

Sweet memories to last a lifetime

*Dads and daughters
dance the night away
during 'Ties & Tiaras'*



**DJ Ocho with Amara Penn,
who was a lucky raffle winner.**

*Contributed by Orinda Goddard,
Vocational Rehabilitation Lead Conselor*

Dads, grandpas and uncles and their sweeties boogied Feb. 17 during the first father and daughter dance "Ties & Tiaras."

The dance was a fundraiser for our 10th annual Cancer Walk, which will be during Tribal Days on May 28. A huge thank you goes out to all of the dads, grandpas, uncles and girls that came out to support our fundraiser.

This was a big event for our community and I was very happy to see how involved everyone was to make it a wonderful success.

I know the girls will remember this night – not because it was a chance for them to get dressed up, but precious one-on-one time with their special guys. All the dads, grandpas and uncles were looking pretty sharp, too.

We had numerous tribal departments that donated their time, creativity and

See DANCE, page 3



Girls and the special men in their lives dress up and hit the dance floor at the inaugural father and daughter dance "Ties & Tiaras," a fundraiser for the Cancer Walk.

Visitors to the Chehalis Tribal Wellness Center wait to hear exciting updates during a tour on Feb. 14.



Clinic celebrates big changes

Community introduced to enhanced medical services

*Contributed by Denise Walker,
Chehalis Tribal Wellness Center Director*

With open arms and hearts, community members welcomed new features at the Chehalis Tribal Wellness Center on Feb. 14 during

the clinic's open house. Denise Walker, Chehalis Tribal Wellness Center Director, discussed updates about the services provided to the community members that came to witness this momentous occasion. Visitors signed in to qualify for a raffle and prizes.

See CLINIC, page 2



Pharmacist Jeremy Brown and assistant Harry Pickernell Jr. are keeping the pharmacy running smoothly.



Visitors to the Chehalis Tribal Wellness Center learn about the new in-house laboratory from Lab Manager John Williams. This change provides quick results for patients.

CLINIC

From page 1

After a blessing by Dan Gleason, elders and the Chehalis Tribal Health Board members shared memories of where and how our tribal medical needs were met in the old days. They thanked the staff for their commitment to taking care of our tribal people's medical needs.

Denise talked about the completion of the pharmacy and lab. She discussed the cost savings and what tribal members need to do to transfer medications from outside pharmacies. She explained that individuals should contact the clinic if there are specific medications the clinic should keep in stock.

Open house visitors agreed

the pharmacy will greatly enhance the clinic and prevent waiting in long lines at the pharmacy in town. Many shared some of the challenges about previous experiences getting their prescriptions filled and hope that this change will make things easier. Getting prescriptions filled can be time-consuming and a challenge.

Denise pointed out the pharmacy screen on the wall in the waiting area to keep people informed of the medications list. She also reminded everyone to keep track of clinic closures to make sure medication is prepared beforehand. A limited supply of over-the-counter medications will be available in the pharmacy that will be available only through a prescription from your provider if it is

medically indicated.

Additionally, Denise shared that Dr. William Elton, our tribal dentist, is retiring next year. A replacement should already be on site to provide for a smooth transition.

Denise then invited community members to tour the clinic. Staff members were available to answer questions

and describe Wellness Center improvements. Visitors checked out the staff offices, dental clinic, examining rooms and the new added lab and pharmacy. After the tour, everyone was invited to sit down and visit while enjoying a nutritious meal and treats commemorating Valentine's Day.

PHARMACY CHANGES

Because the pharmacy is now open at the Chehalis Tribal Wellness Center, **medication will no longer be picked up** at Safeway. If you are still refilling medications at an outside pharmacy, you need to have them transferred to the Wellness Center pharmacy.

However, **narcotics or scheduled drugs**, will still need to be filled at an outside pharmacy for you to pick up. You must be contract health or

direct care eligible to utilize the pharmacy.

Non-Chehalis tribal member patients must have a prescription written by a CTWC provider or from a specialty provider from a referral by CTWC to utilize the pharmacy.

Chehalis tribal members can bring in **outside prescriptions**, but it is important you check to ensure we can get your needed medication.

CHEHALIS TRIBAL ENTERPRISES CAREER FAIR

Wednesday, April 5 10^{AM} - 2^{PM}
Lucky Eagle Casino & Hotel Event Center

lucky eagle
CASINO & HOTEL



Visit with representatives from
Lucky Eagle Casino & Hotel, Chehalis Tribal Enterprises, Great Wolf Lodge and Chehalis Tribal Government including the Tribal Vocational Rehabilitation staff

PRESENTATIONS

Dress for Success	10 ^{AM}
Interviews, the Right Fit	11 ^{AM}
Resume Building	12 ^{PM}
You're hired, now what?	1 ^{PM}

PLUS! Snacks and Door Prizes

CHEHALIS TRIBAL NEWSLETTER

The Confederated Tribes of the Chehalis Reservation, 'People of the Sands'

The articles and opinions expressed are not necessarily those of this publication or the Chehalis Tribal Business Committee.

SUBMISSIONS

The Chehalis Tribal Newsletter encourages tribal members to submit letters, articles, photographs and drawings to be considered for publication (subject to editing). Contributing writers, artists and photographers include Chehalis tribal community members and staff.

Submission deadline is the first of each month (printed monthly).



TRIBAL CENTER

Main line: 360-273-5911
Address: 420 Howanut Road
Oakville, WA 98568
Office: 360-709-1726
Fax: 360-273-5914

CHEHALIS TRIBE'S VISION STATEMENT

To be a thriving, self-sufficient, sovereign people, honoring our past and serving current and future generations.

BUSINESS COMMITTEE

Don Secena, Chairman
Jessie Goddard, Vice Chairman
Shoni Pannkuk, Treasurer
David Burnett, Secretary
Leroy Boyd Sr.,
Fifth Council Member

NEWSLETTER STAFF

Fred Shortman, Audra J. Hill and the Information Technology Team



The daughters prepare to grab a spot during musical chairs at the "Ties & Tiaras" dance.

DANCE

From page 1

energy to make the evening a success: Youth Center, Tribal Business Committee, Domestic Violence, Chemical Dependency, Youth Prevention, Vocational Rehabilitation, Heritage & Culture, Law Enforcement, Janitorial and Events.

Vanessa Youckton and DJ Ocho offered music, games and raffles during the dance. Janet Stegall provided the red carpet entrance and photography. Brenna Youckton made delicious cupcakes. Karen Klatush and

her family helped with not just the dance but with crafts and decorating. Derwin Goddard donated his time and supplies for the picture backdrop.

Thank you to all who came to our dance. It wouldn't have been a success without you. What a night to gather, dance and spend quality time together.

We are planning a mother and son night on March 31 at the Community Center. Flyers will be posted in the community soon. This is a chance for all moms, grandmas and aunties to take their "lil' man" out for a night of fun. Hope to see everyone!



The girls take a few moments to make special cards for their dads, grandpas and uncles to let them know how much they are loved and appreciated.



Selena Kearney
Photography

www.selenakearney.com

ATTENTION

THROUGH JULY 9, THE CHEHALIS
TRIBAL LOAN FUND PROGRAM
WILL ACCEPT APPLICATIONS FOR

FIREWORKS LOANS

STAND OWNERS ONLY CAN STOP BY
OR CALL 360-709-1631, 360-709-1831

HEALTH/ WELLNESS

Preserving art of natural medicine

Students learn how to harvest late winter, early spring trees

The Elders Building hosted a class sharing the magic healing properties of our local trees on Feb. 27.

This is the second series of classes from Elise Krohn, an experienced herbalist and wild foods educator. Elise was assisted by Charlene Abrahamson and Ericka Warren.

It was a hands-on and educational experience. The class was moved from the Behavioral Health Classroom to the Elders Building to accommodate the increasing number of people who want to learn about the healing properties Mother Nature provides for her native children.

Participants learned how to recognize, harvest, preserve and teach others to process various trees and make natural medicines. The hope is we will preserve the natural way of making medicines just as our ancestors did many, many moons ago.

After a good meal, elders, tribal members and community members soaked up the lessons Elise shared.

This class was about the healing properties of late winter and early spring tree medicines. Cottonwood and willow trees are known as nature's aspirin.

The process and materials needed to make medicines were provided. Participants are encouraged to take what they learned and start to make their own at home.



Elise Krohn
Herbalist, wild foods instructor



Participants learn how to make bath salts, cottonwood and willow tree medicine at the Elder's Building. They will share what they have learned in class and start to make their own at home.



Making medicine out of trees requires time and patience.

Bountiful cottonwood tree

Participants discovered the healing properties of the

cottonwood tree. The trees are bountiful along the Chehalis River Basin.

The giant black trees tower above the tops of alders and other deciduous trees and can be found along the rivers and wetlands.

If you ever cut a cottonwood tree, you will notice how much water they hold. They also are fast growing – sometimes soaring six feet or more in height in just one year.

The time to harvest cottonwood buds is in late winter. In early spring, their resinous buds swell and give off a sweet and piney fragrance, signaling spring is near.

Cottonwood's scientific name, *Populus*, means the peoples' tree. It is very useful and cherished among those who have been taught about its healing properties. It carries a compound called salicin, which is found in the leaves, buds and bark of the cottonwood and willow.

The medicine made from

this lowers fevers and reduces inflammation and pain. The bark tea is most commonly used for internal medicine and has a bitter yet aromatic flavor. Cottonwood bud-infused oil is especially helpful for swollen arthritic joints and sore muscles.

Messy, but worth it

Elise discussed the process of recognizing and proper technique for gathering this precious material to make medicines from the oils. Harvesting can be a little messy as the resin sticks to hands.

Before you begin, rub your hands with a salve or oily lotion to prevent this from happening. The resin can be easily removed with rubbing alcohol.

Cottonwood does have an extended shelf life, but you need to prepare for the slow and tedious process to get to that point. When you get

See MEDICINE, page 6



Podiatrist Deborah Behre discusses preventing falls during the February Lunch and Learn.

Lunch and Learn: Stay independent

The Chehalis Tribal Wellness Center hosted a Lunch and Learn about fall prevention in the clinic's PT Room on Feb. 21. Dr. Deborah Behre, Chehalis Tribal Wellness Center podiatrist, presented information on diabetes and preventing falls and associated injuries.

The event's main goal was to keep folks independent in their homes and lives. Deborah provided handouts in the prevention of diabetes and falling. Sadly, a bad fall can cause a broken hip or other serious injury that requires major surgery. Often, those who suffer from this type of injury do not return to living on their own.

MORE INFORMATION

Tips can be found on the Centers for Disease Control website at cdc.gov//steadi, or go to stopfall.org.

A risk assessment with simple questions is available on the Centers for Disease Control website or from your provider. Again, falls are the main reason why older people lose their independence.

Here are tips to maintain your health:

- Begin an exercise program

to improve your leg strength and balance.

- Ask your doctor to review your medications.
- Get an annual eye checkup and update your eyeglasses.
- Make your home safer: Remove clutter and tripping hazards, put railings on all stairs, add grab bars in the bathroom and have good lighting.
- Exercise: There are very simple exercises you can do.
- Proper footwear: Shoes that offer protection, support, comfort and sturdiness can reduce problems. Feet endure tremendous pressures every day. It isn't recommended to go barefoot.

Tooth Fairy survey: Cash payouts up in 2016

Delta Dental's 13th annual Tooth Fairy survey revealed cash payouts to children soared in 2016, according to an article in the Feb. 24 issue of USA Today.

Everyone's favorite little sprite decided to up her game and paid out a whopping "all-time high average of \$4.66" for children's freshly lost teeth.

That's a gigantic increase from \$.75 in 2015.

The survey also revealed the Tooth Fairy handed out about \$290.6 million for lost teeth in the United States in 2016, a

COME SEE US

If you'd like to schedule an appointment with the Chehalis Tribal Dental Clinic, call 360-273-5504.



13.5 percent increase from the previous year.

Delta Dental Vice President of Marketing Jennifer Elliott said, "In addition to the excitement a visit from the Tooth Fairy brings, she also delivers lessons in finance

and good oral health. ... Having conversations with children about good oral health habits from an early age can help establish

strong habits for a lifetime, and the Tooth Fairy can be a great way to help spark those conversations."

Taking proper care of your teeth is important to your health.

events

MONTHLY LUNCH AND LEARN

Noon-1 p.m. March 29: Rita Mercer will talk about "Diabetes and Cholesterol" in the PT Room of the Wellness Center.

DIABETES WELLNESS CLINIC

8 a.m.-4 p.m. April 20: Patients need labs, a medicine review, foot/diabetes/physical exams and a uric acid blood test.

MONTHLY COMMUNITY WALK

Noon April 20: Join others for a fun fitness walk. Starts at the Chehalis Tribal Wellness Center.

MAMMOGRAM CLINIC

9 a.m.-3 p.m. June 6: With Swedish Women's Wellness Clinic. Schedule an appointment with your health care provider to see if you're eligible.

ASK AUNTIES/ HEALTHY FAMILIES

See Community Wellness Manager Christina Hicks at the Wellness Center for an application or questions. Call 360-709-1741.

FOR MORE INFORMATION

Call Diabetes Licensed Practical Nurse Sandra Dickenson (360-709-1660) or Christina Hicks (360-709-1741).

MEDICINE

From page 4

home after harvesting your materials, start processing with your double boiler.

This takes two days to complete. Turn the heat on and off, allowing the oil to get warm but not too hot. Several types of oil can be added, including extra virgin olive oil, grapeseed, jojoba, castor and coconut.

Bear fat also is an option, which is most likely what our ancestors used.

You will know when your cottonwood oil is done because it turns a deep golden color and becomes very fragrant.

To press it out, lay a piece of muslin cloth over a container. Put the buds and oil into the muslin, bundle it up, twist the cloth and squeeze with all your might. This takes a considerable amount of strength.

Place in a glass jar and store. Shelf life at this stage can be two to three years.

Willow medicine

Elise also taught participants about willow medicine. Willow bushes thrive along the edges of rivers, ponds, wetlands and beaches. There are 300 different species found in different habitats.

They are easily missed until very early spring when new growth paints bright green, yellow and reddish hues on monotonous winter landscapes.

Elise taught that all willows are edible, but some are not very tasty. The leaves are high in vitamin C – seven to 10 times more than oranges! Many native people ate the inner bark in springtime, although it is so labor intensive that very few people continue the tradition today. Willow bark also is high in calcium, magnesium, zinc and trace elements.

How to harvest

While willows are medicinal, the medicine strength can vary depending on the species and where the

plant grows. Be sure to harvest willow in an uncontaminated area.

The most medicinal willows smell a bit like wintergreen and taste terribly bitter like an aspirin tablet with a tart vitamin C aftertaste. This is what you want.

Willows were used for many things other than medicine. Pacific Northwest native people used willow to make poles for fishing weirs, rope for fishing lines, nets, baskets, bows and arrows.

It is strong and flexible and does not rot when submerged in water.

Ecological relationship

Both cottonwood and willow are important to watery ecosystems because they stabilize stream banks and provide shade over water. This helps keep water cool and clear so salmon and other species can thrive.

Deer and elk enthusiastically graze on willow as food sources and beavers use it for building material.

Willow flowers produce vast amounts of pollen and nectar that bees and other insects rely upon.

Part of our culture

After discussing where to find the trees, proper harvesting times and how trees can be used, participants tasted some of the teas made from cottonwood and willow. They also took turns preparing ingredients to make bath salts or trauma balm to be used at home.

Handouts were very instructive. Community members were encouraged to take them for references and recipes.

It was inspirational to learn the old ways of making natural medicines. We have forgotten much about how our ancestors made certain medicines.

With the proper teachings, this class can influence someone to revive this part of our culture.

If you are interested in learning more, watch for flyers or on Facebook for future classes!

Protect colon health

Get active today for a healthier tomorrow

Contributed by Stacy Gouley and Jen Olson

Colorectal cancer is the fourth most common cancer in the United States and the second leading cause of death from cancer.

Colorectal cancer affects all racial and ethnic groups and is most often found in ages 50 and older. You also might be at higher risk if you are African American, smoke or have a family history of colorectal cancer.

Between 2009-2013, 15 American Indian/Alaska Natives were diagnosed with colon cancer in South Sound.

Colorectal cancer is preventable through identification and removal of pre-cancerous polyps. Since 2010, more than 200 South Sound Tribal and community members have prevented cancer through removal of precancerous polyps.

The best way to prevent colorectal cancer is to get screened regularly starting at age 50. There often are no signs or symptoms of colorectal cancer. That's why screenings are important.

The Nisqually Youth and Community Center is proudly participating in Colorectal Cancer Awareness

TIME FOR A SCREENING

The Chehalis Tribal Wellness Center can help you determine if you are due for a colorectal cancer screening. Make an appointment with your health care provider at 360-273-5504.

Month. At Chehalis in 2016, 76.9 percent of those older than 50 reported they were screened for colon cancer. That's great! Our community goal is to reach the national goal of 80 percent colon cancer screening rate 2018.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened at age 50.
- Quit smoking and stay away from secondhand smoke. Call the clinic about tobacco cessation.
- Get physical activity and eat healthy. Eat at least five servings of fruits or vegetables and get at least 30 minutes of activity each day.
- Reduce or eliminate sugared drinks for you and your family. Water or flavored water are great alternatives.



WIC THROUGH SPIPA

Women, Infants and Children provides healthful food and nutrition information for you and your child up to age 5.

NEXT DATE
9:30 a.m.-3:30 p.m.
April 6 at the Chehalis Tribal Wellness Center

CONTACT
Debbie Gardipee-Reyes, 360-462-3227 or **Patty Suskin**, 360-462-3224; Chehalis: **Debra Shortman**, 360-709-1689

Cholesterol: The good, bad, ugly

Hyperlipidemia or hypercholesterolemia is quite the mouthful, but it is just a fancy name for having too many fats or cholesterol in the blood. When your cholesterol is out of whack, this puts you at risk for having a heart attack or stroke. Below is basic information about cholesterol and how to keep your levels within a range that is going to help prevent life-altering health problems or even death.

Cholesterol is a waxy, fat-like substance that every cell in your body needs. Cholesterol also helps to make hormones, vitamin D and substances that aid in digesting food. You need cholesterol to survive. Your body develops its own cholesterol, but it is also obtained through some of the foods you eat.

Your body transports cholesterol through the bloodstream in small packages made of fat (lipid) on the inside and protein on the outside – otherwise known as lipoproteins.

There are two types of lipoproteins:

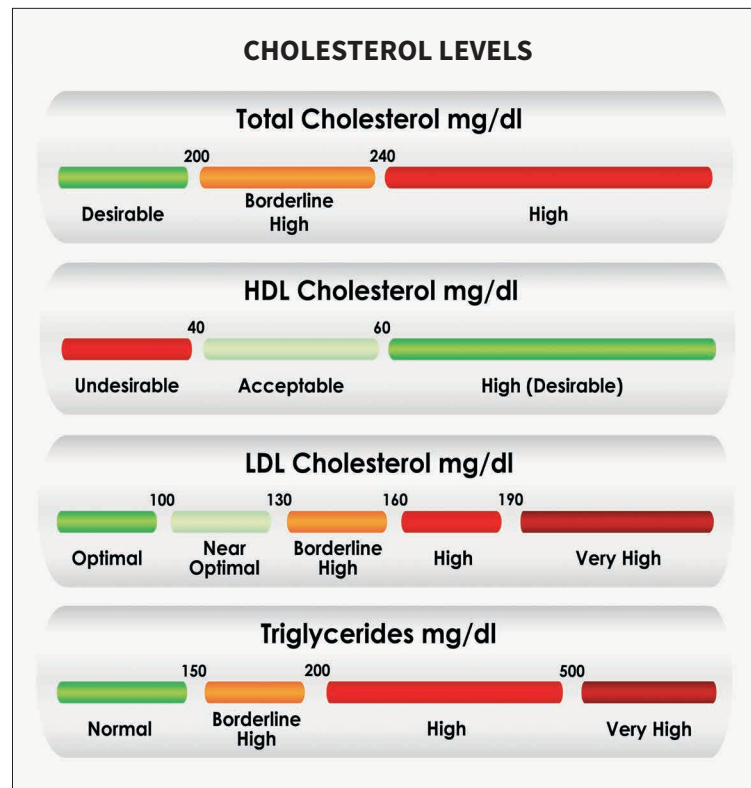
1) Low-density lipoproteins (LDL): These are considered “bad” cholesterol because too much of this can build up in your blood vessels as plaque and lead to a heart attack or stroke.

2) High-density lipoproteins (HDL): These are considered “good” cholesterol because it absorbs cholesterol from various parts of the body and carries it back to the liver, which flushes it out of the body.

Triglycerides are a type of fat or lipid found in your blood that your body uses for energy. When your health care provider orders a total cholesterol or lipid panel blood test, it includes HDLs, LDLs and triglycerides.

When should cholesterol be checked?

Generally speaking, everyone should have a baseline “cholesterol or lipid panel” checked at age 20, then about every five years if normal or sooner



CONTACT US

For any questions about your cholesterol and risk factors or to make an appointment with one of the health care providers, please contact the Chehalis Tribe Wellness Center at 360-273-5504.

as warranted. However, it depends on your health and family history as to when this test should be obtained and how frequently it should be repeated, which might be as often as every six-12 months. It might even be appropriate for children to get a lipid test.

Simply put, by having low levels of total cholesterol, LDLs and triglycerides and high levels of HDLs, you can help reduce your risk of having a heart attack or stroke.

What can you do to achieve optimal cholesterol levels to prevent heart attack or stroke?

- Reduce intake of food that is high in saturated fats, trans fats and cholesterol such as fatty meats, cheeses, dairy, certain snack foods, fried

foods, margarines and egg yolks. Choose low-fat or fat-free milk, cheese and yogurt options. Eat foods high in fiber such as oatmeal, oat bran, beans and lentils, along with plenty of fruits and vegetables.

- Lose excess weight. Being overweight affects your cholesterol.

- Lack of exercise does not help and can lead to struggles with weight loss. Exercising at least 20-30 minutes a day more days of the week than not is encouraged.

- Quit smoking.
- Control your blood pressure.

Medication such as Atorvastatin and/or taking a baby aspirin once daily can be used to help lower cholesterol and protect your heart when appropriate. These options should be discussed with your primary care provider.

Cholesterol is a good thing and needed for survival, but when certain types of cholesterol are too high or too low, this can increase your risk for heart disease and stroke. Hopefully the above has helped to define what cholesterol is and steps you can take to keep yourself healthy.

in brief

Time to heal

The Women's Healing Circle runs from 4:30-6 p.m. April 13 and 27 and May 4 and 18 in the Behavioral Health Group Room.

The group provides a safe environment to talk with people who have been affected by domestic violence. Build friendships and find support.

A craft, meal and child care will be provided. Open to the tribal community and employees. Free and confidential.

The Chehalis Domestic Violence Program offers services to tribal members and community members.

If you have concerns about healthy relationships, jealousy, domestic violence or dating violence, please reach out.

Visit the office: Stop by from 8 a.m.-4:30 p.m. Monday-Friday or call 360-709-1874.

Crisis line: Chehalis Tribe Domestic Violence Advocate Janita Raham is available at 360-789-3627. Call or text 24/7.

USDA Food Program

To sign up for the USDA Food Distribution Program, call the South Puget Intertribal Planning Agency Food Distribution Warehouse at 360-438-4216 from 8 a.m.-4 p.m. Monday through Friday.

Many people have misconceptions about the food offered by the SPIPA Food Distribution Program. It's not just about the cheese nowadays, though we do still offer that! There are more frozen meats such as bison, pork chops and ham and in-season fruits such as pears, oranges and grapefruit being offered now than ever before.

Tribal community members can get an application from Debra Shortman at the Chehalis Tribal Wellness Center.

The next distribution date is April 20. Pickup is at the Chehalis Tribal Community Center from 9:30 a.m.-1:30 p.m.

FAMILY

Free legal services available to students

*Contributed by
Northwest Justice Project*

Are you facing an issue in school? Do you need help with your attendance or performance? We can help!

The Native American Unit at Northwest Justice Project provides free civil (non-criminal) legal services to Native American/Alaska Native students and their families in Washington.

Cina Littlebird at the Native American Unit is available to provide advice and representation in civil legal matters that can impact the student's school attendance or performance. Cina can work with you on:

- Education matters such as expulsion, suspension and truancy; discriminatory discipline; special education and learning disabilities; parents' rights

- Emancipation
- Foster and homeless student issues

- Health matters including denial of health care services or obtaining mental health services

- Housing problems such as evictions, discrimination or deposit issues

- Public benefits matters including applying for, denial of or reduction of public benefits

CONTACT US

To find out whether the Native American Unit can help you, contact Cina Littlebird at cina.littlebird@nwjustice.org or 206-464-1519, ext. 0919.



Chehalis tribal families met to give their input on the Healthy Families Project on Feb. 22.

Building strong, happy families

Parents find support to nurture children

Contributed by Christibeth Klatush

The South Puget Intertribal Planning Agency's Healthy Families Program brought people together on Feb. 22 to receive input and determine future goals.

Close to 50 community families learned about the success of the program in the Gathering Room of the Community Center.

After a blessing of the food by Christina Hicks, participants enjoyed a meal together. SPIPA administrators Cassie Morley and Wendy Gephart gave a presentation and gathered information for improvements.

The program was scheduled to last only five years. Because it was so successful assisting families throughout the five tribes plus a few extras around the Puget Sound, funding has been accepted for five more years.

Each funding cycle, community input is an important step to add services and resources to the program. It is built to the needs of young families and provides essential services to improve the health



Cassie Morley (left) and Wendy Gephart with the South Puget Intertribal Planning Agency discussed the program.

MORE INFORMATION

Contact Healthy Families Project Home Visitor Christibeth Klatush at the Chehalis Tribal Education Department, 360-709-1627 or bdodge@chehalistribe.org.

of families. Trainings and home visits help people grow together. Strong families build a healthy community!

The Healthy Families Project provides the following services:

- Parenting skill development through positive native parenting practices and resources.

- Support and assistance in accessing prenatal care for pregnant women.

- Developmental guidance and parent-child interaction support.

- Provision of home visits for prenatal through age 5.

- Developmental and observational screening of the child, caregiver and family, including home safety, developmental concerns, pre/postnatal depression in mothers, domestic violence and family social support.

- Referrals and linkages to other health, developmental, mental health, community and educational supports for the child, caregiver and family as appropriate.



February brought love to Early Learning

For Valentine's Day, Chehalis Tribal Early Learning children celebrated by giving out valentines to their classmates and snacking on goodies they brought to share. Some of the children even spent time creating homemade cards and gifts with their parents.

Pet care, safety

Our monthly Parent Night on Feb. 15 featured delicious chicken fettuccini alfredo and garlic bread for dinner. Families enjoyed listening to guest speaker Brennan Stoelb, Chehalis Tribal Animal Control



Officer. He brought great giveaways and taught us about pet care and safety. Afterward, attendees played animal bingo and won a ton of prizes!

Moms and kids

Calling all expectant mothers and their children ages birth to 5! Our program is fully enrolled but we are always taking applications for our waitlist and next school year. We offer classroom-based slots serving children through age 5 in our Early Head Start and Head Start Programs.

We also offer an Expectant Mothers and Home-Based

Program that serves pregnant women and children through age 3 by bringing the classroom to their homes.

Policies, procedures

The Policy Council met Feb. 13 to discuss program business.

This is a group of elected parents representing Head Start and Early Head Start. They go over policies and procedures and are an important part of our program's governing body. All parents are welcome to sit in and take part in the meetings.



Instill a love of physical activity

Looking for ideas to keep your child active?

As a parent, you can help shape your child's attitudes and behaviors toward physical activity. Throughout their lives, encourage young people to be physically active for one hour or more each day, with activities ranging from informal, active play to organized sports.

Here are ways you can do this:

- Set a positive example by leading an active lifestyle yourself.
- Make physical activity part of your family's daily routine by taking family walks or playing active games together.
- Give children toys that encourage physical activity such as balls, kites, hula hoops and jump ropes.
- Take the stairs instead of the elevator.
- Walk around the block after a meal.
- Make a new house rule – no sitting still during television commercials.
- Take young people to places where

they can be active, such as public parks, community baseball fields or basketball courts.

■ Be positive about physical activities your child participates in and encourage him or her to be interested in new activities.

■ Make physical activity fun. Activities can be anything your child enjoys – structured or non-structured. Activities can range from team sports or individual sports to recreational activities such as walking, running, skating, bicycling, swimming, playground activities or free-time play.

■ Limit TV time and keep the TV out of a child's bedroom.

■ Instead of watching television after dinner, encourage your child to find fun activities to do on his or her own or with friends and family, such as walking, playing chase or riding bikes.

■ Be safe! Always provide protective equipment such as helmets,



wrist pads or knee pads and ensure each activity is age-appropriate.

■ Find time to spend together doing a fun activity – family park day, swim day or bike day.

■ Be sure children get the sleep they need. Most children younger than 5 need to sleep 11 hours or more each day, ages 5-10 require at least 10 hours of sleep and those older than 10 should get at least nine hours.

Activities such as jumping rope, hula hooping and running outside flying a kite are all fantastic ways to get kids moving.



RESOURCES

Check out the Native American Games physical activity kit (PAK) at ihs.gov/hpdp/pak.

Learn how engaging in outside activities can be fun and affordable for families at letsmove.gov/lets-move-outside. The site promotes a range of healthy outdoor activities for children and families across the country.

Meal program serves elders

Food brings people together. Communal meals are especially important because they provide socialization for elders and allow staff and other elders to interact with them.

Meals are served at the Elders Building from 11:30 a.m.-1 p.m. Monday through Thursday and 9 a.m.-10 a.m. Friday.

They are for individuals ages 55 and older and:

- Their spouse, regardless of age
- Their dependent children with disabilities living with them

There is no application for eating lunch – just show up and sign in.

Home-delivered meals

Having access to nutritious meals is essential for elders' well-being.

Home delivery is for ages 55 and older and:

- Those who meet the homebound and frail qualifications (see below)
- Spouses regardless of age
- Dependent children with disabilities
- Caregivers of elders who receive meals

Those interested must fill out an application packet and have an annual assessment (home visit) of nutritional well-being.

The packet and assessment must be filled out and completed before lunches are delivered.

If someone cannot do two of the following daily activities without substantial human assistance, they are eligible for home-delivered meals.

- Bathing
- Transferring
- Eating
- Toileting
- Walking
- Grooming
- Dressing
- Continence

Assessments are completed by a medical provider.

Home lunches are delivered starting at 11:30 a.m. Monday through Friday.

CONTACT US

If you would like a packet for an elder who might qualify for home-delivered lunches, call Christina Hicks at the Chehalis Tribal Wellness Center at 360-273-5504.

Children thrive when nurtured

Safe, stable environments, relationships make all the difference

You are needed as a tribal foster parent! Please open your heart and open your home to tribal children.

The Chehalis Tribal Social Services program has a great need for foster homes in our community.

Today, there are almost 9,000 children in our state in out-of-home care.

Two thirds of children in out-of-home care are younger than 5 and were taken from their parents because of neglect.

Three times more Native American children are placed in out-of-home care than white children in Washington,

and the average length of time in care is 16 months.

There are many types of foster homes, and you can choose the one you would like to be licensed for:

- General foster care
- Relative care
- Respite care
- Emergency placement
- Therapeutic foster home

There are children who need to be placed for a temporary time and some who need help for a longer period of time. When you become a licensed foster parent, you are not just opening your home – you are opening your heart to children.

GET IN TOUCH

If you would like more information about becoming a licensed foster home or have any questions, please call Melanie Hjelm at 360-709-1632, send an email to mhjelm@chehalistribe.org or stop by my office in Social Services.

Foster care parents share perspective

Time, effort and love bring positive changes to child's life

My wife and I started looking into foster care shortly after we married 25 years ago. We love children and were unable to have any of our own. We saw such a great need all around us for foster parents.

We took our time looking into the process and found the prospect to be scary, yet so heartwarming and wonderful to see the smiles and love that a child shares with you after time.

It was about a year later that we started our journey as foster parents hoping to make a positive change in the lives of children.

Our first of many children stayed with us for about three months. It felt like a

nightmare! The child did not understand what had happened to his world, did not understand why he could not be with Mom and Dad. He cried a lot. This led us to cry a lot and doubt ourselves. We became unsure whether we could do this.

Slowly, we began to see positive changes, little things, and it started feeling better. It started to feel like time and effort and love really can bring about positive change in a child's life. You can see it in their faces and feel it in their hugs.

As our journey in foster care begins to find its end, we can look back at all of the children who have touched our lives forever and the wonderful and not-so-wonderful experiences we have had.

We know we have made a difference. So stay the course because the rewards are so much greater than life itself.



MARCH BIRTHDAYS

1

Cyllus Leal-Youckton
Jeremy Sanchez
Raven John

2

Andreas Jacobs
Dale Klatush
Mel Youckton

3

Anthony Andrews
Nathan Wittwer

4

Devin Boyd
Sara Esselstrom

5

Jason Canales
Quinten Canales
Carrie Ehmke
Vincent Visaya

6

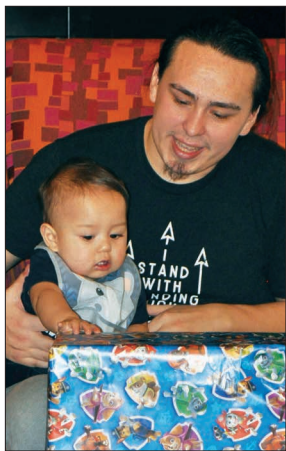
Amy Dehart

7

Jerry Meas

8

Anthony Brown
Steve Burnett
Allison Carter
Jeffrey Gomez



BRENT SIMMONS: Happy birthday. We are so proud of you! Mom, Grandma, Auntie, Jodie, Mercedes, Tony, Carlos and family.



MEL YOUCKTON: Happy birthday Dad. We love you.



JERRY MEAS: Happy birthday. I love you son! Love Mom and your family!



NORMA DANIELS: Happy birthday. You are special to many. From your friends and family.

9

Linda Carpenter
Rose Choke
Olivia Latch
Jeffrey Leclair
Mathew Reynolds

10

Kami Beckwith
Tyson Black
John Blacketer
Tina Ebling
Jay Sanchez, Jr.

11

Colleen Klatush
Richard Revay

12

Mercedes Bracero
Falicity Bumgarner
Joseph Charles
Guy Youckton

13

Terri Farrier

14

Trevor DuPuis
Ranessa Goddard
Lola Secena-Ferguson

15

Arick Burnett

16

Jace Cayenne
Amy Shivers

17

Dede Devlin
Angelina Sanchez
David Youckton

18

Joshua Burnett
Wilson Pickernell

19

Ted Gleason
Noah Snell
Derrek Yawn

20

Sarra Burnett-Lisle
Natasha Goddard

22

Frank Cayenne, Jr.

23

Jack Colson
Tre's Meddaugh
August Secena-Sanders

24

Alxis Beckwith
Haezen Charles-Cayenne
Kylee Secena

25

Beatrice Christensen
Zander Sanchez
Aaron Youckton II

26

Jacee Hoyle
Brent Simmons

27

Sean Allen
David Burnett
Garret Hicks
Emily Ortivez
Robert Wertz



AUGUST SECENA-SANDERS: Peek-a-boo. Look who's 2! We love you, August Andrew! xo Daddy, Mama and family.

MORE WISHES

FALISITY BUMGARNER: Happy birthday to Grandma's favorite Princess. Grandma Anna <3 <3

FRANK CAYENNE JR.: Happy birthday to my grandpa. From Dyani.

DIANE DEVLIN: Happy birthday Dee Dee Devlin. Love your family.

TINA EBELING: Happy birthday. Love your family.

DAVID YOUCKTON: Happy birthday from the Chehalis Tribal Enterprises Team and your family.

28

Annie Jones
Bev Starr

29

Norma Daniels
Victoria Hanna

30

Skylar Bracero
Yolanda Ortivez

31

Colby Higheagle
Chris Secena
Charlotte Weber



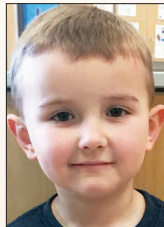
ANASTAZIA STARR: Happy 1st birthday Princess Anastazia! We love you! Love Mom and Dad.

STUDENTS OF THE MONTH

Aiden Secena Sanders

**Kindergarten
Rochester Primary School**

Aiden Secena Sanders is a kindergartener at Rochester Primary School. He is the son of Bryan and Mary Sanders and has two brothers, two sisters, a Great Dane named Frank, a cat named Lewis and three bunnies named Frank, Bean and Shadow.



Aiden loves many things about school, especially coloring and writing. Much of his success is from being a good listener. Aiden also stands out as a helper in the classroom and follows the rules. He would encourage his classmates to not play during class, be nice and listen to the teacher.

Aiden has many hobbies, including playing video games with Ben, playing with his baby brother August, riding his bike, playing T-ball and playing outside. Aiden is a talented child and excels at riding horses, drawing, driving his Gator, running and buying great presents for people.

After high school, Aiden has big plans. He wants to be a hunter and also build things. He plans to accomplish these goals by going to school and always being a happy person. He would like to go to a college near home and wants to study dinosaurs and also how trees survive.

If Aiden were chairman of the tribe, he would talk with people about caring for others.

Falesity Bumgarner

**Sixth grade
Rochester Middle School**

Falesity is a sixth-grader at Rochester Middle School where she has a 3.5 GPA. Falesity is the daughter of Lucy Hill and Johnny Bumgarner and has one brother and a dog named Kai Puppy.



While Falesity enjoys many aspects of school, she especially likes reading throughout the day. In addition to her literary inclination, she believes much of her academic success is because she always listens carefully to her teachers. Falesity encourages other students to always turn their work in on time. This will help them avoid falling behind and having to play catch up.

Falesity's special interest at home is drawing. She also enjoys spending quality time with her friends and family. In seeking to further her artistic talents, Falesity takes part in Rochester's Art Club.

While only in middle school, Falesity has plans to attend college after she graduates from high school. She doesn't know where or what she will study but she understands that to get into college, she will have to be a good student and maintain a high GPA.

When we asked her what she would do if she were the Chairman of the tribe, she answered simply that she would help all of the children more.

Jasmine Klatush

**Ninth grade
Rochester High School**

Jasmine Klatush, a ninth-grader at Rochester High School, is holding a 3.11 GPA. She is the daughter of Pamela Esparaza and Chris Klatush and has two brothers, three sisters and an American bulldog named Winston.



Her favorite thing about school is seeing her friends. She also enjoys learning new things, sometimes anyway. She feels a lot of her success comes from getting her work done promptly and spending plenty of time studying. She would tell other students that they also can succeed because hard work pays off.

In addition to being active in the classroom, Jasmine is an athlete. She played volleyball during the fall and is on the fast-pitch softball team. Outside of school, she loves to play sports, especially fast-pitch softball, and hang out with her friends and family.

Jasmine's aspirations do not end with high school. After graduating from Rochester, she plans to attend college and pursue a career as a dental hygienist. Jasmine has not yet decided which college she will attend, but she's sure she will study hard.

If she were the chairman of the tribe, she would organize more sports tournaments for youth in our community.

HONOR ROLL

**Kirsten Secena
Nora Ortivez
Lauren Quilt**



**Mya Ortivez
Emily Pickernell
Devin Olney**

ATTENTION CLASS OF 2017

The Chehalis Tribe offers a friendly reminder that graduation is right around the corner. We celebrate our graduating seniors with a dinner and recognition ceremony. If you know any community or tribal members getting ready to graduate, please have them get in touch with us to make sure they are on our list. Contact JJ Shortman at 360-709-1749 or Jodie Smith at 360-709-1897.

Contributed by the Chehalis Tribe K-12 Program