



September 2022

Elwha News

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LOWER ELWHA KLALLAM TRIBE

FINANCIAL AID

Workshop

Looking to further your education in a Trade School, Professional Technical certificate programs or 2 and 4-year degrees?

The Free Application for Federal Student Aid (FAFSA) opens on Oct 1st for the following Fall 2023 start.

FAFSA can be used to pay for tuition and fees, room supplies, transportation and much more.

Come by, grab a coffee and let us guide you through the application.



Tips & Tricks on Pages 16-17!

Saturday, Oct. 1st and Sunday, Oct 2nd

8 am - 5 PM at the Heritage Center.

Contact Nicole Volkmann for further questions or request for private application appointment at 360-417-8545 Ext 2912



Tribal Operations/Public Health Officer Update

Our LEKT COVID isolation guidance has been updated to reflect the CDCs update on quarantine for exposed folks. This new guidance will soon be updated on the LEKT website. The new guidance lifts the requirement for quarantine when exposed to COVID-19, as long as you remain symptom free. Testing is still required 5 days after exposure and the requirement still remains to **wear a well-fitting mask for the 10 days following exposure to someone with COVID-19**, if symptoms develop anytime during the 10 day mask wearing period – quarantine!!

Understanding your risk of COVID complications in combination with: **vaccinations**, **testing**, **isolation**, **masking**, and **treatment options** remain effective measures to control the spread and lessen the severity of COVID-19 in our community.

Understating COVID Risk

To better understand your risk of COVID, begin the conversation with your health care provider.

Vaccinations

Vaccinations are always available through the Lower Elwha Health Department 360-452-6252.

Testing

Testing resources are available from the Tribal Center, Social Services, and the Food Bank or through the Lower Elwha Health Department 360-452-6252.

Isolation

Guidance on isolation and resources for those in isolation can be found on the red sheet below, and on the Tribal website.

Masking

Guidance on masking and our current masking levels can be found here: <https://www.elwha.org/covid/masking-guidance/>

House of Learning masking guidance can be found here: <https://www.elwha.org/covid/childrens-house-of-learning-covid-protocol/>

COVID Treatment Options

If you test positive for COVID-19, speak to your healthcare provider about treatment options that may be available to you.

Tia Skerbeck, Tribal Operations/Public Health Officer



COVID-19 Isolation Guide



LEKT COVID Isolation Guidance

If YOU Tested Positive for COVID-19

CALCULATING ISOLATION

Day 0 is your first day of symptoms or a positive viral test. Day 1 is the first full day after your symptoms developed or your test specimen was collected. If you have COVID-19 or have symptoms, isolate for at least 5 days.

Stay Home	Ending Isolation	Precautions
<p><u>Stay home for at least 5 days</u></p> <p>Stay home for at least 5 days and <u>isolate</u> from others in your home.</p> <p>Wear a <u>well-fitting mask</u> if you must be around others in your home.</p> <p><u>Do not travel.</u></p>	<p><u>Ending isolation if you had symptoms</u></p> <p>-You may end isolation anytime between days 6-10 if your COVID symptoms have been resolved for 24 hours.</p> <p>-If you have mild persistent symptoms you may end isolation with a negative home test anytime between days 6-10.</p> <p>-If you have symptoms or a positive home test beyond day 10, consult your medical provider on ending isolation.</p> <p><u>Ending isolation if you did NOT have symptoms</u></p> <p>End isolation after at least 5 full days after your positive test.</p> <p><u>If you got very sick from COVID-19 or have a weakened immune system</u></p> <p>You should isolate for at least 10 days. Consult your doctor before ending isolation.</p>	<p>Take precautions until day 10</p> <p><u>Wear a well-fitting 3-ply paper mask</u> for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a mask.</p> <p><u>Do not travel</u> until a full 10 days after your symptoms started or the date your positive test was taken if you had no symptoms.</p> <p>Avoid being around people who are more likely to get very sick from COVID-19.</p>



COVID-19 Isolation Guide



LEKT COVID Quarantine Guidance

If YOU were exposed to COVID-19

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.

No quarantine

You do not need to stay home unless you develop symptoms.

Get tested

Even if you don't develop symptoms, get tested at least 5 days after you last had close contact with someone with COVID-19.

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

Isolate immediately and get tested. Stay home while you have symptoms. Wear a well-fitting 3-ply paper mask around others.

Precautions

Wear a well-fitting 3-ply paper mask for **10 full days** any time you are around others inside your home or in public.

Do not go to places where you are unable to wear a well-fitting mask.

Take precautions if traveling

Avoid being around people who are more likely to get very sick from COVID-19.

What should I do if I have on-going exposure to someone who I live with?

- Get tested at least 5 days after your **first exposure**.
- Get tested again at least 5 days after the end of isolation for the person with COVID-19.
- Wear a well-fitting mask when you are around the person with COVID-19, and do this throughout their isolation period.
- Wear a well-fitting mask around others for 10 days after the infected person's isolation period ends. Isolate immediately if you develop symptoms of COVID-19 or test positive.

Cannot wear a mask? (*under the age of 2 or have a disability*)

- Improve ventilation in shared spaces with the use of a HEPA filters, opening of windows, or increase the rate of air circulation.
- Others wear mask when around the individual that was exposed to COVID.



COVID-19 Isolation Guide



LEKT COVID Exposure Guidance

IF YOU were exposed to COVID-19 and had confirmed COVID-19 within the past 90 days

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.

No quarantine

You do not need to stay home unless you develop symptoms.

Watch for symptoms until 10 days after you last had close contact with someone with COVID-19.

If you develop symptoms

Isolate immediately and get tested. Continue to stay home until you know the results. Wear a well-fitting 3-ply paper mask around others.

Precautions

Wear a well-fitting 3-ply paper mask for 10 full days any time you are around others inside your home or in public. Do not go to places where you are unable to wear a well-fitting mask.

Take precautions if traveling

Avoid being around people who are more likely to get very sick from COVID-19.

Cannot wear a mask? (*under the age of 2 or have a disability*)

-Improve ventilation in shared spaces with the use of a HEPA filters, opening of windows, or increase the rate of air circulation.

-Others wear mask when around the individual that was exposed to COVID.



The Truth About Fentanyl

This handout contains information everyone should know about fentanyl.

The facts

- Fentanyl is a powerful opioid, 50–100 times more potent than heroin
- Fentanyl gets added into many drugs, including “normal looking” pills
- A pill containing fentanyl can look exactly like a pill without fentanyl
- Two pills with different amounts of fentanyl can look exactly the same
- Many people don’t realize they are taking fentanyl
- Fentanyl is causing a dramatic increase in overdoses
- Anyone who uses drugs can overdose, even if it’s their first time or if they have been using for a long time

Naloxone

Naloxone (Narcan or Kloxxado) can reverse a fentanyl overdose. Fentanyl is a strong opioid, so you may need multiple (3, 4, or more) doses of naloxone. The biggest risk in giving someone too much naloxone is a more intense withdrawal.



Help people who are overdosing

If you have gloves and a mask, wear them for extra safety. You’ve got to breathe in a VERY LARGE amount of fentanyl over a REALLY LONG time to even begin to feel its effects – like dust-storm levels in a closed room for over 3 hours.

If you get fentanyl powder on you

Dry fentanyl powder is not absorbed by skin. Your skin will only absorb fentanyl powder if it’s mixed with a liquid.



While dry, brush off as much as you can



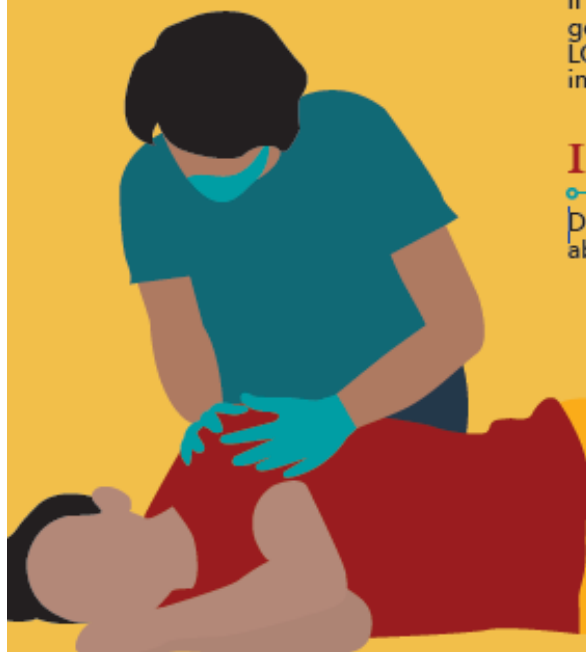
Don’t touch your mouth or eyes where fentanyl can be easily absorbed



Flush with water (to dilute the fentanyl)



Wash your clothes





Health Department



What can I do?

- Share the facts without judgment
- Learn how to use naloxone and always keep it with you
- Help people who are overdosing
- Encourage the people in your life who use drugs not to use alone, always have naloxone, and accept treatment when they are ready
- Make sure your tribe/clinic offers fentanyl testing strips

Fentanyl test strips

Test strips can't detect all versions of fentanyl. But they can reveal the most common versions in a drug. This can save lives.

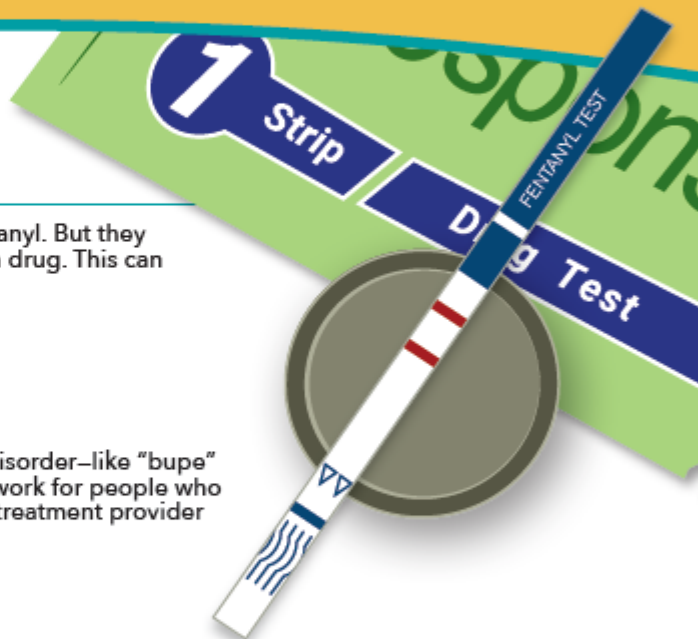
Healing medications

Medications that treat opioid use disorder—like “bupe” (buprenorphine) and methadone—work for people who take fentanyl. Ask a substance use treatment provider for more information.

There is hope

We can heal our communities by educating ourselves, supporting each other, and accepting help when we need it.

Narcan nasal spray kits are available at KCS and the Health Clinic. If you would like a kit and are unable to pick one up, please contact Jessica Peterson to arrange a local delivery @ (360) 912-2473 or Jessica.Peterson@elwha.org



Text “**OPIOIDS**” to 94449 to receive videos, quizzes, facts, and more to grow your knowledge about opioids.



Visit the Northwest Portland Area Indian Health Board's website at www.npaihb.org/opioid to learn more about treatments, reversing an overdose, and other important topics.





Updated 8.12.22

MPV (Monkeypox)

What is MPV?

MPV, also called Monkeypox, is a disease caused by a virus that can cause a painful rash or genital sores. People who get MPV typically recover in 2-4 weeks. Some people are at higher risk for severe illness, including people with weakened immune systems.

HOW DOES IT SPREAD?



MPV most often spreads through prolonged skin-to-skin contact, especially during sex.

MPV can also spread through:

Respiratory droplets or saliva during prolonged face-to-face contact, such as kissing.

WHAT ARE THE SYMPTOMS?



A painful rash or sores that can appear anywhere on the body, including the throat, rectum and genitals.



Some people have flu-like symptoms, including fever, aches, or swollen glands.

Symptoms begin 5-21 days after exposure.



Call a healthcare provider if you have symptoms of monkeypox, especially an unexplained rash or sores. Find images of monkeypox rashes at [cdc.gov/monkeypox](https://www.cdc.gov/monkeypox). If you have had close contact with someone who has monkeypox, call Clallam County Public Health at 360-417-2274.

Prevent MPV

- **Share awareness in your community.** This outbreak is disproportionately affecting gay and bi men and other men and transgender people who have sex with men.
- **Limit your number of new sexual partners** and talk to your current sexual partners about their health.
- **Avoid prolonged skin-to-skin contact** with anyone who has symptoms similar to MPV

If you have a rash or other symptoms similar to MPV, avoid skin-to-skin contact with other people and call a healthcare provider.



MPV Vaccination

MPV vaccine is coming to Clallam County but doses are limited. **Anyone who has a known exposure to MPV is eligible for a vaccine.**

In addition, priority vaccinations are available for Gay/Bi or other men and transgender people who have sex with men who:

- Have had multiple or anonymous sex partners in the last 3 months
- Have attended a bathhouse, circuit party, or group sex venue in the last 3 months
- Have had an STI in the last 3 months
- Belong to a historically marginalized racial minority, or
- Have experienced homelessness or incarceration in the last 3 months

Call Clallam County Public Health at (360) 417-2274

Or check out: [cdc.gov/monkeypox](https://www.cdc.gov/monkeypox) | doh.wa.gov/monkeypox



Dental Clinic

New Dental Emergency Time



Walk-in Dental Emergency time has changed to 11:00AM

Please note that the dental clinic is changing the time to see walk-in dental emergencies. If you have been up all night with a toothache, it would still be good to come in earlier as you might be able to be seen sooner than 11AM if we have a cancellation.

Why does my dentist take my blood pressure at my appointments?

It's a good question! It might be that your blood pressure goes up by simply thinking about a dental appointment. If this is the case for you, it's more likely that the top number (systolic) goes up significantly while the bottom number (diastolic) changes a little less. If your diastolic reading is somewhat high, you might be advised to follow-up with your doctor to see what can be done to bring it back down. With an estimated 1 out of every 2 adults in the US experiencing chronic high blood pressure, it's a good thing to catch early if you can. Turns out the dental clinic is a great place to screen regularly for high blood pressure!



In addition to being a great place to screen for High Blood pressure, it's also something we need to know if we are doing any kind of surgery as your blood pressure affects bleeding. Sometimes, if your blood pressure is really high, it actually might not be safe to have a dental procedure done.

If it's been a little while since you checked your blood pressure, it is time to get it checked!



Nutrition & Diabetes

AUGUST 2022 NEWSLETTER

KLALLAM STRONG: NUTRITION & DIABETES NEWSLETTER

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

In this issue:

- inflammation
- Diabetes quiz
- Diabetes Quarterly
- Did you know



Diabetes Quiz

Check your knowledge about the current diabetes recommendations on keeping you healthy.

1. Should I have an eye exam once a year? Yes or No
2. A1C should be checked once a year? Yes or No
3. I don't need a foot exam until something hurts? Yes or No
4. Diabetes can affect my teeth. Yes or NO

Answers:

1. Yes, Once a year a dilated eye exam
2. No, every 4 months
3. No, this should be done once a year.
4. Yes. Cleaning should be done twice a year



Did you know?

According to a new study published July 2022 in the Journal Neurology states "eating more ultra-processed foods is associated with an increased risk of dementia".

Their summary: consuming a diet rich in ultra-processed foods like chips, deep-fried foods, sugared drinks and salty snacks was associated with a higher risk of developing dementia.

Good news: you can reduce this risk factor! Eat more food that swims in dirt or on trees.

Beating Inflammation

Your body uses inflammation when you have an injury or are sick as a way to protect yourself. More people are suffering from chronic inflammation which can be harmful to the body and can cause health conditions like arthritis, heart disease and even certain types of cancer.

The TWO major ways to prevent chronic inflammation are: eating a healthy diet and avoiding a sedentary lifestyle.

Here are the best foods to fight inflammation:

- ♦ Bell peppers— enjoy all the colors
- ♦ Broccoli
- ♦ Dark leafy greens
- ♦ Garlic
- ♦ Onions
- ♦ Tomatoes

Any food that has a color of the rainbow in it is SUPER!

Don't forget to schedule your diabetes quarterly.

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





Mental Health

Greetings from the Lower Elwha Mental Health Dept.



The Lower Elwha Health Department would like to welcome Mr. Jory Kahn to the Mental Health Program! Jory has recently started working at the Elwha Clinic as a Licensed Mental Health Counselor Associate. He holds a master's degree in counseling psychology with an emphasis in marriage and family counseling, professional clinical counseling, and depth psychology from Pacifica Graduate Institute in California. Jory is a great addition to the Lower Elwha Wellness Center! His interests include: music, philosophy, and appreciation for nature. In his free time, you might find Jory sea kayaking, playing music, enjoying arts, or in the outdoors. He is currently accepting new clients who qualify for services at the LEHD clinic.

The Lower Elwha Mental Health Program is Accepting New Clients! If you would like to set up an appointment and start your *Mental Wellness Journey* today, please call 360-565-7264 ext. 7654 and leave a message with your name and number. The voice mail is checked multiple times throughout the day!

Eligibility criteria include:

- Any LEKT tribal member, descendant, or member of the household.
- Any Native American/Alaskan Native of any tribe that can show documentation of Native blood.
- Any Non-Native patients who are actively engaged with KCS.

Services that are offered in the Mental Health Department range from CBT/DBT skills, marriage/couples counseling, drug/alcohol use or co-occurring treatment, healing unresolved trauma, grief, EMDR, and much, much more. Give us a call today! 360-565-7264 Ext. 7654 **If you or someone you know is in a crisis, please call 988, or go to your nearest emergency department. The Salish regional Crisis line is 1-888-910-0416**

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Family Advocacy

Lower Elwha Klallam Tribe – LEFA Lower Elwha Family Advocacy Program

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

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

Dear Tribal Members and Readers!

As much as possible, I want you to be informed of what is happening within this program as you are my beacon of success and strength to keep on providing services for the community and for the victims of domestic violence, sexual assault, stalking, elder abuse, and dating violence. This program is currently functioning with one staff under the grace of LEKT federal DOJ-OVW grant in which will end this month. However, a no cost extension has been submitted to continue utilizing the remaining funds for additional 6 months while waiting for more grants opportunities.

- In July 22nd, LEFA partnered with Culture Program (Angelina Sosa, Harmony Arakawa, Mariah and Karren Francis) and Brandy Williams at Human Resources for a summer youth employees drum making and awareness. I had the pleasure of talking with about 40 youth regarding healthy relationship in general.
- A sincere gratitude to Becca Weed, Social Services Director for sponsoring our Social Services Department all staff retreat at Heritage Center on July 22nd.
- In August, staff involved in LEKT Community Wellness and Back to School Fair, participated in National Domestic Violence Day Count Webinar training by NNNEDV-National Network to End Domestic Violence, and granted in-person full participation of National Inter-Tribal Working Group at NAC- National Training Center in South Carolina, 29th-31st.
- September 7th, I will be joining with many organizations nationwide to conduct a day of Domestic Violence Count. This count will be done by either in-person or telephone. If you know someone who are experiencing domestic violence, have that person connect with me for advocacy.
- Sep 19th to 24th, I will be out of the office for a work travel, but I can be reached by email, telephone, and text.
- The *Women's Support Group (Talking Circle)* will resume virtually and in-person. In person go to Social Services Department at 3080 Lower Elwha Rd., on Wednesday, Time: Sep 28, 2022 12:00 to 1:30 PM Pacific Time every week until Wed, until Dec 21, 2022, with a total 13 occurrence(s). For virtual, go to scheduled Zoom meeting click address at <https://us06web.zoom.us/j/86025139688?pwd=MzIyQThNeDRkc3ZmVEdrWENnUDdwUT09> or call the telephone numbers listed below to join:

Meeting ID: 860 2513 9688; Passcode: 611263

One tap mobile: +12532158782,,86025139688#,,, *611263# US (Tacoma)

+13462487799,,86025139688#,,, *611263# US (Houston)

Dial by your location

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)



Family Advocacy



07.22.2022 Summer Youth Employees Drum Making and Awareness



08.16.2022 LEKT Community Wellness and Back to School Fair

LEFA has limited funds to assist you or your family who are experiencing **Domestic Violence, Sexual Assault, Dating Violence, Stalking, and elder abuse**. Contact the crisis hotline listed below. Please keep an eye for October awareness event information as we commemorate the National Domestic Violence Awareness Month.

Happy Labor Day and Have a Healthy Back to School students. Stay Safe!

In Solidarity,

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



Child Care

LOWER ELWHA CHILD CARE

SEPTEMBER NEWSLETTER

CLOSED MONDAY 9/5 - LABOR DAY

Clothing Closet

Open Tuesdays – Outside (weather permitting)
8:30 – 4:30.

Clean, gently used donations accepted Mon- Fri during business hours.

The Children's House of Learning

291 Spokwes Drive Port Angeles WA 98363

Phone (360) 504 3141 Fax (360) 504 3651

Program Director - Bobi Clark

Administrative Assistant - Deann Lester

Receptionist - Tiana Fieldsend

CLASSROOMS

INFANT DUCKS 1-11 MONTHS

Teacher Karalynn

T.A's Amy, Jaylynn &
Adaija

TODDLER HUMMINGBIRDS 12-29 MONTHS

Teacher Deandra

T.A's Julie & Kelsie

PRESCHOOL WOLVES 30-60 MONTHS

Teacher Cat

T.A Tatianna

AFTERSCHOOL WHALES 5-12 YEARS

Teacher Juanita

T.A Cara

All classrooms are currently full. Registration packets are available if you would like your child added to the waiting list.



Library

Education Department and Library

Welcome, Nizhoni Wheeler!

Hello all!

I am Nizhoni Wheeler, an enrolled member of the LEKT, daughter to Rachelle and Jason Wheeler, granddaughter to Frank and Alyce Charles. I am ecstatic to be the new K-6 Academic Support Specialist for the Education Department. Since 2020, I have had the opportunity to work with all ages of our youth from infants to high school students so I am very excited to continue helping at the elementary level. I cannot wait for this school year and to help them in any way that is needed.

I will be spending my mornings at Dry Creek and will be available for assistance afterschool in the library.

-Nizhoni ☺

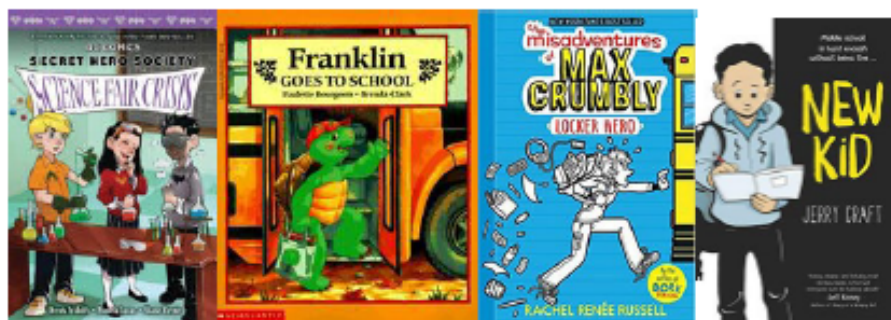
After-School Homework Assistance and Snack Program to Restart

The Education Department's After-School homework assistance and snack program will restart for the school year September 12th. Kids from Kindergarten to 6th Grade are welcome to come into the Library after school to receive homework help with Nizhoni, pick out and read library books, and get healthy snacks.

Back to School Season

September means it's time for back to school season, so in honor of getting back to school, the Library is featuring books about school! Check out some of these great books, and more:

- *New Kid* by Jerry Craft: Seventh grader Jordan Banks loves nothing more than drawing cartoons about his life. But instead of sending him to the art school of his dreams, his parents enroll him in a prestigious private school known for its academics, where Jordan is one of the few kids of color in his entire grade. As he makes the daily trip from his Washington Heights apartment to the upscale Riverdale Academy Day School, Jordan soon finds himself torn between two worlds – and not really fitting into either one. *New Kid* is a Newbery Award winner.
- *The Misadventures Max Crumbly: Locker Hero* by Rachel Renée Russell: Questioning his resolve to attend public school after being homeschooled when he is targeted by a bully, Max aspires to become like his favorite comic book heroes and finds an unexpected opportunity to be the hero his middle school needs.
- *Franklin Goes to School* by Paulette Bourgeois: On the first day of school, Franklin is a little nervous, but his teacher, Mr. Owl, knows just what to do.
- *Secret Hero Society: Science Fair Crisis* by Derek Fridolfs: Clark Kent here, back and ready for action! This year I'm starting a new school year at Justice Prep with my friends Bruce and Diana. I like it here—all my friends are here, and there are some really cool new teachers. And if that wasn't enough, Principal Gordon announced that the winner of the upcoming science fair gets a free trip to outer space to see the new S.T.A.R Labs space facility! How cool is that?



Library Closure

The Library will be closed September 8th and 9th. Education department staff will still be available.



FAFSA TIPS & TRICKS

Whether you like it or not, completing the FAFSA is the first step on the road to receiving financial aid for college. So here are 10 straight-forward and helpful musts that will help you achieve early FAFSA success:

1. You Must File an FAFSA

If you expect federal financial aid of any sort, the only way to get it is by filing an FAFSA. It is also used by states and colleges for their financial aid, any federal student loans you need, and some scholarship committees, so there really is no way around it.

2. You Must File an FAFSA Early

Although the starting date has been moved up to October 1, the best FAFSA strategy has always been to file early to make sure you receive all of the financial aid to which you are entitled. Once you have this out of the way, you should be able to get financial aid offers earlier, which will make comparing college costs easier.

3. You Must Know Your Deadlines

There are several deadlines in the college application process and you need to be aware of them all. There is the college application itself - early action, early decision, or regular. There will be college, state, and federal financial aid deadlines, and also scholarship deadlines. Get organized so you can get everything done on time.

4. You Must Have an FSA ID

If you haven't already applied for an FSA identification, get it done now so you can move forward on your FAFSA.

5. You Must Use the FAFSA Website

Anything else but studentaid.gov/h/apply-for-aid/fafsa is probably a scam.



Heritage Center

6. You Must Know Your Definitions

Don't assume anything—read the explanations and take the necessary time to think through your answers. Don't listen to rumor mills when answering these questions:

Legal guardian: Don't answer that your parents are your legal guardians unless they have been so appointed by the state. Don't answer this question unless an actual court has appointed someone as your legal guardian.

Parent: You cannot just say that you live with grandparents or a parent with a lower income. There are specific rules to follow to determine which parent, and possible stepparent, information you will use.

Household size: Read the rules to find out how to calculate the household size, especially if you don't live with your parents or if you live in a household with step-siblings.

Attending college: Include all members of your family who will attend college during the year under consideration, including yourself, but don't include any parents in this figure.

7. You Must Check Your Work

Haste makes waste, as the old saying goes, and this is especially true when it comes to completing the FAFSA. Mistakes lead to delays as the colleges try to get accurate information, which could lead to missed deadlines or loss of financial aid. Make sure you understand the differences between parent and student sections, use the names shown on Social Security cards, and re-check the Social Security numbers you provide. Simple typos can lead to major headaches.

8. You Must Use the IRS Data Retrieval Tool

Technically you don't have to, but why wouldn't you? Instead of sitting there and typing in all of the information yourself, use the DRT to directly populate the financial areas of your FAFSA from the appropriate federal income tax return.

9. You Must Include School Codes

The major tool most colleges use to make financial aid decisions is the FAFSA. You will want to use the correct codes so your selected colleges receive your information. You can go back and add colleges later, but you want to make sure the preferred choices get your information as soon as possible.

10. You Must Sign the FAFSA

The last step is to use the student and parent FSA ID to sign the FAFSA. If it is not signed it will not be submitted. If you cannot sign with an FSA ID for some reason, the student and parent do have the option to mail a signature page.



Tribal Vocational Rehabilitation

Success Stories With Vocational Rehabilitation

This particular participant came to us in 2020. He was working 2 part-time jobs to make ends meet. Both jobs paid minimum wage, and neither offered health benefits. As an elder, this situation was no longer tenable and he needed to make a change.

He had attempted to get a Commercial Driver's License (CDL) many years ago, but never completed the course. When this client came to TVR he decided he wanted to try again. TVR supplied gas vouchers to get him to the school and back, phone cards for communication, and was able to partner on the cost of the course; including permits, fees, and driver's abstracts.

Due to COVID-19, 2020 was a hard year to embark on any new vocational trainings. Class closures, physician shortages for physicals, and delayed licensing availability meant that our participant wasn't able to gain his certification until late 2021, and TVR was with him every step of the way.

He persisted, and became a fully licensed Commercial Driver. Almost immediately, he began fielding job offers—ultimately deciding to go with a company based out of Washington State. In order to work for this company he needed to attend a ten-day training in Utah, during which TVR was able to help pay for his meals and transportation. Upon arriving back in the area he met with an assigned mentor, and embarked upon his employment journey.

Today, he is 9 months into this new career, and thriving in his chosen profession. He works 4 days per week, taking weekends and Mondays off. He averages 55 hours on the road travelling throughout Washington, Oregon, and Idaho hauling 48 and 53 foot trailers. He has excellent benefits, and is looking forward to learning and growing in this new role.

TVR can help any member of a state or federally recognized tribe in our service area with a diagnosed disability and barriers to employment find the job or school that suits them best.

What Can TVR Do For You?

For more information contact:





Jim.Allen@elwha.org (360)417-8545 x2910 or

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







Tribal Vocational Rehabilitation



GROUNDSWELL

SMALL BUSINESS TRAINING FOR BIPOC & LGBTQ2IA+

*open for participants living on the
North Peninsula
Sept 20 - Oct 13*



**TUESDAYS & THURSDAYS | 4-6 PM | VIA ZOOM + IN-PERSON
GRAD CEREMONY | WWW.CIE-NW.ORG/GROUNDSWELL**



UNITY



Northwest Native youth bow their heads in prayer as a Native youth leader leads the caucus in a closing prayer. Photo courtesy of Tulalip News.

Tribal Member Honored and Re-Elected at the National UNITY Conference

Minneapolis, MN — The United National Indian Tribal Youth, Inc., held its 46th Annual National UNITY Conference, July 7-12, 2022, in Minneapolis, Minnesota. The annual conference brought together nearly 2,000 Native youth for a week of healing, empowerment, inspiration, and rejuvenation. There, an empowering and inspiration-infused agenda was developed with keynote speakers, panels, workshops, regional caucuses, National UNITY Council Business Meeting, and much, much more.

UNITY recognized their 5th Class of 25 Under 25 National Leadership Recognition Award Honorees during the conference. Among those honored was tribal member, Jonathan Arakawa, who serves at UNITY as Secretary and Northwest Representative. The 25 Under 25 national recognition program honors Native American and Alaskan Native youth leaders who exemplify UNITY's core mission and exude living a balanced life, developing their spiritual, mental, physical, and social well-being. The biennial program, launched in 2014, recognizes and celebrates the achievements of 25 outstanding Native youth leaders under the age of 25 in Indian Country.

The 10 regions of UNITY hosted 2 caucuses each at the conference. This allowed the Native youth of each region to address issues in their communities and have a space to network with their peers. For the first time in recent years, 135 Native youth from the Northwest Region, representing the States of Washington, Alaska, Oregon and Idaho and over 10 Tribal Nations. As Northwest Regional Representative, Mr. Arakawa hosted the Northwest Area Caucuses. While hosting the caucuses, Mr. Arakawa and Colville tribal member, Sydney Matheson, ran for the Northwest Regional Representative position on the National UNITY Council Executive Committee. Both youth leaders provided strong speeches. "Though there's more growth and healing to come, it is time we close the page of a dark chapter of grief, sorrow, depression, and chaos—and open a new chapter and enter a new dawn of healing, growth, and restoration," said Jonathan Arakawa, who ran for re-election. "I look forward to helping each of you address issues impacting you, your peers and your communities—in a positive and healthy way—upon my re-election."



25 Under 25 Honorees stage for a group picture following Recognition Ceremony. Photo courtesy of Greg Mendoza, UNITY Youth Programs Director.



UNITY



Secretary and Representative Jonathan Arakawa leads the UNITY Northwest Area Caucus Meeting. Photo courtesy of Tulalip News.

Elections for the Co-Presidents and 10 Regional Representatives were held during the National UNITY Council Business Meeting. Youth representatives, who paid membership fees and submitted an annual report, were eligible to vote. The Northwest Region was the only position with competition. The other positions were unopposed.

At its Annual Gala, the UNITY Council of Trustees honored the outgoing National UNITY Council Executive Committee and announced the elections results of the incoming Executive Committee. Among elected, Jonathan Arakawa was re-elected Northwest Regional Representative for a 2nd term. "I'm committed to continue to amplify and promote the voices of Native Youth," said Jonathan Arakawa on his re-election victory. "I'm excited to continue to serve as Secretary and Northwest Representative of the National UNITY Council Executive Committee this year."

About UNITY:

UNITY is a national network organization promoting personal development, citizenship, and leadership among Native American youth. UNITY has a long (40+ years) and impressive track record of empowering and serving American Indian and Alaska Native youth. UNITY is well regarded among the nation's Native American organizations, tribal leaders, and government officials.



2021-2022 NUC Executive Committee honored during the Annual UNITY Gala. Photo courtesy of Carrie Brown.



Community News

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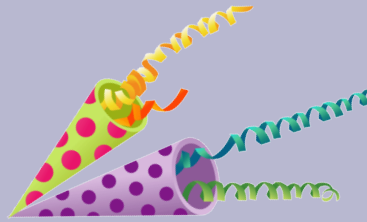
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HAPPY 12TH
BIRTHDAY REGGIE
♥ MOM & DAD



Wishing Hammer a
Happy Birthday 09/17

Happy Birthday Auntie Doris Charles
09/11

Happy Birthday Auntie Donna
Charles 09/19

Love ,
Dorene

happy
birthday

**Wishing my
son Laz a
Happy Birth-
day 9/14**

Love Mom



Interested in Becoming A Bus Driver?

Let us know! We can help.

Please contact Nicole Volkmann at
the Heritage Center
(360)417-8545 x2912 or
Nicole.Volkmann@elwha.org





Human Resources



JOB OPENINGS AT ELWHA

Come Work With Us!

Administration:

Associate Tribal Attorney
Lower Elwha Court Clerk—Administrative Assistant
Lower Elwha Housing Authority Accountant
Lower Elwha Housing Maintenance Assistant

Casino/Gaming:

Security Officer 1
Cage Cashier
Director of Slots
EGD/Slot Attendant
Soft Count Team Member
Surveillance Operator
Surveillance Technician

Childcare:

Child Care Infant Lead Teacher (Full-Time)
Child Care Teacher Assistant

Clerical:

Tribal Receptionist (On Call)
Early Head Start and Head Start:
Early Education—Disabilities Manager

Education:

Bus Driver Teaching Assistant
Childcare Teacher's Assistant
Education Program Assistant
Head Start Floating Teacher Aide

Head Start Part-Time Shadow Teacher
Head Start Teacher Assistant
K-6 Academic Support Specialist
Substitute Kitchen Assistant

Enterprise:

Elwha Enterprise, Inc Chief Financial Officer
Elwha Enterprise, Inc General Manager
Elwha Enterprise, Inc Human Resource Manager

Healthcare:

Accounting Clerk—Clinic
Benefits Coordinator and Tribal Patient Advocate
Billing Clerk
Certified Nurses Assistant
Child and Family Mental health Professional
Clinic Nurse Manager
Clinic Staff Manager
Clinical Nurse
Community Health Nurse
Community Health Representative (CHR)
Dental Assistant
Dental Assistant Trainee
EMT, AEMT, Paramedic
Family Practice Physician
KCS Patient Services Representative

Medical Assistant Certified
Mental Health Clinical Program Manager
Mid-Level Clinic Provider ARNP/PA-C
Paratransit Driver
Patient Services Representative

Human Resources:

Summer Youth Coordinator Temporary

Information Technology:

Desktop Support Technician

Law Enforcement:

Police Officer(s)

Legal:

Chief Judge of the Lower Elwha Tribal Court

Natural Resources:

Fisheries Harvest Manager—Biometrician

Recreation:

Female Recreation Assistant

Retail:

Prep/Fry Cook & Food Assembly
Barista
Cashier
Grill Cook

Social Services:

Indian Child Welfare Caseworker II



LEPD

Service Record for L & O	June
911 Hang-Up	1
Abandoned Vehicle	1
Alarm/Alarm Check	4
Animal Calls	3
Assault	1
Boating Activity/Hunting	1
Business Check	175
Citizen Assist	18
Citizen Contact	12
Civil	2
Community Oriented Policing	65
Court Paperwork/Service	8
Disturbance	3
Drug Violation	1
Firework Violation	1
Follow Up	17
Found/Recovered/Lost Property	4

Frequent Patrol Request	2
Junk Vehicle	1
Malicious Mischief	2
Misc. Info/False Reporting	1
Other Agency Assist	25
Prisoner Transport	1
Runaway	1
Suicide/Suicidal	1
Suspicious Person/Vehicle	4
Theft	4
Traffic Control/Emphasis/Hazard	3
Traffic Stops	30
Trespass	2
Weapons Discharge/Violation	1
Welfare Check	2
Warrant Attempts	1
Warrants-Non-Tribal	1
Total	399



Flagging Classes Are Coming...

Is your card expiring? Need to add another skill to your resume?

Join our flagging classes this fall!

Contact:

**Nicole.Volkmann@elwha.org
(360)417-8545 x2912**





Resolution List & Heritage Center

Date	Resolution Number	Title	Vote		
			For/Against/Abstain		
8-9-22	65-22	Enrollment of Sitka Stuntz	3	0	0
8-9-22	66-22	Approval of sole source brightwork consultation payment for HER upgrade	3	0	0
7-19-22	67-22	Submission of FY22 climate change adaption planning category 2 proposed to BIA	3	0	0
8-9-22	68-22	Agreement for transfer real property between North Olympic land trust and LEKT; Lighthouse hill 1.4	3	0	0
8-9-22	69-22	Approval of LEKT Homeowner assistance fund (HAF)	3	0	0
8-9-22	70-22	Public health proclamation on advancing COVID-19 vaccines in the LEKT community	3	0	0
8-9-22	71-22	Approval of adding recruitment, onboarding, and benefits services contract with ADP	3	0	0
8-9-22	72-22	Dry creek road reconstruction project Clallam co. reimbursable agreement implementation	3	0	0
8-9-22	73-22	Approval of Judicial Services Agreement w/Northwest intertribal court system and Appointment of Judge pro tem	3	0	0

CDL Scholarships available for Classes starting 10/10 and 10/31
Please contact Nicole Volkmann at (360) 417-8545 x2912 or
Nicole.Volkmann@elwha.org

**Input needed!**

Is there a training you'd like to see offered at the Heritage Center?

Is there a topic you'd like to teach others about?

We can provide a venue for classes and trainings of all types. We'd love to collaborate with the community to develop a calendar of offerings.

Please reach out! (360)417-8545 or heritage.center@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, 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, 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





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:

9/1 PASD First Student Day

9/5 Labor Day

9/8—9/9 Library Closed



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**

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Port Angeles, WA 98363

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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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