

**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**

## IN THIS ISSUE:

■ Birthdays .....	Pg 24
■ Community News .....	Pg 22
■ COVID-19 Updates .....	Pg 4-6
■ Directory .....	Pg 26
■ DSHS .....	Pg 23
■ Education .....	Pg 14-16
■ Elections .....	Pg 1
■ Family Advocacy .....	Pg 18-19
■ Food Bank .....	Pg 9
■ Heritage Training Center .....	Pg 7
■ Housing .....	Pg 7, 16
■ Language & Culture .....	Pg 11-13
■ Library .....	Pg 17
■ Nutrition & Diabetes .....	Pg 10
■ Resolution List .....	Pg 25
■ Tribal Operations Officer Update .....	Pg 2-3
■ TVR .....	Pg 8



February 2022

# Elwha News

*čʔéʔtʰaʔ syécəm*

LOWER ELWHA KLALLAM TRIBE



## IMPORTANT ELECTION COMMITTEE ANNOUNCEMENT



There is a vacancy on the LEKT Election Committee.

A single sign-up sheet will be posted in the tribal center lobby for ten business days beginning on February 15, 2022 until March 1, 2022. All interested parties should print their name on the sign-up sheet and submit a letter of interest to the Tribal Council Executive Assistant by March 01, 2022. Tribal Council will then appoint a new member to the LEKT Election Committee.



## Tribal Operations/Public Health Office Update

### **New online Tribal COVID Resources**

[www.elwha.org/COVID](http://www.elwha.org/COVID)

Request **home COVID tests** (for local LEKT community with exposure and/or symptoms)

Report COVID home test results

Request **food bank support** (for local LEKT homes in isolation/quarantine)

Find **mental health resources**

Find out **how many COVID cases** we currently have (these numbers are updated a few times a week)

Find House of Learning COVID specific guidance

Find links to **COVID vaccine support forms**

### **Free COVID Tests**

Federal Government is offering free COVID tests that can be delivered through the US Postal Service. To order your free tests visit: <https://www.covidtests.gov/>

State of Washington is offering Free COVID tests as well, they can be ordered here: <https://www.sayescovidhometest.org/>

Lower Elwha Klallam Tribe is also offering free COVID tests for local community members that have a recent exposure or symptoms. To request the test visit: <https://app.smartsheet.com/b/form/7e651f2fbef54e8eac868f98687d50d0>

### **Do We Still Have COVID Cases?**

Community cases are at an all-time high. For current case counts check [www.elwha.org/COVID](http://www.elwha.org/COVID). The omicron variant is more contagious and seems to spread faster, especially in unmasked environments. Cloth masks have shown to have very minimal protection against this new variant and paper 3-ply or KN95/ N95 masks offer the best level of protection.



## 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:**

2/14: Valentine's Day

2/21: President's Day

Happy   
Valentine's  
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](mailto: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.

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**Newsletter submissions and suggestions may  
now be received at  
[Newsletter@Elwha.org](mailto: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  
Lola Moses, Interim 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

### **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. 7552

### **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**

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



## Tribal Operations/Public Health Office Update

### **When Can Youth Get Their Vaccines?**

Youth 5-17 are now all eligible for the Pfizer vaccination. Call the clinic now to schedule! 360-452-6252.

Youth 12 and older and now eligible for the booster dose if it has been 5 months since they completed their primary COVID series. Call the clinic now to schedule! 360-452-6252.

Youth 5 and under are still waiting for emergency authorization approval for the COVID vaccine.

### **When Do We Get Booster Doses?**

If it has been 5 months since your last Pfizer or Moderna (or 2 months since your J&J), call the clinic NOW to schedule your booster!

### **Are We Still Doing The Vaccine Support Program?**

Yes, the links to the pages are on [www.elwha.org/COVID](http://www.elwha.org/COVID)

### **Why Haven't I Gotten My Freezer Yet?!**

If you haven't gotten your freezer by now it's because you requested a large chest and they STILL are not here. We have reached out to all of you (or attempted to reach you) that are waiting for the large chest freezers, and are working on a tentative plan to get freezers lined up for your homes. The shipping of the ordered freezers has taken MONTHS longer than expected (actual time at sea).

### **New LEKT COVID Testing and Quarantine Guidance**

This guidance can also be found

on [www.elwha.org/COVID](http://www.elwha.org/COVID)

Tia Skerbeck, Tribal Operations/Public Health Officer



# COVID-19 Updates



## LEKT COVID Testing and Quarantine Guidance

### Symptoms

Symptoms: cough, shortness of breath, fever, chills, sore throat, headache, nausea/vomiting, diarrhea, fatigue, muscle aches, new loss of smell or taste.

- Test
- Quarantine while waiting test results

**Negative** -> isolate 24hrs after symptoms go away.

**Positive** -> isolate for 10 days. Remove from isolation on day 11 from symptom onset (or date of positive test if asymptomatic) and after resolution of fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms.

### Household member is positive

you have no symptoms and **ARE** boosted/fully vaccinated in the last 6 months

- Positive person able to isolate away from others?

**Yes** -> no quarantine. Test 5 days after last exposure, \*\*mask for 10 days.

**No** -> quarantine for 5 days from positive person's symptom start date, test at day 5, \*\*mask for 5 days.

### Exposed (no symptoms)

Exposed: closer than 6ft for 15+ mins to someone recently positive. Time frame includes the 48 hours prior to their symptom start, or positive test for asymptomatic.

- Boosted or vaccinated in last 6 months?

**Yes** -> no quarantine. Test 5 days after last exposure, \*\*mask for 10 days.

**No** -> quarantine for 5 days from last exposure, test at day 5, \*\*mask for 5 days.

### Household member is positive

you have no symptoms and **ARE NOT** fully vaccinated or boosted in last 6 mo

- Positive person is able to isolate away from others?

**Yes** -> quarantine for 5 days from last exposure, test at day 5, wear \*\*mask for 5 more days.

**No** -> quarantine for 5 days from the recovery date of the positive person, \*\*mask for 5 days.

### Positive

Home tests do not need to be confirmed at clinic

- Isolate for 10 days

Remove from isolation on day 11 from symptom onset (or date of positive test if asymptomatic) and after resolution of fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms.

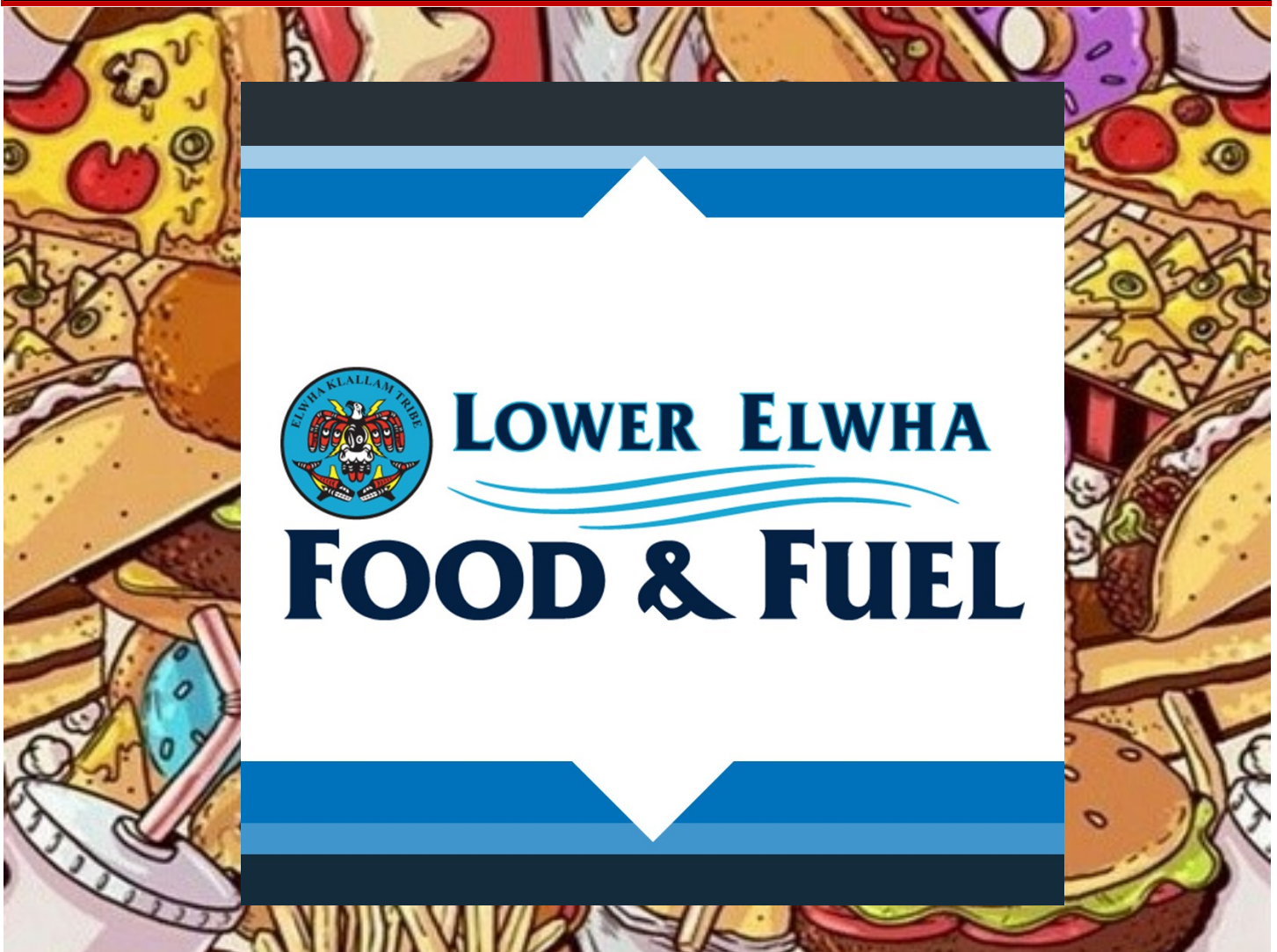
**Isolation:** begins the day your symptoms start or the day of your test if you have no symptoms  
**Quarantine:** begins the day of your last known exposure to the virus

Provider will not call to release from isolation. Reach out to your provider if you need official release  
 \*\*3-ply disposable or N95 or KN95 mask



## Council Resolutions 2021

Date	Resolution Number	Title	Vote		
			For	Against	Abstain
12-17-21	141-21	Approval of PSA for Telepsychiatry services between LEKT and Clinic works consulting, LLC	4	0	0
12-17-21	144-21	Housing board of commissioners—Carmen Charles-Watson & Wihinna Robideau	4	0	0
12-17-21	145-21	Approving of amendment no. 2 to the 2021-2025 Multi-year funding agreement between the LEKT and US. Dept of the Interior	4	0	0
12-17-21	146-21	Approval of Multi-year funding agreement 2022-2026 between LEKT and the Secretary of DHHS-IHS	4	0	0
12-17-21	147-21	Approval & Adoption of mandatory vaccination and mask policy for Head Start, Early Head Start, and Child care as required by the office of head start interim final rule	4	0	0
12-17-21	148-21	Approval of agreement with Woodstone, Inc. for construction of Elwha River Casino Expansion project.	4	0	0



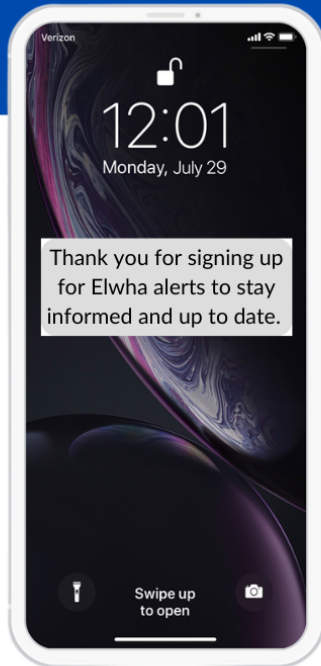




## Birthdays

# Always Be Notified

Sign up for Elwha Alerts and receive important notifications.



TRAFFIC UPDATES



EVENT REMINDERS



SEVERE WEATHER ALERTS



EMERGENCY  
NOTIFICATIONS



**Text: ElwhaAlerts  
To: 78015**



## STAFF & ELDER BIRTHDAYS!



2/1 Anthony S Charles

2/8 Jennifer Hutto

2/20 Jimmy Thompson

2/1 Janet Belford

2/10 Jason Wheeler

2/21 Elaina Begay

2/2 Larry Henderson

2/11 Jeremy Acosta

2/22 Elaine McFadden

2/4 Chris Grewell

2/12 Jace Moses

2/24 Ernest Sampson III

2/4 Corey Black

2/12 Cody Hesler

2/25 Diane Cabrera

2/6 Peggy Bowechop

2/14 Stephen Hales

2/27 Angelina Sosa

2/6 Madison Wingen

2/16 Chyla Greene

2/28 Sandy Johnson

2/7 Lyle Almond

2/17 Jason Morris

2/28 Danielle Moses

2/20 Emma Bankson



## COVID-19 Updates



# Is Your home in Isolation or Quarantine?

Need assistance with food pick up or delivery?

Home COVID testing resources?

Interested in Mental Health Resources?

[www.elwha.org/COVID](http://www.elwha.org/COVID)

Visiting the website on mobile device, scroll down to the bottom of the page for COVID resources



## Lower Elwha Tribal Community

*Have the winter blues and covid got you down?*

*How about a telehealth visit with Dawn, RD .*

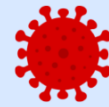
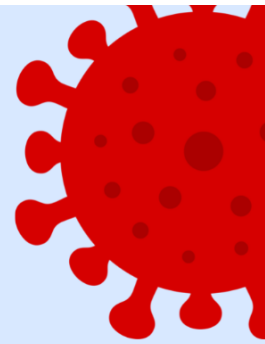
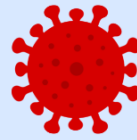
*She will focus on the key concepts that keep our immune systems running strong.*

If you are interested, please call me at **360-912-1500**. This is a free community service to keep you healthy.



## COVID-19 Updates

# FREE COVID-19 HOME TESTS



**Free from State of Washington**

[www.sayyescovidhometest.org](http://www.sayyescovidhometest.org)

**Free from the federal gov't**

[www.covidtests.gov](http://www.covidtests.gov)

**From LEKT**

[www.elwha.org/COVID](http://www.elwha.org/COVID)

(local exposed/symptoms only)





DSHS

## From the Desk of the Tribal Liaison



As the Tribal Liaison/PBS3 I will be ensuring adherence with agreements between Washington State DSHS and Hoh, Quileute, Makah, Lower Elwha Klallam and Jamestown S’Klallam. Due to COVID our services have been limited and sometimes hard to access.

Because of the State’s policy regarding phone applications, those calls have to come in through the Customer Care Service Center (**1.877.501.2233**).

In an effort to assist Tribal members, you will be asked to log into **[www.washingtonconnection.org](http://www.washingtonconnection.org)** or fax a completed and signed application to **1.888.338.7410**.

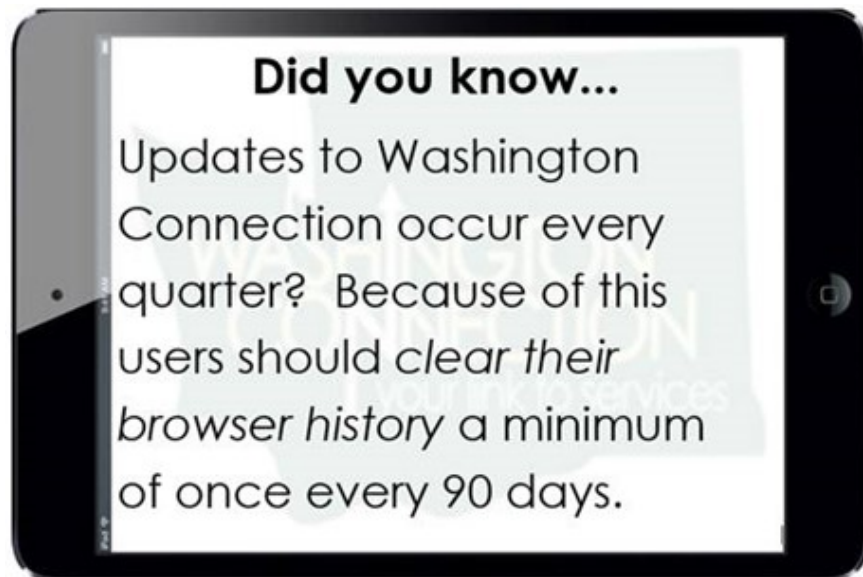
Once you have completed your on-line application, let your tribal contact know and, at which time I will call you and complete the application process or set up an appointment to interview.

I am looking forward to working with each of you.

Thank you.

**Patricia Barros, Tribal Liaison/PBS3**

**WA/DSHS**







## Community News

### Erica Mendez and Kaya Fernandes selected as NAN Ambassadors



Erica Mendez (left) and Kaya Fernandes (right) selected as the inaugural ambassadors to represent NAN in 2022.

Native Action Network is pleased to welcome Erica Mendez (Quinault) and Kaya Fernandes (Lower Elwha) into the NAN Family! The NAN Ambassador program is a leadership program for young Native womxn designed to develop skills, build networks, and prepare the next generation of Native womxn leaders.



**Congratulations to  
Kaya, who is a 20  
year-old Junior  
attending Western  
Washington  
University.**

## Happy Birthday to my friends and family:

*Anthony Charles  
Corey Black  
Dreyson Black  
Phoenix Charles  
Jennifer Hutto*

*Jeremy Acosta  
Elaine McFadden  
Ernest Sampson III  
Diane Cabrera and Sandy  
Johnson.*

*Love you all  
Elaine & Mike  
McFadden*

**Happy  
Birthday  
Jeremy!**

**Love,  
Nicole &  
Chrissi**



**Happy belated birthday  
princess! Hope you had  
the best day ever!**





## Heritage Training Center



# CDL CLASS A

## Begins March 14th, 2022



Hosted by the Lower Elwha Klallam Tribe at the  
Heritage Training Center

**For more information, please call**

**360-417-8545 x2912**

Space is very limited.

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### **Lecture: 3/14- 3/17 | 6am - 4:30pm**

Elwha Klallam Heritage Training Center

401 E First St

Port Angeles, WA 98362

EVERY Class day MUST BE attended in order to complete state  
required hours for CDL training.

### **Drive Time: 3/21 - 4/7 | 6am - 4:30pm**

Trucks will be stationed in Port Angeles. Students will decide  
driving groups during the first week of class.

**Cost: \$5394.00**

### **Requirements:**

State regulation requires that all students must submit either a  
government issued Certified Birth Certificate or US Passport In order  
to obtain A CDL permit. No photocopies accepted. CDL DOT Physical  
and Drug screenings must be within 30 days of the start of the class,  
Costs are included in the tuition pay





TVR

# Lower Elwha Klallam Tribal Vocational Rehab

Employment Services For Natives With Disabilities

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**ENROLLED NATIVE AMERICANS WITH  
DOCUMENTED DISABILITIES MAY BE  
ELIGIBLE TO RECEIVE SERVICES AND  
FUNDING TOWARD VOCATIONAL AND  
EDUCATIONAL GOALS.**

For more information:

Elwha Klallam Heritage Center - 401 E First St Port Angeles  
(360)417-8545 x2910 - Jim.Allen@Elwha.org

Lower Elwha Klallam Social Services

(360)452-8471 x7457 - Jeremy.Acosta@Elwha.org

[www.facebook.com/LEKTVR](https://www.facebook.com/LEKTVR)





## Housing

The Northwest Indian Scholarship applications are due at the end of March. If you have a student that is a senior in high school and wanting to further their education have them give us a call.



We have rental assistance funds for the first, last and deposit program for rentals not managed by LEHA. You must meet HUD income guidelines and rent cannot be more than 30% of your income.

### Happy Retirement Teresa!

We would like to wish a very Happy Retirement to Teresa Erickson who has been working with the LEHA since January of 2013. We were very lucky to have Teresa, a licensed CPA, who brought an extensive accounting/auditor background and knowledge to our Tribal Housing Authority. She was able to create that "magic button" for reports and was the master of all Google searches!! Teresa managed all three of LEHA's business accounts with no audit findings including both of the IRS Tax Credit properties. Not only was she good at her job, she was a very kind person who became a friend to all of our staff. She was willing to share any and all of her knowledge with our staff including our summer youth employees. She will be greatly missed here and we are very sad to see her go.



Teresa cherish every moment and revel in this new stage of your life. We wish you the very best as you enjoy your retirement with family. Thank you for your dedication and service to the LEHA.







## Housing



### Lower Elwha Housing Authority News



The Lower Elwha Tribal Council passed resolution 1-22 Public Health order Move back to Phase 1.5 in response to the rise in COVID-19 cases on January 10, 2022. Therefore, we continue to be **CLOSED** to the public and in most cases all appointments will be conducted by zoom.

**We appreciate your patience as we are very short staffed.**



If you call the office please let the phone ring it does not go to the surrounding offices until after it rings the front desk 4 times. If we are helping someone else we may not get to your call so please try back.

In case of an after hour **housing emergency** please call/text Janet Hren cell number at 360-457-4849.



During this time payments are accepted by phone with a credit or debit card, by mail or by placing your check or money order in the secure payment drop box located at the front door. Do **NOT place cash in the box** unless you contact housing during business hours and they are able to get it and receipt it right away. **Cash left in the box is at your own risk.**

There are still free dump funds available. During the winter months, please unhook your outside hoses so they don't freeze and cause any busted pipes.

Due to COVID-19 we are continuing to have delays in repair help and supplies.

Batteries are available for smoke alarms; we recommend that you change them out once a year at the same time (ie. daylight savings, new year, etc.). Call to set up a time to pick them up.



If you are behind in your house/rent payment we recommend that you apply for assistance through the tribal ERAP program or set-up a payment plan to avoid any eviction action. All hearings will be held via zoom.



The LEHA Board of Commissioners made changes to the Admissions and Occupancy policy. You will no longer be allowed to continue to have zero income. You must be going to school, on TANF or GA or applying for a job, etc. and provide proof. You should have received a copy of this policy in the mail.

We would like to welcome Carmen Watson-Charles (another term) and Wihinna Robideau (first term appointment) to the Board of Commissioner's and thank Emma Bankson for her time serving on the Board.



## Food Bank

# ***LOWER ELWHA FOOD BANK***

## ***DAYS & HOURS***

**Mondays: 1:30 p.m. – 5:30 p.m.**

**Tuesdays: CLOSED**

**Wednesdays: Upper Elwha Vet Center 1:00 p.m. – 3:00 p.m.**

**Thursdays: 9:30 a.m. – 1:30 p.m.**

**Fridays: 9:30 a.m. – 1:30 p.m.**

**Because of Phase 1.5, pre-packaged boxes will be assembled and access to the interior of the food bank will be limited until further notice.**

**Dorene Charles**

**Food Bank Coordinator**

**22 Spokwes Drive Port Angeles, WA. 98363**

**(360) 452-8471 ext. 7690**





## Nutrition & Diabetes

### JANUARY 2022 NEWSLETTER

## KLALLAM STRONG: NUTRITION & DIABETES NEWSLETTER

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

#### In this issue:

- No Resolutions!
- Salish Quote
- How food changed
- Sleep study



Welcome 2022!!!! Say **NO** to resolutions.

Resolutions; I personally don't believe in them. For most people it causes more stress and failure. A healthy lifestyle should happen in small steps, and be year-round.

The next few issues will be exploring how food becomes your medicine, and by looking at how food can reclaim your health and the steps to achieve that.

#### How food has changed the past 50 years:

1. More massive farms. 94% of animals now raised this way are injected with growth hormones and antibiotics.
2. Increased use of dyes, chemicals, pesticides and sugars are added to foods.
3. Fast food chains explode. There are >50,000 in USA.
4. Human sugar intake increased from 123# a yr. in 1970 to 152# a yr. currently.
5. Portion size and calorie intake grew.



#### Lifestyle Goal:

- ♦ Incorporate more traditional foods and fewer processed foods.
- ♦ High -quality protein foods
- ♦ Adding more plant -based meals
- ♦ Eating foods that lower inflammation
- ♦ Learning how food choices affect your health and the environment.

#### Recent Study: Sleep and blood sugar.

In a group of 953 participants, the study found that both interrupted sleep and falling asleep after midnight were correlated with the body taking longer to recover from the influx of blood sugar on eating breakfast — typically, it takes 30 minutes for insulin to get glucose from the blood into cells.

Not only did people with chronically interrupted or late bedtimes show higher glucose levels for longer after eating, but people with the most varied sleep patterns had higher levels of blood sugar and slower metabolism responses.

#### A SALISH QUOTE:

*"When I eat traditional food I know who I am"*

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





## Family Advocacy

### **Types of Elder abuse:**

*Physical abuse:* Use of force to threaten or physically injure an older person.

*Emotional/Psychological abuse:* Verbal attacks, threats, rejection, isolation, or belittling acts that cause or could cause mental anguish, pain, or distress through verbal or nonverbal acts to an older person.

*Sexual abuse:* Sexual contact that is forced, tricked, threatened, or otherwise coerced upon an older person, including anyone who is unable to grant consent.

*Exploitation:* Theft, fraud, misuse or neglect of authority, and use of undue influence as a lever to gain control over an older person's money or property.

*Neglect:* failure or refusal to provide for an older person's safety, physical, or emotional needs. *Financial Exploitation:* occurs when there is illegal or improper use of a person's money, property, or assets. <https://ncea.acl.gov/NCEA/media/docs/Red-Flags-of-Elder-Abuse-English.pdf>

What would you do when you know elders is experiencing abuse? Be a good listener to elders and their caretaker's needs. Provide assistance when possible. Call your nearest elder/domestic violence provider or law enforcement. We are all part of solution to a community issues. We know that elders are the keepers of traditions and cultures. This February and beyond, let us offer our love and time to elders in whatever capacity.

Happy Valentine's Day and President Day!



Sincerely,

Beatriz Arakawa, Program Manager and Victim Advocate

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](mailto: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





## Family Advocacy



### Lower Elwha Family Advocacy Program

**3080 Lower Elwha Road; (360) 460-1745; (360) 775-9346 crisis or non-crisis matters. Office (360) 565-7275 ext. 7453;**

**E-mail: [Beatriz.arakawa@elwha.org](mailto:Beatriz.arakawa@elwha.org)**

Dear Community Members and Readers,

Last month was extremely challenging, frightening, and devastating for so many of us. I offer my sincere condolences to all of you that have lost of their family member(s). May you all be comforted by your loved ones' great memories!

This month of February I what to share a little bit of educational information about abuse in later life or elder abuse by tying the importance of sacred.

Sacred comes in many forms like the natures, belongings, and religions or believes. *"Sacred describes something that is dedicated or set apart for the service or worship of a deity,<sup>[1]</sup> is considered worthy of spiritual respect or devotion; or inspires awe or reverence among believers."* [https://en.wikipedia.org/wiki/%C3%89mile\\_Durkheim](https://en.wikipedia.org/wiki/%C3%89mile_Durkheim). In many cultures like Native Americans, elders are consider sacred because elders poses so many knowledge and understanding of the cultures, the people and the community they live in. *"Elders preserve traditions and share wisdom to help ensure community permanency and balance. Indigenous communities often hold elders in a unique and important social position. Elders are mothers, fathers, grandmothers, grandfathers, aunties, uncles, brothers and sisters. They are also advisors, teachers, healers, spiritual leaders and connectors to the past and future."* <http://www.red-wind.net/page17>

**So, why is it that elders are experiencing abuse or abuse in later life?** Unfortunately, elder abuse is common. Abuse, including neglect and exploitation, is experienced by about 1 in 10 people aged 60 and older who live at home. Some older adults simultaneously experiencing more than one type of abuse. And while both men and women can be at risk of elder abuse, research indicates that 2/3 of the victims are female. <https://www.cdc.gov/violenceprevention/elderabuse/fastfact.html>.

In 2020, I have conducted a community survey in youth, adults, and elders in Lower Elwha Klallam Tribe. The survey was then submitted to Indian Health Services in Portland area for data. As a result, there were about 10% elders (Elders 55+ years old 23% (49% - 2020) reported "Yes", 100% reported it happened in the last 12 months by a family member or partner/spouse.



Sing with  
me

Love 2  
dance

You make  
my heart  
sing

# SWEET AS CANDY

## VALENTINE'S DAY COASTAL JAM. BRING YOUR FAMILY AND LOVED ONES.

Join us Via Zoom for our Sweet  
Heart Coastal Jam  
[https://us02web.zoom.us/j/86520  
643509](https://us02web.zoom.us/j/86520643509)

02.14.22

5pm onwards  
on zoom and  
Klallam  
Language  
Facebook  
Live





**Klallam Language Secondary Level  
January 2022 Newsletter  
Submitted by Jonathan J. Arakawa,  
Klallam Language Department**

ʔáyəs xəwəs sčičánəŋ! Happy New Year!

I hope everyone is staying safe and healthy with the new Omicron variant spreading rapidly. The Tribe experienced a shutdown due to a rise in COVID-19 cases in our community after the holiday. Also, I send my sincere prayers and condolences to our families who have lost loved ones.

As the Middle School Klallam Language Teacher, I am looking forward to resuming my regular activities in the schools.

Activities include: Middle School Curriculum Development for the Since Time Immemorial: Tribal Sovereignty curriculum; Klallam Language Class at Stevens; Weekly Klallam Cultural Classes at Lincoln; Friday Sharing Circles in Stevens' STEM-X Global class; and presentations during 2nd Semester in the Civics and Washington State History classes at Stevens.

Mask up and stay safe. Wishing our community great blessings this new year!

yəhúmæct (take care of yourself),

Jonathan J. Arakawa  
Klallam Language Teacher



## Library

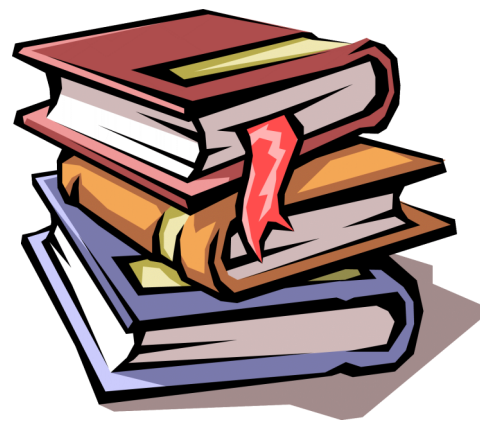
### **Library Books Are Available for Checkout upon Request**

Although the Library remains closed to the public under the current public health order, books and other materials may still be checked out upon request. You can email Librarian Jason at [jason.morris@elwha.org](mailto:jason.morris@elwha.org) or call 360-452-8471 x7431 to request materials or to get recommendations if you don't know what you want to read yet. Jason can also search the catalog for you to find out if we have the material you need. (Unfortunately, our catalog is n't available online yet, but we hope to make it available soon). Once you arrive at the Library to pick up your materials, simply let us know you're here and we'll bring your books out to you. Jason is also happy to help with finding resources for any research you are doing, inside and outside the Library, whether for school or personal projects.

### **February is Black History Month**

Join the Library in celebrating Black history by checking out some of our books about Black history, the Civil Rights Movement, and books by Black authors. Here are a few books we have available:

- Marching for Freedom by Elizabeth Partridge
- Sukey and the Mermaid by Robert D. San Souci
- Five Brave Explorers by Wade Hudson
- Song of Solomon by Toni Morrison
- The Color of Law by Richard Rothstein
- This Book is Anti-Racist by Tiffany Jewell
- Stamped (for Kids) by Sonja Cherry-Paul
- The Crossover by Kwame Alexander



### **We Have New Books!**

We have recently received a shipment of new books (nearly 200!) and we have more on the way! Here is a brief list of some of our newest books:

- There There by Tommy Orange
- House of Purple Cedar by Tom Tingle
- Abandon Me by Melissa Febos
- Eagle Song by Joseph Bruchac
- Dwellings by Linda Hogan
- Bad Indians: A Tribal Memoir by Deborah A. Miranda
- An Indigenous Peoples' History of the United States for Young People by Roxanne Dunbar-Ortiz
- Firekeeper's Daughter by Angeline Boulley
- Ancestor Approved: Intertribal Stories for Kids by Cynthia Leitich Smith
- Greet the Dawn: The Lakota Way by S.D. Nelson

If there are any books which you would like to see the Library add to our collection, please reach out and let us know!





## Education

Hello, I hope everyone had a great holiday break! I am happy to tell you all that I am back at Steven's Middle School to support the LEKT youth as of Tuesday, January 18<sup>th</sup>. I am available to help students one on one after school from 3:15-4:30pm strictly via zoom or over the phone due to COVID precautions. Please call, text or email me at 360-912-2020 or [Shayla.nagel@elwha.org](mailto:Shayla.nagel@elwha.org) if you would like to schedule an after school session for your child.

Thank you,

**Shayla Nagel**

**LEKT Academic Support Specialist @ SMS**



### Upcoming In 2022!

**Your Heritage Training Center is proud to present:**

**Commercial Driver's License**

**Flagger's Certification**

**Financial Empowerment Training (Virtual):**

- Managing Money and Cash Flow
- Homebuying
- Credit Reports and Scores
- Debt Collection Options
- Identity Theft
- Student Loans
- Investing

**Tribal Technology Training**

... and more!



Stay tuned for more information, and if you have something in mind that you don't see here, [please reach out and let us know!](#)

Nicole Volkmann — (360) 417-8545 x2912



# ARE YOU HUNGRY

x<sup>w</sup>áʔəm u  
cx<sup>w</sup>  
x<sup>w</sup>áʔəm u  
cx<sup>w</sup>



HUNGER



YOU

x<sup>w</sup>áʔəm cn  
x<sup>w</sup>áʔəm cn



ʔámet k<sup>wi</sup> ʔiʔ  
ʔíʔen  
ʔámet k<sup>wi</sup> ʔiʔ  
ʔíʔen



háʔnəŋ cn  
háʔnəŋ cn





## Education

# Lower Elwha Head Start & Early Head Start

(360)- 452-2587 Ext 2 *Interim* Early Education Director: Lola

(Ext 1 Child Care Manager/Bobi)

Health Manager: Deanna      Transportation: Francess

Education Manager: Temp. Vacant      Prenatal Educator: Vacant

Family Community Partnership Manager & Enrollment: Michelle

## č̣aʔyéʔyət 2022

### February 2022

Lower Elwha Head Start & Early Head Start Newsletter

#### Ravens' Rave (sk'wtúʔ)

Happy New Year Raven's Families We are so happy to be back to school after our extended break! We are having fun talking about what we did over the winter break, all the fun things we got for Christmas and what we did in the snow. For the next few weeks we are talking about Winter animals and then we will be transitioning into our "Space theme", which is always fun. Remember, we try and get outside every day and with the cold, wet weather it's good to have warm coats and good outdoor shoes. We appreciate you all and look forward to a wonderful month. Stay safe and healthy!

Thank-you from the Ravens Teachers



**Daily reminder to send warm shoes and jackets to keep your kids warm in this cold weather. Brrrr**



**\*\*Ask about our recent \$2/hour increase in pay\*\*** Are you looking for a job? We are always looking for subs and have a few positions open now. Look online at [elwha.org](http://elwha.org)

#### HEAD START JOBS AVAILABLE

- \* Early Education Coach
- \* Early Head Start Supervising Lead Teacher
- \* Head Start Part-time Shadow Teacher (3)
  - \* Substitute Teacher Assistant
  - \* Substitute Kitchen Assistant
- \* Early Learning Director (Updated)



## Education

### Lower Elwha Child Care

#### The Children's House of Learning

291 Spokwes Drive - Phone (360) 504-3141

Program Director Bobi Clark Ext 3402 Fax: (360) 504-3651

Infant ( <b>Ducks</b> ) Teacher Catherine <b>Enrollment Openings</b>	Toddler ( <b>Hummingbirds</b> ) Teacher Lucy
Preschool ( <b>Wolves</b> ) Teacher Cassie	Afterschool ( <b>Whales</b> ) Teacher Juanita

*We are*  
**HIRING!!!**

We are looking for a Full Time Teacher's Aid & a Part Time Teacher's Aid. Stop by and grab an application or apply online at [www.Elwha.org](http://www.Elwha.org) under Employment Opportunities.

**Valentine's Day** - Monday February 14<sup>th</sup>



Katherine Youngman is the infant lead teacher for the ducks classroom, assisted by TA's Nizhoni and Cheyenne Wheeler. The color of the month will be red to celebrate Valentine's Day. These are the little Ducks in her classroom.

Teacher Lucy, of the toddler room, teacher Cassie, of the preschool room, and Teacher Juanita, of the after school room would like to invite their students to participate in a **candy gram exchange**! Students are encouraged to participate by bringing in a bag of candy/cards to exchange on Valentine's Day. The toddlers will be learning about heart shapes and valentines inspired colors for the month of February. The preschoolers will be taking their goodies home in special bags they will be pre-making in the classroom, and the afterschool kids will be celebrating the day with a party!!