	20	21 Drum Group 4:30-6:30pm Drop in 2:30-4:30	22 Drum Making 4:30-6:30pm Drop in 2:30-4:30	23 Beading 2-4:30pm Drop in 2:30-4:30	24 Regalia 2-4:30pm Drop in 2:30-4:30	25
26 Little Big Hurt welcoming TBD	27	28 Drum group 4:30-6:30pm Drop in 2:30-4:30	29 Drum Making 4:30-6:30pm Drop in 2:30-4:30	30 Beading 2-4:30pm Drop in 2:30-4:30		



LEFA

Lower Elwha Family Advocacy Program

Happy back to school students! Happy Labor Day!

The Lower Elwha Family Advocacy Program will be in collaboration with Language Program to provide drum making with educational awareness on September (please see Language Program schedules).

Also, LEFA will resuming the ***Talking Circle Women's Group***. Below is the link to a weekly virtual group from **Wednesday, October 6, 2021 to December 29, 2021**.

Topic: Talking Circle Women's Support Group

Time: Oct 6, 2021 12:00 PM Pacific Time (US and Canada)

Every week on Wed, Oct 06 until Dec 29, 2021, 13 occurrence(s)

Join Zoom Meeting

<https://us06web.zoom.us/j/85110414913?pwd=cCtt2FTdHd2bndJQ1cxUENnUmZvdz09>

Meeting ID: 851 1041 4913 Passcode: 000879

One tap mobile

+12532158782,,85110414913#,,,,*000879# US (Tacoma)

+17207072699,,85110414913#,,,,*000879# US (Denver)

Dial by your location

+1 253 215 8782 US (Tacoma)

+1 720 707 2699 US (Denver)

+1 346 248 7799 US (Houston)

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

Meeting ID: 851 1041 4913 Passcode: 000879

Find your local number: <https://us06web.zoom.us/j/85110414913?pwd=cCtt2FTdHd2bndJQ1cxUENnUmZvdz09>

Please download and import the following iCalendar (.ics) files to your calendar system

Weekly: https://us06web.zoom.us/meeting/tZEsdumsrz8jG9c66ziOYdsZ6T3ojqjaDlxm/ics?icsToken=98tyKuGtrzogHtWRuRiERpwMBYj4c-jzmCIEjfpeykn_CQ9qZhDMYNYRPbhuGtn0

Should you need assistance in related to domestic violence, sexual assault, stalking, dating violence, and elder abuse, contact me at below telephone numbers or stop by at the office.

Sincerely,

Beatriz Arakawa

Program Manager and Victim Advocate

Lower Elwha Klallam Tribe - Lower Elwha Family Advocacy Program

3080 Lower Elwha Rd. Port Angeles, WA 98363

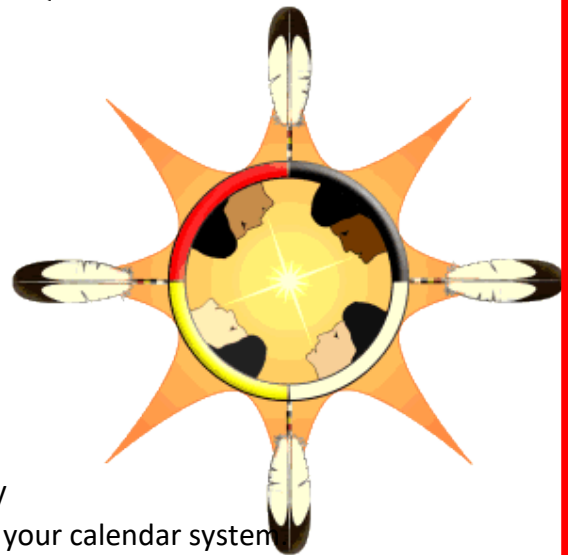
Office: 360-565-7257 ext. 7453; Cellular Hotline 1: 360-460-1745; Hotline 2: 360-775-9346

E-mail: Beatriz.arakawa@elwha.org

Assistance to Victims of Domestic Violence, Sexual Assault, Dating Violence, Stalking, and Provide Prevention/Awareness.

Mission: Victim's Safety and Autonomy through Advocacy and Community Awareness

Mission: Victim's Safety and Autonomy through Advocacy and Community Awareness.





Mental Health

Tips for getting through the Pandemic Together

- Love your elders. Did you know that people 65 and older have the highest suicide rates of any age group? Those who live long, suffer grief as friends and family pass on. Health problems can make it hard to participate in meaningful activities. There are many ways to love our older community members. Ask them to join you for a family meal. Help them with yard work. Or just ask them what they need. My neighbor likes it when I take her to the grocery store, and about once a week she comes for a movie night.
- Check-in on people you know who are quarantined. Being confined at home isn't too hard on day 1 or 2. But then it starts getting harder. Make a phone call. Send a funny video. Buy them a puzzle and drop it on their door step. Ask if you can get them groceries, or even bring them a meal. Little things can mean a lot. Sometimes it is just the idea that someone, who didn't have to, took some time to think about me. Little gestures can make a big difference!
- Be kind to yourself. Take a moment every day to think about your own needs. Did you get enough sleep? Have you eaten the kind of food that makes you feel good? Are you nurturing the relationships that matter to you or are you pushing people away? The pandemic has made a lot of people anxious, not just about the virus, but anxious in general. Ask yourself: "How do I feel?" "What do I need?" "What do I want?" Do you need something from someone else? Then think of one or 2 things that will help make your day better or more meaningful.
- Respond to anger with opposite emotions. Since the pandemic, especially since infection rates have risen again and we are under more restrictions, levels of frustration and anger are rising. Violent crimes have dramatically increased since the pandemic. Prolonged anger is bad for our health and bad for our relationships. One of the best ways to deal with anger in ourselves and in others is to engage the opposite emotion. Anger, fear, frustration, and being critical and judgmental tend to go together. Calming behaviors like taking a walk, kindness, empathy, and patience tend to soothe anger and lead to understanding and help people tap into their own reason and wisdom.



Community News

*September
Drum
making.
Make one
take one for
Canoe
Journey give
away.
15th, 22nd &
29th
4-6:30pm*



*Active drum group
participants will get first
priority.*

Sign up required.

*In partner with Lower
Elwha Klallam Advocacy
program. Beatriz
Arakawa*

***COVID-19 restrictions apply, screening and waiver
are required. No transportation or meals.
13 and under must be accompanied by and adult.
For more info contact Angelina.sosa@elwha.org***



Dental Clinic

Summer Youth: Dental Adventures

Thank You Selah Turrey for being awesome!

The dental clinic was happy to host Selah Turrey as a dental clinic summer youth intern in July and August. Selah got lots of experience helping Tracey at the front desk and watching a variety of dental procedures. We hope the best for Selah as she pursues her dreams of being a writer!

Special thanks to Brandy Williams for all the behind the scenes work on the summer youth program this year — many excellent opportunities for the Elwha Klallam youth!



Farewell Diane and Erica!



Diane will be retiring from 44+ years of dental assisting at the end of August. We have been lucky enough in the dental clinic to have had her on our team since 2015. Those who have had the delight of getting to know Diane know her as a caring and thoughtful dental assistant, co-worker, and friend. We are sad to see her go, but wish her luck on her adventures ahead.

Erica will be moving out of the Port Angeles area with her family in mid August and will be leaving her dental assistant position at the dental clinic. Erica has been with the dental clinic team since 2019, marking her time with us at a little over 2 years. We will all miss Erica's charming sense of humor and dedication to the Lower Elwha Dental Clinic. We hope her move goes smoothly, and are sure she will find a new place to share her gifts.

2021 Ortho Program Update

Something to Smile About

Seven Elwha youth were selected for this years orthodontics program. Huge thanks to the Elwha Klallam Tribal leadership for supporting this program and our participants this year. Having a smile you can be proud of can be life-changing — we are looking forward to being their partners in oral health for many years to come.

As always, we are proud to contribute the smiles of the strong people!





Is COVID Getting On Your Nerves?

Websites & Smartphone apps

Healthy Minds Program app for skill-based meditation learning
<https://hminnovations.org/meditation-app>

Care for your coronavirus anxiety — a project by Shine
<https://www.virusanxiety.com/>

Connections, free smartphone app to help people in recovery
<https://www.addictionpolicy.org/connections-app>

HowRightNow.org
<https://www.cdc.gov/howrightnow/>

Calm mindfulness app
<https://www.calm.com/>

Happify website and app
<https://www.happify.com/>

Headspace guided meditation, articles and videos
<https://www.headspace.com/>

Stop, Breathe & Think meditation and mindfulness app
<https://my.life/>

COVID Coach from the U.S. Department of Veterans Affairs
<https://mobile.va.gov/app/covid-coach>





Mental Health

Do I see a counselor, therapist, psychologist, or a psychiatrist, and how do I know the difference? Recently I have been asked about the differences between the different types of mental health professionals, and about the qualifications of the staff at the Lower Elwha Health Clinic's mental health professionals.

Psychiatrist: *a medical doctor trained to diagnose and treat mental disorders; primarily used to prescribe medication for psychiatric disorders, especially when the disorder is complex, when the underlying cause is related to another health problem such as cancer or brain injury*

Psychologist: *someone who has a PhD in psychology (8 to 10 years of college after high school), who is trained to do psychological testing including tests that examine brain functioning, cognitive development and learning disabilities, examine brain function after a stroke or an injury; and help diagnose disorders in particularly complex situations; psychologist can also provide psychotherapy*

Mental Health Therapist (interchangeable with Mental Health Counselor): *a mental health therapist has a master's degree in a program that teaches psychotherapy (6 years of education after high school); they are trained to use techniques that help people recover from trauma, cope with other life challenges, and help people with life style changes; they can diagnose many psychological disorders such as depression, anxiety, and eating disorders; psychotherapist often specialize in working with a specific age group, with individuals or families, or with people with a certain type of life challenge*

Behavioral Health Aid: *a behavioral health aid has 1 to 4 years of education after high school in a program that trains them to provide direct support to people under the direction of a licensed therapist; depending on years of training and experience, they might provide emotional support, teach psychoeducational classes on a specific topic such as how to quit smoking or manage stress, or help children practice social skills.*

Your mental health program employs several mental health therapists who are licensed in Washington State, a certified behavioral health aid, and a program manager with nearly 40 years of experience who provides supervision and program oversight. Next month's newsletter will provide an introduction to each of our staff.





Nutrition & Diabetes

AUGUST 2021 NEWSLETTER

KLALLAM STRONG: NUTRITION & DIABETES NEWSLETTER

Dawn Travelstead, RD, MS, CDE, Lower Elwha Health Clinic

In this issue:

- Role of Pancreas
- Risk factors
- Did you know
- Healthy Pancreas



What is the Pancreas?

The pancreas is an organ located in the abdomen, near the stomach. It has 2 roles:

- Makes enzymes for digestion
- Produces a hormone, insulin, to regulate blood sugar levels

Risk factors for Type 2 Diabetes:

- ⇒ Over the age of forty
- ⇒ Waist of >35 inches for women and >40 for a man
- ⇒ Native American, Latino, African American decent
- ⇒ Blood pressure of 140/90 or more
- ⇒ Parent or sibling with diabetes

Protective Nutrients

Vitamin D

Omega-3 Fatty Acids, especially from fish

Green Tea, Nettle tea

Cinnamon— having a teaspoon a day. Add to oats

Magnesium

Keeping a Healthy Pancreas

Lower you risk factors, which include:

1. Alcohol in moderation: 1 drink a day for a women and 2 for a man.
2. Decreasing intake of animal fats
3. Consume high fiber carbohydrates
4. Add 3 servings of vegetables daily
5. Eat more high magnesium foods: almonds, pumpkin seeds, spinach, black beans.
6. Limit sugary foods and drinks, these spike blood sugar very fast.



Did you Know?

Lifting weights and resistance exercise makes you burn calories and fat for at least 24 hours afterward. Increasing your muscle mass is an affective way to burn calories.

Don't forget to schedule your diabetes quarterly.

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





Health Department

Lower Elwha Health Department

02/05/2021

New ways to improve your health at home

TELEHEALTH/ZOOM

The Lower Elwha Health Clinic has new features to help you stay in contact with your Provider from the comfort of your home. We are offering telehealth and Zoom appointments. A telehealth appointment is an appointment over the phone with your Primary Care Physician, where as a Zoom appointment you will access through e-mail to have a virtual face to face meeting with your doctor.

If you are interested in having a telehealth or Zoom appointment with your doctor, please call the clinic at 360-452-6252 to see if telemedicine is right for you.

PATIENT PORTAL

What is Patient Portal?

Patient Portal is an online profile of your health information from The Lower Elwha Health Clinic. This new feature from our clinic will help you keep up to date on medical services provided at our clinic. With Patient Portal you can see future appointments, recent lab results, current balances, search for appointments, send messages to your provider, and many more new features to come.

If you are interesting in signing up for Patient Portal, call our front desk at 360-452-6252. The front desk will send an invite to your e-mail. After creating an account you can download the app "Patient Portal" or go to www.nextmd.com.

Lower Elwha Health Clinic Telemedicine Manager

Stephanie Lindquist

Please contact with any questions regarding
Telehealth, Zoom or Patient Portal



POINTS OF INTEREST

- Telehealth
- Zoom
- Patient Portal

SERVICES

- Primary Care
- Acute Care
- Behavioral Health

CONTACT INFORMATION

- Lower Elwha Health Clinic Front Desk 360-452-6252
- To contact the Telemedicine manager please call the front desk at 360-452-6252 for further instructions



Health Department

LOWER ELWHA HEALTH DEPARTMENT

Telehealth Appointments Available



Lower Elwha Health Department
is offering telehealth appointments
to patients in need



Established patients of Lower Elwha Health Clinic are eligible for Zoom and telephone appointments with their primary care provider or counselor. All providers are accessible by Zoom or by telephone. These appointments are scheduled the same as a regular 30 minute office visit made at the front desk. Telehealth appointments are great for:

- ♦ Follow ups
- ♦ Medication management
- ♦ Lab results
- ♦ Counseling
- ♦ Nutrition/ Diabetic education

We offer our patients that do not have access to internet or devices, who are homebound, or immune compromised the opportunity to use our tablets for a Zoom appointment. One of Lower Elwha Health Clinics transportation employees will deliver a tablet for temporary use so our patients can have a Zoom appointment with their primary care provider or counselor. Call the front desk at 360-452-6252 to determine if a telehealth appointment is right for you.

If you are having difficulty signing up for Zoom, accessing you Zoom appointment, or need help with your device, please contact the clinics front desk and ask for the Telehealth Manager.

**Lower Elwha Health
Clinic**
243511 HWY 101 W
Port Angeles, WA
360-452-6252

