Snee-Nee-Chum

A monthly newsletter of the Nooksack Indian Tribe

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Nooksack Indian Tribal Court has a new Judge

Judge Susan Alexander will be presiding over the Tribal Court starting June 1st. We are excited to have her and she came highly recommended by Judge Montoya-Lewis, who was asked to take a seat at the Whatcom County Superior Court.

Judge Alexander sent the following information about her background and life so that the Nooksack people could get to know her a little bit before her arrival.

Biography of Susan Alexander

I was born in Olympia, Washington, at the beginning of the Baby Boom in 1946. I spent my childhood partially in my father's home state of Oklahoma but mostly in my mother's home state of Washington. My happiest times were spent on my grandparents' apple orchard in the Okanogan Valley of Eastern Washington, next to the Colville Indian Reservation.

I graduated from Lewis and Clark High School in Spokane and from the University of Montana in Missoula, with a B.A. in English. I had several interesting jobs, including serving as a VISTA Volunteer in Southside Chicago, as an administrative assistant on Wall Street, and as an English teacher in Seoul, South Korea.

I graduated from Brooklyn Law School in New York City in 1976. I have passed bar exams and been admitted to practice in New York, Connecticut, Washington, California, and the District of Columbia. I have also been admitted to practice in numerous Tribal and federal jurisdictions.

Before working in Indian Country, I practiced in two law firms, doing trust and estate work in Connecticut and federal antitrust work in Washington, D.C. I taught legal writing and analysis at the law schools at New York University and the University of Washington. I worked as a judicial attorney at the Ninth Circuit Court of Appeals and the California Court of Appeal.

In 1995, I was between jobs, writing a book, and contemplating the other half of my life and legal career. I met my now-husband Dennis, who was living on the Makah Reservation, at the Northwest tip of the Continental United States. He told me that the Tribe was advertising for a prosecutor. I got the job and, from that point forward, I have never sought employment outside Indian Country. I was hooked on the fascinating legal issues and the pleasures of working with Tribal communities.

Over the past 20 years, I have worked for the Makah, Quinault, Quileute, Lower Elwha Klallam, and Nisqually Tribes, WA; the Reno-Sparks Indian Colony, NV; the Confederated Tribes of the Warm Springs Reservation, OR; and the Gila River Indian Community, AZ. I have served as appellate judge, trial judge, prosecutor, Indian Child Welfare attorney, advocate for Native juvenile offenders, and code drafter. I obtained my Certificate in Judicial Development, Tribal Judicial Skills, from the National Judicial College in 2010.

Since 2000, Dennis and I have resided on "Lavender Scavenger Farm" in Sequim, Washington, between the Strait of Juan de Fuca and the Olympic Mountains. We have elderly moms, children and grandchildren, apples and blackberries, lavender and dahlias, three dogs, three cats, and five chickens. ■

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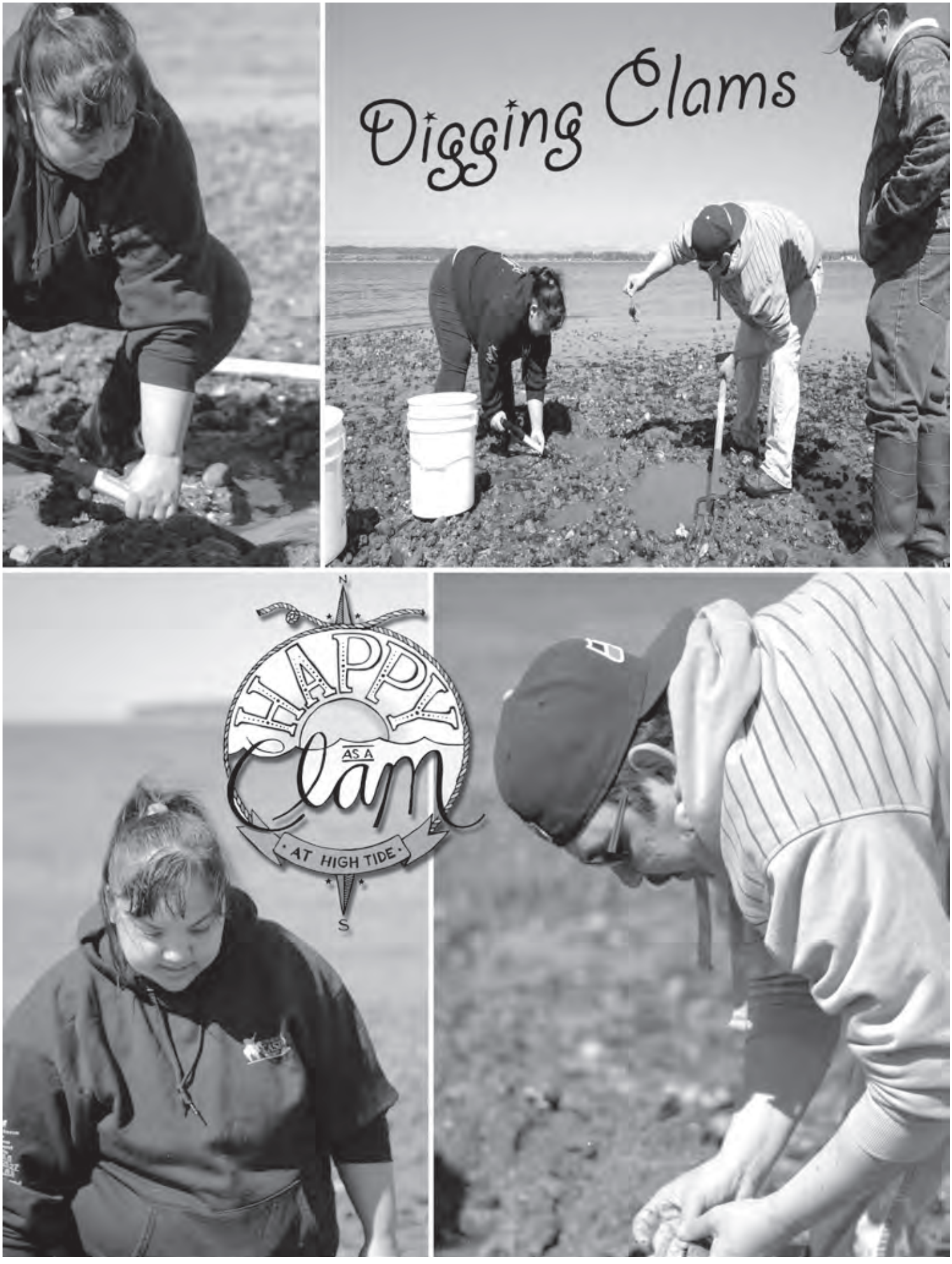
Book Donation

Nooksack Indian Tribe's Diabetes Program and Nooksack Way of Life combined efforts and resources in order to donate a set of large picture books to the Everson Elementary school. The Tricky Treats series was written by Georgia Perez of the Nambe Pueblo Tribe. They were illustrated by Patrick Rolo of the Bad River Band, Ojibwe and Lisa Fifield the Oneida Tribe in Wisconsin. The books were accepted by Ms. Katie Sterk a second grade teacher and second grader Heidi Davis. The books are intended to supplement and enrich the schools current health curriculum. The school was grateful to receive the materials and plans to utilize them soon. ■

Nooksack Traditional Ways

The Traditional Ways Committee collaborated with the NIT Cultural Department for a salmon fish canning event at the Suchanon building. 12 Participants came together to cut, can, and vacuum pack smoked salmon. The jars and baggies filled with fish are intended as give-aways at the Mother's Day canoe racing event. Other up-coming activities with the Committee include more canning, harvesting local plants and berries, and more traditional food storage projects for future community gatherings.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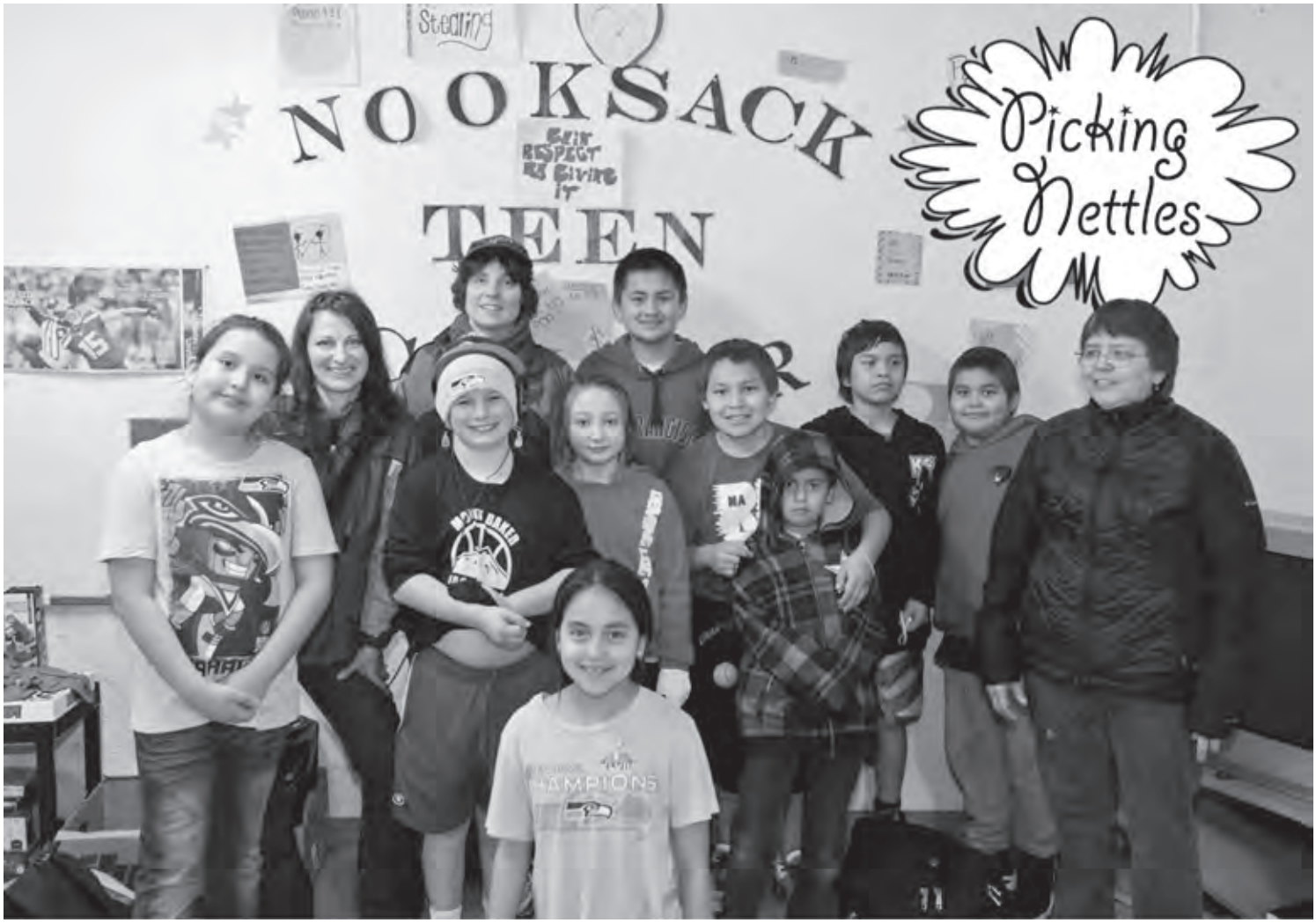

On March 25, Nooksack Way of Life, the Diabetes program, and the Housing Department joined forces with the after school program in order to take students out nettle picking. Even though it was rainy and cold several 4-5 graders opted to go out into the woods and search for nettles. First Sandra Bura explained how to identify and safely pick the plants. With the assistance of James Hundley students located and harvests nettle sprouts. After approximately half an hour of picking they brought back their findings. With the direct assistance of the supervising adults, the youth learned how to blanch, clean, and store the nettles. It is the intent of the group to save the harvest and make either nettle soup, stir fry, or tea for the elders dinner in the fall. *More photos on page 6.* ■

MOUNT BAKER
BASKETBALL

NIT Cultural Learning Center Alternative School Program Visits Bellingham Technical College

On April 16 the NIT Cultural Learning Center Alternative School Program visited Bellingham Technical College to check out school-to work opportunities for young adults. This newly established program is designed to assist high school age teenagers who are not meeting the academic requirements in public school. Students who have few credits, are not good candidates for GED programs, or need more professional support than on-line courses offer, are eligible to apply to the Cultural Center. Currently it is operating under the Alger Learning Center; this program allows for students to earn a state equivalent of a high school diploma. The emphasis of the program is to catch students up and transition them to a higher learning facility. Running start programs are available to students with Junior status credits. There is a referral process. Applications for at- risk students are available at Timber Ridge. Based on availability and appropriate placement, those students who meet the requirements will be enrolled in a timely manner. If you have any questions or know of a struggling student please contact Donia Edwards or Sonny Gnuthake at 966-9696 or Victoria Mayers at 966-7704. ■

Nooksack Tribe Youth

Congratulations Genessee!

Genessee Cooper (placed 3rd) in the "All Whatcom County Jr. High Wresting Tournament" on March 21, 2015. Waylon Kentner (placed 1st) and also Doe Aure's daughter (placed 1st).

This was Genesee's first year wresting and she worked really hard on improving her skills. She had a good season this year in wrestling and enjoyed it very much. Genessee is now going out for soccer. Both Steve and Tamara Cooper-Woodrich are very proud of Genessee! Sports are helping Genessee to develop into a respectful young lady with pride in herself and her teammates.

Genessee Cooper (far right) places third!!

Beautiful Ballerinas – Samiya and Chay

Basketball Tourney

Nooksack Youth 9 & under at basketball tourney in Lapwai, Idaho. They took second out of 15 teams.

Youth Department Adds Receptionist, Plans for a Fun Summer

The Youth Department would like to welcome Tribal Member Victoria Williams to our team. She is our new Youth Department Receptionist. Victoria and her position are helping tremendously with Youth Department customer service for all the families that we serve, and she's already become a great asset to our team.

The Youth Department recently received a great question that many of our families might also like the answer to. The question was, since Nooksack Valley School District's last day is on June 11, will the After School Program be open on June 12? Yes! June 12 is the last day of our After School Program before our Summer Program starts. The Youth Department will be closed June 15 to 19 to train our Summer Program staff and such. The first day of Summer Program will be June 22. We hope you'll save these dates and that this information will help everyone make other accommodations for our closure from June 15 to 19.

This Summer Program will be full of events that none of your young ones will want to miss. This year's events will include all-day programming, weekly trips to local parks, and field trips to the Woodland Park Zoo, Wild Waves, the Birch Bay Water Slides and a Mariner's Game.

All families will need to do is fill out the Summer Program form, which will be sent home with our After-School Program youth in May. The forms will also be available at Timber Ridge (5604 Mission Road), through our website, www.nooksacktribe.org, and through our Nooksack Indian Tribe Communications Facebook Page, www.facebook.com/NooksackIndianTribe.

This year, priority for admittance to the Summer Program will be given to students who have regularly attended our After School Program for three months or more. Tribal and Tribal affiliated students who haven't attended our After School Program regularly will then be admitted. After all of the slots have been filled, we'll maintain a fair and accurate waiting list and add wait-listed students when cancellations take place.

This all depends on families turning in their completed Summer Program forms. We'll be hosting our annual Summer Kickoff Barbecue at Timber Ridge in partnership with the Tribe's Behavioral Health Department in June. This will be a great chance to celebrate the change in season and encourage families to complete and turn in their Summer Program forms. We'll be sure to do outreach about the time and date of the Summer Kickoff Party through notices sent home with youth, our Tribe's website and Facebook Communications Page.

We're hearing that parents and caretakers are appreciating the improved posting that we're doing about our department on Facebook, so we'll be sure to keep those posts going, while also continuing to send notices home with youth for those that don't have internet access. You can also always just give us a call or stop by!

For more information, contact the Youth Department at (360) 966-9696 or visit us at 5604 Mission Road. ■

Genesis II hosts Youth basketball tournament at MBHS

Genesis II hosted a Youth basketball tournament Friday April 24 through Sunday April 26 at Mt. Baker High School. Coordinators Nate Smith and Daleno Cooper (holding shirts) spear headed the SAMSHA sponsored event. A big thank you to Molissa Leyva and Nathaniel Smith for coordinating the tournament, and volunteering their time! Without you two, this tournament wouldn't have happened. Thank you to the tournament committee for helping get the gymnasiums, and prizes! I'd also like to thank the children and parents who came. There were a lot of competitive games played throughout the weekend, and I was fortunate enough to referee the 12 & under tournament with Anthony Madera who took time out of busy weekend and help us out. It was a pleasure to volunteer this weekend. It warms my heart to see all the smiles on the kid's faces when they received their awards. Those smiles made the whole weekend worth it.

Thank you to Chasity Madera, Jesse Madera, Heidi Davis, Kristen Reagan, Kayleasha Davis, Kylind Powell, Leshaun Powell, Lawrence Bailey, and all the other volunteers who helped run the clock and keep score over the weekend. Tournament gifts bags were assembled by Marty Gladstone and Molissa Leyva. The sponsors provided water and snacks for the players, coaches, and parents. Volunteers stepped up to ref games, work the score boards, and chaperone kids. The tournament was a success, thanks to you guys!

This being Nate Smith's first youth event he has ever coordinated, he felt overall it went well. He has offered to organize another such program because " The Children are our Future". ■

Genesis II: Marijuana

In this age of "Transparency" the beliefs and behaviors towards marijuana have become more clouded and shady in regards to the Federal laws and State laws. I have researched both laws. Here at Genesis ll marijuana has been a constant discussion. We have decided to go by the Federal and Washington State laws because these laws are the ones that we have to deal with and answer to on a daily basis.

To put it simply on Nooksack Tribal Lands marijuana in any shape, form or possession is illegal because of the Federal Laws.

In Whatcom County it is State law that applies.

I have attached short forms of Federal and State laws.

In enacting the Controlled Substances Act (CSA), Congress determined that marijuana is a Schedule I controlled substance. In 2012, voters in Colorado and Washington state also passed initiatives legalizing marijuana for adults 21 and older under state law. As with state medical marijuana laws, it is important to note that Congress has determined that marijuana is a dangerous drug and that the illegal distribution and sale of marijuana is a serious crime. The Department of Justice (DOJ) is committed to enforcing the CSA consistent with these determinations. On August 29, 2013, DOJ issued guidance to Federal prosecutors concerning marijuana enforcement under the CSA. The Department's guidance is available on the DOJ web site, and provides further detail.

https://www.whitehouse.gov/ondcp/frequently-asked-questions-and-facts-about-marijuana

Marijuana Resource Center

Marijuana is a topic of significant public discourse in the United States, and while many are familiar with the discussions, it is not always easy to find the latest, research-based information on marijuana to answer to the common questions about its health effects, or the differences between Federal and state laws concerning the drug. Confusing messages being presented by popular culture, media, proponents of "medical" marijuana, and political campaigns to legalize all marijuana use perpetuate the false notion that marijuana is harmless. This significantly diminishes efforts to keep our young people drug free and hampers the struggle of those recovering from addiction.

The Administration steadfastly opposes legalization of marijuana and other drugs because legalization would increase the availability and use of illicit drugs, and pose significant health and safety risks to all Americans, particularly young people.

This Web-based resource center provides the general public, community leaders, and other interested people with the facts, knowledge, and tools to better understand and address marijuana in their communities. This resource center will be regularly updated and expanded to address emerging issues, research, and prevention tools, and highlight successful local efforts to reduce marijuana use.

https://www.whitehouse.gov/ondcp/marijuanainfo

Initiative 502 legalized marijuana use for adults however there are still a number of restrictions. It is important for you to be aware of the following laws:

• Age Limit – Only adults age 21 and older can purchase and possess marijuana.

• Purchase Limits – Adults age 21 and over can purchase up to one ounce of useable marijuana (the harvested flowers, or "bud"), 16 ounces of marijuana-infused edibles in solid form, 72 ounces in liquid form, and 7 grams of marijuana concentrates.

• Buying and Selling – Marijuana can only be sold and purchased at state-licensed retail stores. A valid photo ID is required, and no one under 21 is allowed on the retail premises. Many retail marijuana stores only accept cash.

• No Resale or Giveaways – It remains a felony for anyone who is not a licensed retailer to sell or provide marijuana to anyone else. Providing or selling marijuana to a minor under the age of 18 can result in up to 10 years in prison and up to a $10,000 fine.

• Public Use – It is illegal to consume marijuana in view of the public.

• Driving – It is illegal to drive under the influence of marijuana if you have more than 5 nanograms of active THC per milliliter of blood. Doing so may result in significant legal penalties.

• Travel – It is illegal to take marijuana outside of Washington. Doing so may result in significant legal penalties.

http://www.liq.wa.gov/print/5737

NOOKSACK
AUTOMOTIVE DEPT

Shop Hours:
7:30am - 5:00pm
Monday thru Friday

- All Technicians A.S.E. Certified
- Quality Repairs Guaranteed
- H.D. trucks, cycles, boats & equipment
- Advanced Diagnostics Performed
- Welding and Fabrication
- Towing Services Available

WE BUILD CANOE RACKS TOO!

Services Include:
• Oil (up to 5 qts)
•Lube
• New Oil Filter
• Refill of Window Washer Refill

Plus:
✔ Air Filter ✔ Power Steering Fluid
✔ Tire Pressure ✔ Transmission Fluid
✔ Visual check of Brake Pads, Lights, Turn Signals, Brake Lights, etc.

NOOKSACK INDIAN TRIBE

Nooksack Automotive
4975 G Deming Road
Deming, WA 98244
(360) 306-5756

Washington State Liquor Control Board
Marijuana
Know the Facts
Marijuana is not harmless

- Marijuana impairs coordination and perception, affects learning and memory, and can increase anxiety, panic and paranoia. Research shows one in eight youth who use marijuana by age 14 become dependent.
- Some of the risks of smoking marijuana vs. consuming marijuana-infused foods are different.
- Inhaling any kind of smoke harms your lungs. Consuming marijuana-infused foods can also be dangerous because it takes longer to feel the effects. It's easier to have too much because the effects are delayed.
- Recreational marijuana use has age restrictions.
- Only those 21 and older can possess marijuana, with a limit of 1 ounce of useable marijuana, 16 ounces in solid form, and 72 ounces in liquid form.
- Where you can use marijuana is limited.
- Marijuana cannot be used in view of the public. It is also not allowed on federal and most tribal lands.
- The penalties for marijuana use for those under 21 can be severe.
- If you are under 21, you can be charged with Minor in Possession. If you have more than 40 grams, it is a Class "C" felony ($10,000 fine and/or 10 years in jail).

- It's not okay for parents to share marijuana with their kids.
- It is a felony to provide marijuana to any minor.

Marijuana, What Parents Should Know

Most youth choose not to use marijuana. However, some will try it, and some will continue to use it. Brain development continues through age 25. The use of any drug, including marijuana, can impair brain development. Marijuana use increases risk of academic problems. Marijuana's effect on learning, memory, and motivation can lead to difficulties in school. Talk Early. Talk Often. • You are the number one influence in your child's life. • Talk early and talk often about making the right choices. • Set expectations. • Discuss rules and enforce consequences. For more information about marijuana: www.LearnAboutMarijuanaWA.org or www.drugfree.org For contact the WSLCB email: prevention@liq.wa.gov If someone you know is struggling with substance use, call: Recovery Helpline at 1.866.789.1511.

http://www.liq.wa.gov/publications/publications/MJ-know-the-facts-web.pdf

If you have any questions or inter est in discussing the use of marijuana or any other substances please do not hesitate to call Genesis ll Staff at 360-966-7704. ■

Celebrating Your Fitness Success!

What's the point of hard work if you don't celebrate the success once your goal is accomplished?

After you set your personal physical activity goals, don't forget to determine how you will celebrate success for hitting a specific milestone.

Choose Your Reward: Whether your goal is simple – achieving 150 minutes-per-week of activity on a regular basis or more complex – like finishing your first triathlon – write down a meaningful reward before beginning your fitness journey. And make sure you follow through when you reach your goal.

One caution: food rewards are generally not recommended because these reinforce unhealthy eating habits. If you have worked so hard to get active and possibly lose weight, but then reward yourself with a high-fat meal or treat, you may sabotage some of the healthy habits you have worked so hard to create!

Tangible Rewards - Here's an example of tangible rewards that may appeal to you:

- New clothing
- Concert tickets
- Vacation
- Night out with friends
- Spa day
- Relaxation / time alone
- Health rewards

Health Rewards: The following are some of the health rewards that may come with the achieving physical activity goals. It's important to celebrate these tangible, but very important rewards, because they serve as additional reminders of your success. A simple screening at your doctor's office or at a worksite wellness fair – before and after – your program will show you the progress you've made toward these health rewards:

- Healthier weight
- Lower blood pressure
- More-stable blood sugar
- Better cholesterol numbers
- Quality sleep
- Improved muscle tone

Elders Enjoy Fitness

Chris Pash, Fitness Instructor, ha s been going to the elders' lunchroom on Tuesday mornings to provide a lite workout. The elders & staff are all enjoying themselves! This last Tuesday it was a beautiful day and Chris decided to take everyone outside for a walk. It has only been two days and I've gotten so much positive feedback from the elders & staff. It's exciting to hear the laughter and smiles on everyone's face about the Tuesday workout sessions and that the walk was a big hit! The elders were even motivated to walk farther than they initially sent out to do. Thank you to Chris and everyone that had a hand in making this happen for our elders.

Fitness Center Schedule

Open Gym with Coach: Wednesdays – 5:00 - 6:00pm

Bootcamp for Beginners: Mondays & Thursdays – 12:00 - 1:00pm

Crossfit for Teens: Mondays, Thursdays, & Fridays – 3:15 - 4:15pm

Elders Workout: Tuesdays – 11:00am - 12:00pm

Strength Training: Wednesdays & Fridays – 12:00 - 1:00pm

Class Descriptions

• **Open Gym:** Free use of the Tin Building. Have access to different types of equipment that target fitness goals. Equipment range from kettle bells, dumbbells, bench press, squat rack, plyometric tools, treadmill and stationary bike. Trainer will be on-site to help provide workout and nutrition tips.

• **Bootcamp for Beginners:** Class is perfect for people who are new to exercising or wanting a medium intensity workout. Class is structured to work on flexibility, technique in basic functional movements, and a workout that is scale-able so that everyone can participate.

• **Crossfit for Teens:** Class is located at Crossfit i1uvit (ask for more information). Kids between the ages 13-18 are allowed to participate in this strength and conditioning program. Crossfit focuses in working with functional movements at high intensities that are beneficial for the everyday activity. The program is fun and suitable for every fitness level.

• **Elders Fitness:** Class is located in Five Cedars and is specifically programmed for the Elders. It is a 20 minute low intensity workout to get the joints moving. It is programmed every Tuesday, before lunch at 11:30am.

• **Strength Training:** Low to Medium intensity workouts involving resistance training. Programmed to teach proper weightlifting, Olympic lifting and power lifting technique and increase in muscular tissue, strength and power. ■

Nooksack Diabetes Program Announcements

Diabetes Health Challenge – the Nooksack Diabetes Program is sponsoring a Health Challenge for patients with diabetes who are seen at the Nooksack Health Center. The Challenge is to help community members with diabetes see how well their diabetes care is working and to stay healthy. Individuals will receive a $30 BIG 5 retail card when they complete a diabetes health exam, eye exam, foot exam and dental exam and a visit with the diabetes educator. The challenge goes for the full year of 2015. To register contact: Barb Himes, Georgiann Ruiz, or the Nooksack Health Staff at 966-2106 or Sandra Bura at 966-4150.

Diabetes Clinic – A diabetes clinic is offered on the 4th Wednesday of the month from 9am-Noon at the Nooksack Health Center. Breakfast is served followed by group education/sharing on diabetes or a health related topic. The breakfast and education are open to interested community members. Those patients who need to see one of our medical providers for a diabetes physical and/or update need to call the clinic at 966-2106 to be put on the schedule. Those who need to see the providers should come in fasting for lab tests at 8:30 am. Individuals who are scheduled will be pulled out of the group to see a provider.

Diabetes Lunch – A diabetes group lunch is offered on the 4th Thursday of the month from noon to 1:00pm September – May in the clinic kitchen. A healthy lunch will be provided along with an education activity.

Aquatic Center – The Diabetes Program will pay for admission on a sign-in basis for enrolled Nooksack tribal members, their spouses and family members (residing in the household or on Nooksack tribal lands.) Participants must sign in and indicate the name and enrollment # of the tribal member they are signing in under. The Diabetes Program will not pay for swimming lessons or large group visits where funding is available from another Nooksack Tribal Program. A schedule of classes is available on line at www.cob.org/ahac. Phone 360-778-7665.

BEGINNING JULY 1st
Prescription Medications for CHS eligible Nooksack Members will be available at Three Local Walgreens Pharmacies

The Tribal Council is pleased to announce that it has entered into an agreement for prescription medication for its members at the local Walgreens Pharmacies on Sunset, Guide-Meridian in Bellingham, and also at the Ferndale location.

Walgreens

These Walgreens Pharmacies will offer tribal members convenient hours (Sunset location is open 24/7) at convenient locations across Whatcom County! If you have any questions or concerns please contact the Health Clinic at 360-966-2106. ■

Happening at Social Services

April 23rd at 10:00 a.m. we have Mollie from Emergency and Risk Management coming to speak to the elders at the elders building

Join Chris Pash at the elders building every Tuesday morning at 11:30 a.m. for the low-impact exercise class.

We have a lot going on with the Elders in May!

Come join us at the Social Services building for our Digital Class. See schedule.

We are honoring our Caregivers on May 7th. ■

Medication Awareness for Tribal Elders

Presented by:
Dr. Shelly Zylstra

May 14, 2015
Starting at 10:00 a.m.
at the
Mi´sq´eq´ó Nooksack Community Building
2515 Sulwhanon Dr.
in Everson

Please bring your list of medications. ■

UPDATED

Elders Trips 2015

Dates To Remember

These Trips are subject to change.

Tulalip @ Tulalip Casino
May 28th bus will leave at 8 AM from the Nooksack River Casino

Swinomish @ Swinomish Lodge Event Center
June 8th bus will be leaving at 8 AM for the Nooksack River Casino

Samish @ Fidalgo Bay Resort
June 26 bus will be leaving at 8:30 from the Nooksack River Casino

Lummi @ Xliem Liem Community building
July 10th TBA

Grande Rhode @ Spirit Mountain Casino
July 12th, 13th and 14th Bus will leave On Sunday the 12th at 9 AM

Upper Skagit
August ?

Puyallup Emerald Queens Casino Event
September 17th and 18th Corrected bus leaves at 1:30 PM from the NRC

Coeur D'Alene @ Coeur d'Alene Casino resort
September 30th, October 1st, and 2nd bus leave as 9 am from NRC

November & December no plans at this time

All Elders must sign up with
Tresea Doucette @ 360 592-0135 Ext 3670 or by email: TDoucette@nooksack-nsn.gov. There is also a sign in sheet at Elders building but you must sign yourself up.

NOOKSACK DIGITAL ELDERS

NOOKSACK INDIAN TRIBE

Transportation will be provided to and from class. Transportation will be arranged to Elders Lunch, or where desired.

Join us any of the following dates: **10:00AM-11:30AM**

May 7th	May 14th
May 20th	May 21st
May 27th	May 28th
June 3rd	June 10th
June 11th	June 17th
June 18th	June 24th
June 25th	July 1st
July 2nd	July 8th
July 9th	July 15th
July 16th	July 22nd
July 23rd	July 29th
July 30th	

Nooksack Tribal Elders, let's gather together and explore the First Voices Website. We will also search the computer world for Cultural related pictures & videos. We will find updates from Tribal Communities. We will be using IPad Minis or Laptops to help us explore. Please come join us and have fun during the scheduled dates at the Nooksack Social Service Department Conference Room.

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WELCOME TO THE MEDICAID TRANSPORTATION PROGRAM

Ph: 738-4554 or 1-800-860-6812
FX: 360-734-5476
E-Mail: NWRCMedicaidAccess@dshs.wa.gov

Dear Client. Thank you for calling our office to enquire about transportation services. This letter is to confirm some of the things we talked about.

Our program is paid for by Medicaid. We are here to help you get to your Medicaid-paid, medical appointments.

Medicaid has created the rules of the program. Those rules are part of Washington State regulations. We can only help with transportation if you live more than ¾ of a mile from your appointment or if you are disabled.

If you have your own resources, such as a car, a friend who can drive you or free bus service, you must use those first. We have to make sure that transportation costs are the lowest possible.

If you live on a bus route, we can provide you with a free bus pass. You must have one or two medical appointments each month in order to qualify (depending on where you live).

If you or a friend can drive you, we can provide gas vouchers or reimbursement. We need to receive a copy of your valid driver's license, vehicle registration and insurance. We can offer one gallon for every 10 miles you have to drive, or 35 cents per mile.

If you cannot drive or use the bus, we have vans that can transport you...

...or even taxis

Medicaid Transportation Rules:

- We can only transport you to the local or nearest doctor who can provide you with the medical care you need.
- For most forms of transportation, you must give us at least two full business days' notice before you need assistance. Business days do not include weekends and holidays. However, you **can** call up to 30 days in advance of your appointment.
- We require a minimum of three to four business days' notice to process requests for ferry tickets and bus passes, to ensure you receive them on time.
- If your doctor tells you that you must go to a specialist in another city, you should try to give us at least five full business days' notice. We need time to get your doctor to sign our paperwork so that we can transport you to another city.
- We can take you to the pharmacy, but only if your doctor gave you a prescription at the appointment you just attended.
- Any adjustments you wish to make to your scheduled transportation must go through our office.

National Resource

Alzheimer's Disease Education & Referral Center
P.O. Box 8250
Silver Spring, MD 20907
1-800-438-4380
http://www.nia.nih.gov/alzheimers
Provides information and publications on Alzheimer's disease for people with Alzheimer's, their family, professionals and the public. Also serves as a national resource for information regarding diagnosis, treatment, care, education and research.

Newsletters/ Publications

Today's Caregiver
6365 Taft Street # 3006
Hollywood, FL. 33024
1-800-829-2734
www.caregiver.com
Bi-monthly magazine that addresses the issues facing caregivers today. $18/year.

How To Hire In-Home Helpers
Aging & Disability Resources
600 Lakeway Drive, Suite 100
Bellingham, WA 98225
(360) 738-2500
24-page booklet describing how to set up job descriptions & contracts, interview, check references etc.

Helpful Websites

www.caregiver.org
Family Caregiver Alliance
Supports and assists caregivers of brain-impaired adults through education, research, services and advocacy.

www.caregiving.org
National Alliance for Caregiving
A non-profit coalition of national organizations focusing on issues of family caregiving.

http://www.medicare.gov/caregivers/
The official **Medicare** website includes this set of pages for caregivers, with sections on Navigating Medicare, Help for Caregivers, Help with Billing, and Care Options.

http://www.ltcplanningnetwork.com/
Long Term Care Planning
Website contains information about services for caregivers in Canada. Also contains useful information for caregivers in general.

www.ncoa.org National Council on Aging
Serves as a national resource for people providing care with special interest in community based services for seniors.

www.nfcacares.org National Family Caregivers Association
Aims to improve quality of life for family caregivers through education, support and advocacy. Services include quarterly newsletter, and peer support network.

www.caring.com
A website for caregivers funded by advertisements, which has a useful topic list and question/answer format.

NORTHWEST REGIONAL COUNCIL
A DSHS HIPAA Business Associate

MEDICAID TRANSPORTATION SERVICES

GAS VOUCHER INFORMATION

- **We provide one gallon of gas for each 10 miles that you must travel to and from your medical appointment, as verified on MapQuest or Google Maps.**
- **Three pieces of information must be *current* in our files AT LEAST 2 full business days (48 hours) before the appointment:**
  - Washington State Drivers License of each driver for that client
  - Vehicle Registration for each vehicle used to transport the client
  - Car Insurance on each vehicle used to transport the client
- **Request the gas voucher up to a month ahead of time but at least 2 full business days before – (not including weekends or holidays) giving the appointment:**
  - Date
  - Time
  - Place and phone number for all appointments on that day
  - Medical reason for the appointment(s)
  - Name of driver and car—*the voucher will be valid only for the driver and vehicle you have scheduled with us*
- **On the day of the appointment**
  - Go to the gas station on the day of the appointment, show your license to the gas station attendant and give the name of the client.
  - Pump the amount of gas shown on the voucher. If it won't all fit in your gas tank you forfeit whatever is left–you may not put leftover gas into another vehicle or a gas can. We allow approximately one gallon per 10 miles. If you wish to purchase gas in addition to what is on the voucher, tell the attendant ahead of time.
  - Sign the receipt.
  - Please note – This program is not associated with any 'fuel rewards' programs. The monetary amount of the voucher **may not be applied** to any personal gas rewards cards you may have.
- **If you cancel or change an appointment you must call and notify us right away.**
  - If you cancel an appointment, let us know so we can cancel the voucher.
  - The state requires that we verify a percentage of appointments to be sure clients attended. We call and verify with the receptionist.
  - *If you picked up the gas and we verify that you did not attend the appointment you told us about, you will be liable for the cost of the gas.*

If there are any problems at the gas station please call us. Let us resolve any issues. Do not argue with the service station attendants. If you wish to verify that a voucher was faxed, please call us, not the gas station.

NWRCMEDICAIDACCESS@DSHS.WA.GOV

Updated 8/6/2014

Northwest Regional Council – An Association of County Governments
HCA - NEMT
600 Lakeway Drive, Suite 100, Bellingham, WA 98225
Phone: (360) 738-4554 or 1-800-860-6812 Fax: (360)-734-5446 or (360)-734-5476

PLEASE TELL THE SCREENER WHICH GAS STATION YOU WANT TO USE

WHATCOM COUNTY

Ferndale Shell
1811 Main St
Ferndale
I-5 Exit 262
(near Cost Cutter)
380-2591
Daily 6am - 11pm
Diesel available

Nooksack Chevron
5047 Mt Baker Hwy
Deming
Nooksack Casino
592-4214
Sun-Thurs 6am - 3am
Fri & Sat 24 hrs
No diesel available

Parkway Shell
3124 Old Fairhaven Pkwy
Bellingham
I-5 Exit 250
(Chuckanut Dr)
734-9360
Mon-Fri 6am - 10pm
Sat & Sun 7am - 10pm
Diesel available

Lynden Shell
6896 Guide Meridian Rd
Lynden
corner of Guide Meridian
and Pole Rd
398-1193
Daily 4am - 12am
No diesel available

ISLAND COUNTY

Corey Oil and Propane
1194 NE Goldie Rd
Oak Harbor
off Highway 20
675-5445
Mon-Fri 7:30am - 5pm
Closed weekends & some holidays
Diesel available

SKAGIT COUNTY

Bow Hill Gas & Food
18520 Bow Hill Rd
Bow
I-5 Exit 236
(near Skagit Valley Casino)
724-0242
Sun-Thurs 6am - midnight
Fri & Sat 6am - 2am
Diesel available

Herb's Chevron
224 W Ferry St
Sedro Woolley
855-9907
Mon-Fri 7am - 6pm
Sat 8am - 3pm
Closed on Sundays
Diesel available

SENIOR INFORMATION & ASSISTANCE
Northwest Regional Council
600 Lakeway Drive
Bellingham, WA 98225
(360) 738-2500 (V/TDD) or (360) 380-8121

COPES (Community Options Program Entry System): How to Apply

COPES is a Medicaid program funded through the Washington Department of Social and Health Services (DSHS) – Home and Community Services (HCS) office. COPES is intended to provide long term caregiver assistance to people who might otherwise be at risk of nursing home placement. It includes the following:

- COPES personal care and services are provided in the home, congregate care or assisted living facilities, and adult family homes.
- COPES personal care services include help with activities of daily living such as ambulation, dressing, bathing, toileting, and certain household tasks.
- COPES recipients receive a Medicaid identification card, which may pay for other medical expenses including: physician services, home health services and Medicare premiums.
- COPES may also provide home delivered meals, Adult Day Health program, home safety improvements, and personal emergency response units.
- COPES recipients are assigned a case manager to help plan and monitor their care.

Below are the steps to applying for COPES

❶ Request a financial application by calling the HCS office at (360) 756-5750 or 1-800-239-8292 or pick up an application at the following location: 600 Lakeway Drive, Bellingham.

❷ If you have questions regarding the application and would like assistance, contact Senior Information & Assistance at (360) 738-2500 to make an appointment.

❸ Answer every question on the application by checking "yes" or "no" and filling in appropriate blanks. Sign the application in the two places required, at top and bottom of form.

❹ You will need to submit documentation to verify your answers; copies of bank statements, picture ID, Social Security Card, etc. Refer to the checklist included with the application for specifics.

❺ Mail or return the completed application to the HCS office at 600 Lakeway Dr. Bellingham.

❻ A financial worker will review your application and determine your financial eligibility. In some cases further documentation is requested.

❼ After this a functional assessment will be completed. You will be contacted by a social worker from HCS who will speak with you on the phone and assign a social worker to conduct the "CARE" assessment of the person needing care. This interview will take place in the home or facility. The interview will cover all the activities of daily living with which the person needs assistance, personal health information and more.

❽ Once the financial worker and the social worker determine eligibility, services are initiated. A service plan will be developed and approved by the recipient. The entire process may take 4 to 6 weeks from the time you submit an application.

This handout outlines the COPES program application process. For financial criteria please see the following Columbia Legal Services handouts available at www.washingtonlawhelp.org ⇨ Aging/Elder Law, or from Senior I&A:

- *Questions and Answers on the COPES Program*
- *Estate Recovery for Medical Services paid for by the State*

ELDERS LUNCH MENU
May 2015

Monday	Tuesday	Wednesday	Thursday	Friday
Expect Longer Delays at the Potter Road Bridge	Note: If the Tribal Center is CLOSED for any reason there will not be lunch served at the Elders building			1 Meatloaf Potatoes Steamed Veggies Cottage Cheese and Fruit
4 Chili Corn Bread Veggies	5 Commodities/ Shopping Day Turkey Mashed Potatoes Mixed Veggies	6 Chicken Breast Wild Rice Veggies	7 Community Building Honoring our Caregivers	8 Food Bank Pot Roast Baked Potatoes Veggies Cottage Cheese and Fruit
11 Fried Chicken Potato Wedges Cole Slaw	12 11:30 Exercise Tuna Casserole Veggies Cottage Cheese and Fruit	13 Beef Short Ribs Baked Potatoes Steamed Veggies	14 Community Building Medication Awareness	15 Hot Dogs Baked Beans Chips Potato Salad
18 BBQ Chicken Potato Wedge Veggies	19 11:30 Exercise Pork Roast Veggie Rice Veggies Cottage Cheese and Fruit	20 Mac and Cheese Veggies	21 Chicken Fried Steak Mashed Potatoes Veggies	22 Meat Lasagna Garlic Bread
25 CLOSED Memorial Day	26 11:30 Exercise Hamburgers Baked beans Potato Salad	27 Prime Rib Baked Potatoes Mixed Veggies Cottage Cheese and Fruit	28 Tulalip Elders Annual Luncheon	29 Baked Ham Scalloped Potatoes Mixed Veggie

Every Day Fresh Green Salad, Fresh Fruit, Soup Chef Choice, Sugar Free Desserts

Penn Cove Water Festival

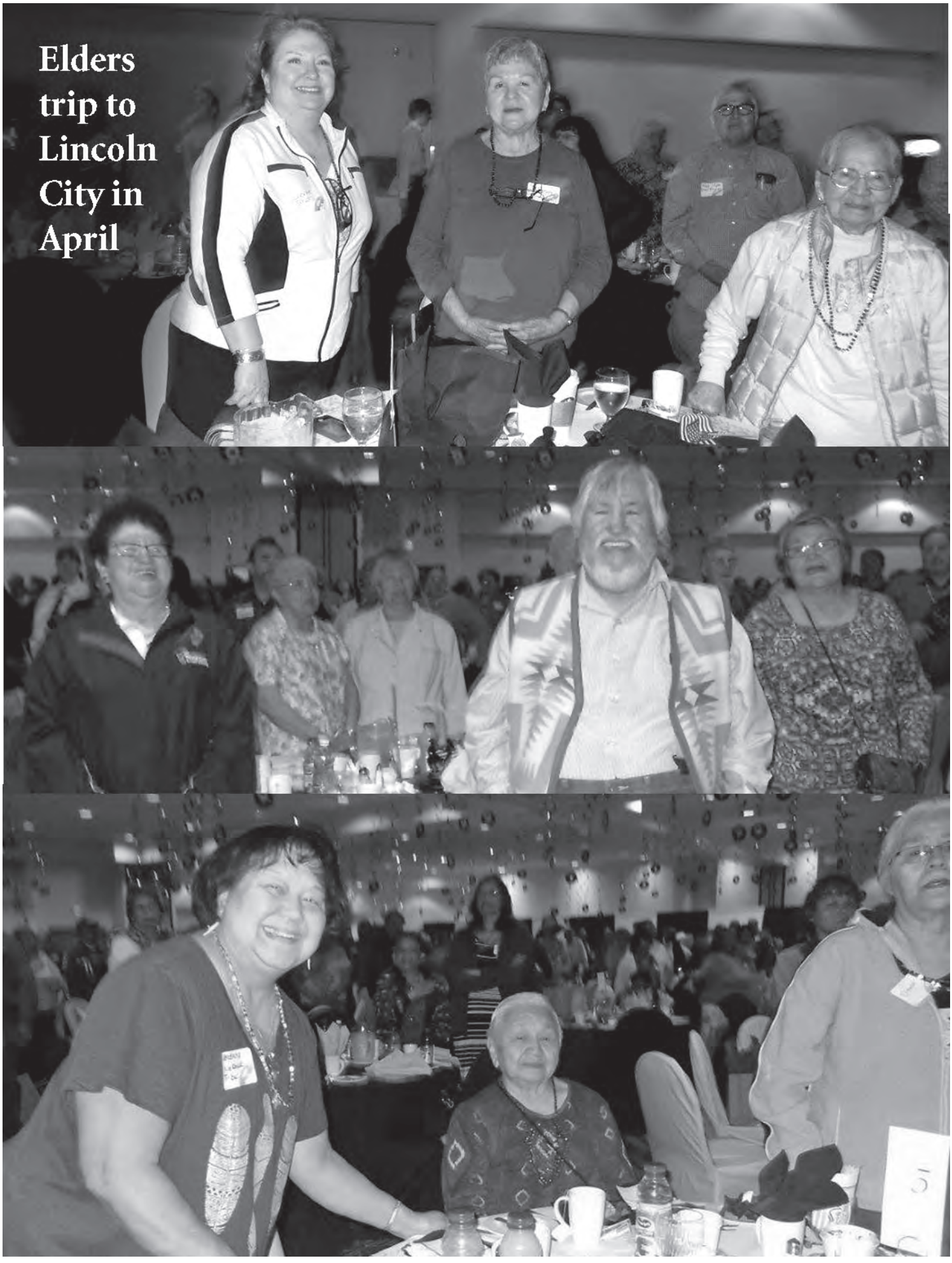
Saturday, May 16th 2015
11am-5pm

Tribal Canoe Races
Native Arts & Crafts
Music, Dancing, Food
Storytelling &
Youth Activities

A Free Family Festival in Historic Coupeville!

PennCoveWaterFestival.Com
PennCoveWaterFestival@gmail.Com

Elders trip to Lincoln City in April



Cert Class Experience

by Therese Davis, C.M.A.

I wanted to share with you all my experience with the CERT Class the weekend of March 13-15…

If you haven't had the opportunity to familiarize yourself with what a CERT class is about please take some time to talk to those of us that have done it, because it is not only a hugely informative class, but it's fun!

What is CERT? Community Emergency Response Team.

What do we do? We are a group of people that are prepared to help our families, neighbors, communities and beyond if the unthinkable should happen…

How? CERT prepares the individual to handle a multitude of emergencies wherever we may be, because, let's face it, disasters can happen anywhere, anytime, to anyone of us!

Are you prepared? Do you know how to put together a disaster plan and kit that can sustain you until help can arrive? You may be ON YOUR OWN for up to a week before help can get to you, and this class will help you prepare to take care of your family.

It's not all class room time either, but what is in the class room is presented through very lively discussions, viewing intense videos of real life disaster events, and lots of opportunities for some really great team building.

You'll get outdoors and learn how to put out live fires as a team, and how to lift several thousand pound objects off of people as a team. You will receive a CERT back pack of goodies of: A hard hat, gloves, goggles and vest, as well as other items, and together you will learn how to build upon that.

As you can see from the pictures, we had several kids in our class and they participated in putting out fires and lifting heavy objects as well, and they did a fantastic job! You could make it a family event!!

There really is NO shortage of fun over the course of the entire weekend, and I have done it twice and have yet to hear anyone regret taking the class. Everyone I know that has taken it not only had a GREAT time, but we all learned so much valuable information to help us help our loved ones. ■

The 2015 Veterans Summit – A Statewide Services to all Veterans

The Nooksack Indian Tribe's Veterans Office, in collaboration with The Office of Tribal Government; Washington States Department of Veterans Affairs; Puget Sound's Health Care System of Veterans Administration of Seattle; and the Swinomish Indian Tribal Community, held a very successful "Veterans Summit – A Statewide Services to all Veterans" event that was held on April 17 – 18, 2015 at the Swinomish Indian Tribal Community Event Center.

Following careful coordination and planning for this event, the Mobile Medical Unit Outreach Team, assisted approximately 200 Tribal and Non-Tribal Veterans Statewide. At this two day event, Veterans received primary care, optometry, and behavioral health services. The Veterans were guided through the complex detailed enrollment process of the VA Medical Care System. The MMU Outreach Team helped Veterans and their families with their disability, service-connected or otherwise. VA staff and volunteer Service Officers were here for them, with services and benefits that provide treatment and support our Veterans have earned.

Too many American Indians and Alaska Native Veterans either don't know about VA services and benefits or don't access them. Tribal Veterans and Non-Tribal Community Veterans in the rural areas often put off going to Veterans Affairs due to administrative requirements, distance to the facilities and cultural appropriateness. The Nooksack Indian Tribe's Office plays a valuable role in partnership with other Indian Tribes and governmental agencies not only in educating the Veterans that we represent about VA benefits and services, but also through engagement in policy making. We also played a critical role in educating the VA about the needs and priorities of Veterans living in an Indian Country.

I am very proud to announce that The Nooksack Indian Tribe received an award and a token at this Veterans Summit for being the "First Tribe to Host the Mobile Medical Unit Outreach in the year 2013 nationwide". This Token will be on display in the Nooksack Indian Tribes' Veterans Memorial Building. As the result, of being the first host of this successful VA Outreach Program, bridge to many of the obstacles and paved the way for other tribes to provide the same services at their own tribes. This MMU outreach is so successful and strongly supports VA's goal of improving access to care and delivery of care for rural Veterans. The VA expressed their gratitude and thanks the opportunity to collaborate with the Nooksack Indian Tribe, building their relationship with the tribal communities and planned to continue on with this outreach nationwide.

On behalf of the NIT Veterans Office, I would like to express my sincere gratitude to the never ending support of our upper management team and Tribal Council to our Veterans' Program.

Program Manager:
Evaristo "Jovie" Joven, Jr.
(360) 319-1410

Monthly Meetings:
The American Legion, Wendell H. Fidele, Post 83, meet every third Wednesday of the month, at 6 PM, in the lower level Conference Room at the Tribal Administration Building, located at 5016 Deming Road, Deming Washington. We encourage all Veterans, Tribal and non-Tribal to join us. The next meeting is on May 20, 2015. ■

2015 Veterans Summit – VA Mobile Medical Unit Outreach Team

Pictured left to right
Jonathan Wolman, ARNP – VA Primary Care CBOC Mt. Vernon
Phil Dan – Tribal Veterans Representative (Swinomish Indian Tribe)
Doris Kent – Accredited Veterans Service Officer (Vietnam Veterans of America
Merle Cole, LPN – VA Primary Care CBOC Mt. Vernon
Donald Fiedler, Jr. – VA Health Plan Management
Dr. Irene Yang, OD, FAAO Low Vision Optometry – VA Blind Rehabilitation
Jovie Joven – Tribal Veterans Representative (Nooksack Indian Tribe)
Cathy Davidson – VA Minority Veterans Program Coordinator
Nate McClendon – Mobile Medical Unit Operator / Driver ■

The American Legion, Wendell H. Fidele, Post 83
Cordially invites you and your family to a

MEMORIAL DAY CEREMONY

Honoring our deceased Tribal and Veterans Who Have Served
Monday, May 25, 2015
11:00 AM
in
M I S Q' E Q' O
(Nooksack Indian Tribe Community Building)
2515 Sulwhanon Drive, Everson, WA 98247

SALMON BBQUE WILL BE SERVED AFTER CEREMONY

Please contact *Jovie Joven at (360) 319-1410*
for more information
We look forward to seeing you there.

Nooksack Domestic Violence Program--OVW

If you suspect a friend or family member is in an abusive relationship, talking with them about it can be hard. The most important thing you can do is to let them know that they have support and options to leave the relationship.

It's important to remember that you can't "rescue" your friend from an abusive relationship. Here are some easy ways to help start the conversation: Do not criticize or make them feel guilty--they needs you to be helpful, not hurtful.

- **"You are not alone. I care about you and am here for you, no matter what.**
- **"No matter what you did, you do not deserve this."**

Don't be afraid to tell her that you're concerned for their safety. Help your friend or family member recognize the abuse while acknowledging a very difficult and dangerous situation.

- **"You don't deserve to be treated that way. Good partners don't say or do those kinds of things."**
- **"The way he treats you is wrong. Men should never hit or threaten the women they love."**
- **"Promise me that if you need to talk, you'll come to me."**

Avoid confrontations. There are many reasons why individuals experiencing abuse don't reach out to family and friends.

- **"I'm here to help and am always available, even if you don't want to talk about it."**
- **"How can I help protect your safety?"**

Encourage them to get help. Suggest ways she can get additional support.

- **"Let's develop a safety plan."**
- **"If you need to go to the police [or court or a lawyer], I can go with you to offer support."**

Other facts that should be known:

- ◊ **Women in the U.S. are in nine times more danger in their own homes than they are in the street.**
- ◊ **According to the U.S. Department of Justice, 95 percent of reported spousal assaults are committed by men against women. Assaults committed by women against men occur in approximately 5 to 10 percent of domestic violence matters.**
- ◊ **About 17 percent of women report experiencing physical or sexual violence during pregnancy.**
- ◊ **Battering prior to pregnancy is the primary predictor that battering will occur during pregnancy.**

If you are concerned about the safety of your friend or family member, or to learn about services in your area, contact the National Domestic Violence Hotline at 1-800-799-SAFE (7233) or TTY 1-800-787-3224. *National statistics show that domestic violence primarily impacts women. Feminine pronouns are used in this document when referring to victims of domestic violence and masculine pronouns are used when referring to perpetrators. Sometimes the perpetrator will be female while the victim will be male. And, domestic violence can happen in same sex relationships as well.

Tammy Cooper-Woodrich, DV Advocate 360-927-1675
Leon T Cline, DV Project Coordinator, 360-325-2693

Nooksack Indian Housing Authority (NIHA) News

Spring Cleaning Dumpsters

Spring has sprung and the grass is growing! NIHA would like to encourage everyone to maintain their yards keeping them free of trash, debris and unwanted personal items.

To help promote health and safety and to help clean our neighborhoods, NIHA will provide dumpsters to each housing site from **June 15, 2015 to June 29, 2015**.

184 Home Loan

The 184 Home Loan product is designed especially for Native Americans to promote homeownership on and off tribal lands for Native Americans. If you are an enrolled member of a federally recognized tribe, you may use the 184 Home Loan product to purchase a new home, build a new home, rehabilitate your existing home or to refinance your current home loan.

The 184 Home Loan product provides Native Americans with special financing with low interest rates, making homeownership a reality in Indian Country!

Contact the NIHA office for further details and to be connected with a HUD approved 184 lender!

Down Payment Assistance

The NIHA currently offers up to $5,000 Down Payment Assistance to Nooksack Tribal members utilizing the 184 Home Loan program. The Down Payment Assistance Program is a HUD funded program and is restricted to Nooksack tribal members whose income does not exceed 100% of the HUD determined Area Median Income for 2015. Please inquire with NIHA staff for more information and to apply! There is currently no waiting list for down payment assistance!

Meth: How it affects our community, your home and impacts your health and wellbeing!

Methamphetamine, commonly known as "meth", is an American problem in which Native American communities are not exempt. In fact, Native Americans have the highest rates of Methamphetamine abuse in the nation compared to other ethnicities, according to a report published by the National Congress of American Indians. The National Congress of American Indians also reports that meth use causes dramatic increases in violent crime, suicide and child neglect!

(http://www.justice.gov/archive/tribal/docs/fv_tjs/session_1/session1_presentations/Meth_Overview.pdf)

What is meth? Methamphetamine is a highly addictive central-nervous system stimulant that's relatively easy and inexpensive to make with common household chemicals. It can be smoked, injected, snorted or eaten. Smoking is the most popular method.

How do homes become contaminated with meth? Most people know that homes can be contaminated through the manufacturing of meth, which releases toxic substances — including meth itself. The contaminants get onto surfaces and into drywall, curtains, furniture and carpeting.

But smoking meth can also contaminate a home, though to a lesser degree than manufacturing. Smoking meth involves inhalation of a vapor. Any vapor not inhaled is released into the surrounding area. However, levels rise if more smoking takes place, or more meth is used per smoke.

What are the health consequences of being in a place contaminated from meth manufacturing or use? People exposed to contaminated sites in the short term report headaches, nausea and vomiting, respiratory problems and eye irritation.

Long-term consequences aren't fully known, although exposure to contamination from manufacturing poses the greatest risk because the chemicals used can affect the central nervous system, liver and kidneys, and cause birth defects, miscarriages and cancer. The health risks associated with those who use meth are better documented.

(http://www.seattletimes.com/business/real-estate/qa-how-methamphetamine-affects-homes-people/)

What is the NIHA Doing About It?

The Nooksack Indian Housing Authority has taken action to ensure the health and safety of our tribal homes and has recently begun testing NIHA managed housing units for meth contamination.

NIHA has tested nine (9) recently vacated units, of which eight (8) were contaminated with meth requiring varying degrees of remediation efforts. Four (4) units were treated with a meth wash, two (2) units were partially gutted, and two (2) units were entirely gutted and renovated as a result of meth contamination from previous occupants. All nine (9) units were pretested and post-tested by Washington State approved technicians and labs certified to test for meth contamination and are now clean and safe for new families to occupy.

Meth clean-up is extremely costly! Meth cleanup to date has cost the housing program over $80,000! NIHA continues to test NIHA managed units for meth contamination.

The purpose of this information is to help cause awareness of the very hazardous affects meth has on our homes and communities. Meth cleanup costs rob the community of funding that could be used for other neighborhood needs and wants such as playgrounds and speed bumps and other enhancements.

Should you have any questions or concerns regarding any of the information provided, please contact the NIHA office staff at 360-592-5163. ■

Snee-Nee-Chum
P.O. Box 157
Deming, WA 98244

2015 Holiday Calendar

The Nooksack Tribal Council has approved the 2015 Holiday Schedule. Tribal Offices will be closed on the following days in 2015.

May 25 – Memorial Day • July 3 – Independence Day • September 4 – Tribal Council Elected
September 7 – Labor Day • September 24 – Nooksack Governance Day • October 12 – Coast Salish Day
November 11 – Veterans Day • November 26 – Thanksgiving Day
November 27 – Day After Thanksgiving • December 25 – Christmas Day

Administrative Contacts

Tribal Council Office ..... **(360) 592-5164**
Enrollment Office ..... (360) 592-5176 x1010
Tribal Council Fax ..... (360) 592-4506

Administration
Administrative Office Main..... (360) 592-5176
Administrative Fax ..... (360) 592-2125
Human Resources (Director: Suzanne Brownrigg) ... (360) 592-5176
Emergency & Risk Management ..... (360) 592-HELP (4357)
(Program Manager: Glenn Yorks)

Law Enforcement (Police Chief: Rory Gilliland)
Police Department ..... (360) 592-9065

Health Services (Director Lona Johnson)
Medical Clinic ..... (360) 966-2106
Dental Clinic ..... (360) 306-5151
Medical Business Office ..... (360) 966-7704
Genesis II Office (Manager: Rick George) ..... (360) 966-7704

Behavioral Health ..... (360) 966-2376

Social Services (Director: Nadeen Jimmy)
Social Services Main ..... (360) 592-0135
Elders Office ..... (360) 592-0100
TANF-Deming ..... (360) 592-3219
TANF-Skagit ..... (360) 848-1758
GED Office Nooksack ..... (360) 592-0135 ext 5124
GED Office Skagit ..... (360) 848-1758
Domestic Violence Office ..... (360) 592-5176
DV Emergency Hotline ..... (360) 592-4164

Family Services (Director: Ken Levinson)
Indian Child Welfare (ICW) ..... (360) 592-5432
Child Support ..... (360) 306-5090

Education (Director: Donia Edwards)
Education Main Office ..... (360) 966-2043
Headstart-Deming ..... (360) 592-0141
Headstart-Everson ..... (360) 966-0523

Youth Program (Director: Roxanne Murphy)
Office ..... (360) 966-2043

Other Services
Tribal Court..... (360) 306-5125
Tribal Court Fax ..... (360) 306-5181
Housing Office (Director: Katrice Romero) ..... (360) 592-5163
Natural Resources (Director: Gary MacWilliams) (360) 592-5176
Fishing and Shellfish Fisheries Hotline ..... (360) 592-5140
Cultural Resources (Director: George Swanaset, Jr.) ... (360) 306-5759
Tribal Veterans (Program Manager: Jovie Joven) ..... (360) 592-5839
Tribal Gaming ..... (360) 592-5472
Facilities & Maintenance
(Director: Richard Edwards) ..... (360) 592-0162
Auto Shop ..... (360) 306-5756
Community Building ..... (360) 966-9153
North Intertribal Vocational
Rehabilitation Program ..... (360) 592-5176 x1048

Casinos & Market Centre
Nooksack River Casino ..... (360) 592-5472
Toll free ..... (877) 935-9300
Nooksack Northwood Casino ..... (360) 734-5101
Toll free ..... (877) 777-9847
Nooksack Market Centre..... (360) 592-5864