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(Tulalip See-Yaht-Sub)

Volume 41 No. 10

Saturday March 14, 2020



TULALIP RAIN GARDEN DOES ITS JOB DURING MAIN WATER BREAK



Page 5

2020 Census Be visible. Be counted!

By Micheal Rios

Every 10 years the United States Census Bureau attempts the astounding task of counting each and every person in the country. The Constitution requires a census every 10 years to determine how many seats each state will have in the House of Representatives. More importantly, census

data also helps guide how billions of dollars in federal, state, and tribal funding are distributed.

Accurate census data leads to fairer distributions of funds that support tribal programs in meeting community member needs, such as housing, education, healthcare, elder programs, childcare programs, health care and economic development. Put simply, having accurate representation means making sure you are counted, and by being counted you bring more fed-

See **Census**, page 4

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Tulalip, WA 98271

Tulalip Food Bank: A mission to feed everybody



By Calvin Valdillez

“This food bank is important to our community,” expressed Tulalip citizen, Val Perez. “It’s helping the less fortunate, I was one of them. Three years ago I was living under a tent and am lucky that this was here. Every time that I’ve come back since, I’ve needed to get less and less. But I know they’re always here, the same friendly faces too.”

The Tulalip Church of God, commonly known as ‘the red church’, has been operating a bi-weekly food bank for over thirty years. Originally opening its doors in the 80’s, the church has made it their mission to provide fresh groceries twice a month to those families in need of assistance.

The food bank is organized and led by community member and lifelong Church of God follower, Tamara ‘Tami’ Morden who explained that the food bank began due to other food banks, in Everett and Marysville,

See **Food bank**, page 5



COVID-19 CORONAVIRUS



FACTS

ABOUT NOVEL CORONAVIRUS AND HOW TO PREVENT IT:

Coronavirus is generally considered a mild illness in most healthy individuals. However, the elderly, those with underlying health conditions, especially respiratory conditions, and those with suppressed immune systems due to existing health conditions may be severely affected by the virus.

HOW

DO I KNOW IF IT IS COVID-19 OR THE FLU?

COVID-19 and the flu have very similar symptoms. The COVID-19 includes cough and fever, particularly a fever that goes away and returns. Most people can overcome the virus without medical intervention. If you suspect you have the COVID-19, please contact your regular medical provider via phone. If you are experiencing life-threatening symptoms, please call 911.

WHAT

CAN I DO TO STAY SAFE?

Wash your hands frequently for 20 seconds with soap and water. Cough into elbow rather than hand. Make it a habit to avoid touching your eyes, nose, and mouth. It is easy to transfer germs from surfaces to your body when you touch your face.

MINIMIZE

YOU AND YOUR FAMILY'S RISK OF RESPIRATORY ILLNESS BY TAKING THE FOLLOWING PRECAUTIONS:

- Do not go to the emergency room unless essential. Emergency rooms need to be able to serve those with the most critical needs. If you have symptoms like cough, fever, or other respiratory problems, contact your regular doctor first.
- Wash your hands often with soap and water for at least 20 seconds and avoid touching your eyes, nose, or mouth.
- Stay home and away from others if you are sick.
- Avoid close contact with people who are sick.
- Clean and disinfect objects and surfaces, especially "high-touch" ones like doorknobs, counters, light switches, or remotes.
- Cover your mouth and nose with a tissue when coughing or sneezing, then throw the tissue in the trash and wash your hands.
- Remain informed, prepared, and calm – stress lowers your immune system response.



The Snohomish County Health District has a hotline where people can talk to a live medical professional for Q&A about COVID-19.

Call 1-800-525-0127 and press #, to speak to a live person from 8am to 6pm

For more information about the coronavirus (COVID-19) or to get updates, please visit the Snohomish County Health District website at <https://www.snohd.org>.



TULALIP TV

www.tulaliptv.com

For program scheduling, visit:

<http://www.tulaliptv.com/tulaliptv-schedule/>

Not getting your *syəcəb*?

Contact Rosie Topaum at 360.716.4298
or rtopaum@tulaliptribes-nsn.gov

The Tulalip Tribes are successors in interest to the Snohomish, Snoqualmie and Skykomish Tribe and other tribes and bands signatory to the Treaty of Point Elliot, January 22, 1855

syəcəb, the weekly newspaper of the Tulalip Tribes

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Deadline for contribution is Monday, with publication on the following Saturday.

In memoriam: Frank F. Madison, 1923-2002
Sherrill Guydelkon, 1945-2008

TRIBAL MEMBERSHIP FINANCE PRESENTATION

Due to concerns regarding the Coronavirus the Financial Presentation will ONLY be available online at iAmTULALIP.com

Available Thursday, March 19

Create your account today!

Visit www.iamtulalip.com and login using your tribal ID number and birth date:

Username: T####

Password: MM/DD/YYYY

Booklets available on Tuesday, March 17 at 1 PM from the BOD Assistant 3rd floor, Admin Building



2020 Tulalip Tribes Board of Directors Election Absentee Ballot Request Form



PLEASE READ:

- * All absentee ballot requests must be filled out on this form. No absentee ballots will be available after March 19, 2020 at 4:30 PM.
- * Once you request an absentee ballot, you cannot vote in person on the date of election and you cannot bring the absentee ballot to the polling place.
- * If it is close to the deadline we recommend dropping off the ballot at UPS Store 8825 34th Ave N, Tulalip
- * A request to mail a ballot to an address that is not the home address of the voter must include a statement, signed by the voter, explaining why a different address has been requested.
- * If we need to FedEx we need a street address because FedEx will not send to a PO Box.

I request an absentee ballot for the Board of Directors election being held on **March 21, 2020**.

| | |
|---------------|---------------------------------------|
| Name (print) | Tribal enrollment number T# |
| Email address | Telephone number |

Choose delivery method:

- I will personally pick up my absentee ballot at the Elections Office in the Administration building
- Mail my absentee ballot by certified mail or FedEx (we cannot FedEx to a PO Box.)

Street address*

| | | |
|------|-------|-----|
| City | State | Zip |
|------|-------|-----|

* A request to mail an absentee ballot to an address that is not the home address or PO Box of the voter must include a statement, signed by the voter, explaining why a different address is requested.

| | |
|------|--------------------|
| Date | Signature of voter |
|------|--------------------|

Return this completed Absentee Ballot Request Form to the Tulalip Tribes Elections Office.

| | | |
|---|----------------------------|---|
| Deliver to: 6406 Marine Drive, Tulalip, WA 98271 | or fax to: 360-716-0635 | or email a scanned signed copy to: electioncommittee@tulaliptribes-nsn.gov |
|---|----------------------------|---|

NOTE: Your completed absentee ballot must be mailed in the envelope provided and received at the designated PO Box by **Thursday, March 19, 2020** no later than 4:30 PM.

OFFICE USE ONLY

Enrollment Verified by Signature: _____ Date: _____

Community Notice – Tulalip Board of Directors Election absentee ballots

Submitted by Rosie Topaum

If you would like to vote on the March 21, 2020 Board of Directors Candidate Election, but are concerned about the spread of the Coronavirus, you can do so by absentee ballot. The sooner you request an absentee ballot, the better.

Please Note – If you request an absentee ballot, you cannot bring the ballot and vote at the General Council Meeting, or get a new ballot. They must be mailed or dropped off at the Tulalip UPS store by March 20, 2020 at 4:00 p.m.

After you fill out the ballot request form you can:

- Bring it to the admin and pick up a ballot from election staff.
- Email a picture of the form completely filled out and signed to electioncommittee@tulalip-tribes-nsn.gov
- Fax it to 360-716-0635

Mailed absentee requests will be sent through Fed Ex, so you must supply house address, no P.O. boxes.

If you have any questions please call 360-716-4283 and talk to election staff.

Census from front page

eral money to Tulalip that benefits the entire reservation. Each person counted equals \$3,000 in funding for our community.

“The 2020 Census is our chance to be visible, to be heard, and for our tribal nations to be recognized,” stated Kevin Allis, CEO of the National Congress of American Indians. “Being counted means standing up for yourself, your family, and your tribal community. Our people, our nations, and our future depend on each one of us to complete the census form. This is our opportunity to make a difference – the time is now. Let us join together and make 2020 the year that Indian Country counts!”

The 2020 Census marks the 24th iteration of the census since its inception in 1790. Native American citizens weren’t counted in the census as a separate population category for the first time until 1860. Despite the lengthy history and expansive impact of the U.S. census, Native Americans have historically been undercounted.

An estimated one in seven Native Americans living on tribal lands were not counted in the last census back in 2010, according to the Census Bureau’s own audit. Making Native Americans – at 2% of the U.S. population – the group most likely to be missed.* This inaccuracy costs millions of annual tax dollars to Indian Country that would otherwise be used to improve public programs such as schools, roads, and other forms of critical public infrastructure.

Not being counted hurts Indian Country and on the local level, hurts Tulalip. Tribal leaders and the Census Bureau hope that by focusing on designated hard-to-count communities and improved technology will help produce a more accurate count this year. For the first time ever, you will be able to respond to the census online.

“I want to tell every [Native American] to be counted as an act of rebellion because this census is designed not to count

you,” declared Natalie Landreth (Chickasaw), a senior attorney for the Native American Rights Fund, to Indian Country Today. “It is designed for you to not have congressional districts. It is designed for you to not have federal monies. Make yourself heard because they don’t want to hear from you.”

By April 1, 2020, all Tulalip households will receive an invitation to participate in the census. You will then have three ways to respond: online, by phone, or by mail. Making the 2020 Census as mobile and convenient as possible.

The average time it should take a household to complete the census form is only about ten minutes. Taking those critical minutes to be counted means standing up and being visible for yourself, your family, and your tribal community.

Your responses to the 2020 Census are confidential and protected by law. Personal information is never shared with any other government agencies or law enforcement, including federal, local, and tribal authorities.

It cannot be understated that accurate census data is essential for policymaking and funding for public roads and many other types of essential infrastructure. A lot of our federal programs are dependent on the numbers generated from the census. It impacts education. It impacts economic development. It impacts tribal housing. It impacts health care.

Now is the time to encourage family, friends, and neighbors to spread the word and participate in the 2020 Census. Don’t let the government short change Indian Country or Tulalip a single dollar of federal funding. Be visible and be counted!

For more information, visit www.census.gov

**Source: The Guardian - Native Americans fight to be counted in U.S. census*

How to be counted as Tulalip

For many reasons, it is important that Native households be counted in the 2020 Census. This depends on the race of “Person 1” or the first person listed on the census form. If that person says he or she is Native, then the household will be counted as one with a Native “householder”.

Saying that you’re American Indian or Alaska Native on the 2020 Census form is a matter of self-identification. No proof is required. No one will ask you to show a tribal enrollment card or a certificate of Indian blood.

To be counted as a Native citizen who is part of the Tulalip Tribes, you must complete two simple steps. First, check the box for American Indian or Alaska Native. Second, make sure to write in your enrolled tribe. For Tulalip tribal members this means writing in Tulalip Tribes.

As far as the Census Bureau is concerned, the listing of a person’s tribe is entirely a matter of what the person writes in. No proof of the person’s relationship to that tribe is required. It’s all a matter of self-identification.

What is this person's race?
 Mark one or more boxes **AND** print origins.

White – Print, for example, German, Irish, English, Italian, Lebanese, Egyptian, etc.

Black or African Am. – Print, for example, African American, Jamaican, Haitian, Nigerian, Ethiopian, Somali, etc.

American Indian or Alaska Native – Print name of enrolled or principal tribe(s), for example, Navajo Nation, Blackfeet Tribe, Mayan, Aztec, Native Village of Barrow Inupiat Traditional Government, Nome Eskimo Community, etc.

Chinese Vietnamese Native Hawaiian

Filipino Korean Samoan

Asian Indian Japanese Chamorro

Other Asian – Print, for example, Pakistani, Cambodian, Hmong, etc.

Other Pacific Islander – Print, for example, Tongan, Fijian, Marshallese, etc.

Some other race – Print race or origin.



Food bank from front page

turning away people who lived outside of their cities, which namely included Tulalip. Tamara took the reins nearly a decade ago and has passionately served her community, ensuring the inspiration and mission behind the food bank never falters.

“We are available to everybody in need of food,” said Tami. “I’m here to feed everybody. I don’t care if you’re from Everett or wherever, we don’t turn people away. If I feed one person, I’m good. If I feed a bunch of people, I’m better.”

Various items are offered at the food bank including selections of protein such as chicken and ground turkey; fresh produce like onions, potatoes, apples and celery; baked goods ranging from French bread to desserts; canned foods; dairy items; and of course plenty of mac and cheese.

“We get our donations from Albertsons, WinCo, Northwest



Harvest and the Tribe brings donations too,” said Food Bank volunteer and Church goer, Charlotte Petrie. “We try to have a selection of protein, vegetables, dairy and we order some goodies from Costco. We try to always have cereal available, that’s important. We’re here for everyone. We’re hoping more people

will come and get some food, so no one goes hungry. I enjoy helping the people. We have a great crew and we have fun. If anyone would like, please join us. We’re always in need of volunteers.”

The Tulalip Food Bank is open to all. Their doors are open every other week on Tuesdays between the

hours of 10:30 a.m. and 4:30 p.m., with the next event occurring on March 17. As always, volunteers and donations are graciously welcome. For more information, please contact Tami at (425) 760-6241.

Rain garden saves the day



By *Kalvin Valdillez*

Sometime during the night of March 9, a main water break occurred directly above the Tulalip Senior Center causing a water outage at the senior center, the senior apartments, as well as the entire Battle Creek neighborhood and all along Totem Beach Road. Water gushed into the

newly extended parking lot and threatened damage to the recently remodeled senior center.

According to Tulalip Natural Resources, the pipe burst is believed to be caused by a combination of cold weather and frequent vehicle traffic over the pipeline. The line break proved to be an inconvenience to many

surrounding residents and elders who rely on the waterline, as they went without water for the majority of the following day. However, the Senior Center, Tulalip Utilities, the Tribe’s Natural Resources Department, and most importantly local marine life, are a bit relieved in the fact that a bad situation didn’t take a turn for the

worse thanks to an implementation of a natural filtration system to the senior center remodel.

“The rain garden saves the day!” exclaimed Valerie Streeter, Tulalip Natural Resources Storm Water Planner. “They said the water went underneath the pavement and some went into the storm drains, but

Continued on next page

it was too much. So then it went into the rain garden and the overflow was stopped by a silt fence that caught all the silt – the water and mud pulled out of the bank.”

By design, rain gardens collect storm water runoff from rooftops, nearby streets, lawns and driveways, absorbing and filtering out harmful pollutants like oil, metal, paint, pesticide, and fertilizer. Rain gardens effectively remove 90% of chemicals and 80% of sediments from storm water runoff, preventing those containments from entering our ecosystem, according to the Environmental Protection Agency.

“It would’ve been bad if that water would have made it to the bay,” Valerie said. “It’s kind of by luck that the burst happened there. But even before this incident, with all the rain we’ve been getting, the rain garden has been taking that water and managing it, acting like the sponge it needs to be, and sending that clean water out to the bay.”

Over recent years, the Tribe has taken proactive measures by building several rain gardens and

bioretention swales throughout the reservation, including at the Tribal Administration building parking lot and along busy roads. Throughout the senior center’s remodel planning stages, the rain garden was said to be a touchy subject and debated if it was an immediate necessity. Thankfully the decision to include it in the first phase of renovations proved to be, in hindsight, beneficial to the fish and aquatic life who frequent the waters of the bay.

Valerie explained, “If you want healthy fish and good water, not just marginal water, you want that water to go through the plants and the soil because that’s what naturally happens; it goes through the soil, cleans it, makes organic carbon and heads out, and then you’ll have water that really supports fish.”

“A lot of the pollution is car related,” she continued. “There’s zinc on the tires, and zinc is a heavy metal that will kill either fish or their food. And then you have copper in the brake pads, and that affects the smell of the salmon. The salmon use their sense of smell to find their way back

to the home stream, and if they see a predator they secrete this chemical and the other fish smell it and sink down in the water to avoid the predator. You add copper, even a little bit above the baseline of it, it doesn’t work. The other fish don’t get the message, they don’t sink down and the predator eats them. And then you also have the oil drips that coats gills and eggs so they don’t get oxygen.

So the sediment, had the rain garden or the silt fence not have been there today, and that waterline breaks, it would’ve gone into the building and the bay. It probably would’ve smothered things. If it had been a stream or where salmon eggs were, all that sediment would cover it and then you couldn’t have that oxygen exchange and the eggs would die. It would clog the gills of anything living out there.”

In addition to preventing irreversible harm to the waterways, salmon and aquatic creatures inhabiting Tulalip Bay, the rain garden also lent a helping hand to the Utilities and Public Works departments by gathering all the

excess water from the burst, allowing the crew to quickly work on fixing the busted pipe and reconnecting the waterline for the community. Unfortunately, the water break did cause damage to the center’s parking lot, but the recently remodeled building did not receive any large water damage from the burst.

Although in its infancy stage, the native plants still have yet to be planted, the rain garden came through in a big way for Tulalip by halting mass pollution to the bay. Valerie believes that once complete, the garden will be a beautiful and purposeful addition to the senior center.

“It’s going to be really pretty once it’s planted,” she expressed. “The other idea is they’re going to have a bench so the elders can sit, relax and enjoy the rain garden. There will be all kinds of birds and animals that come to visit. Benches, berries, the bay and a beautiful landscape that’s functional for the environment. That sounds like a wonderful scenery.”

Health

National Nutrition Month with Tulalip SNAP-Ed:

MINERALS



By AnneCherise and Calvin Valdillez

As we continue an informative March focused on overall health and nutrition, Tulalip SNAP-Ed Nutritionist, AnneCherise Jensen returns with the second installment of National Nutrition Month, focusing this week’s article on minerals. To maintain one’s wellbeing, it’s important to know which nutrients our bodies require in order to execute our daily functions. Many times our bodies will actually communicate with us by literally craving some of these minerals outlined below. The trick is knowing which healthy options are available to satisfy those cravings, because far too often we’ll grab something that’s convenient and contains merely a fraction of the minerals that we need, and a gang of unhealthy additives we don’t.

AnneCherise provides an in-depth look at seven minerals this week; calcium, iodine, iron, magnesium, potassium, selenium and zinc, as well as detailing the many benefits they offer the human body and the types of foods you can find them in.

Minerals, what are they and why do we need them?

Calcium

Calcium is a mineral found in many foods. The body needs calcium to maintain strong bones and to carry out many important functions. Almost all calcium is stored in bones and teeth, where it supports their structure and hardness.

The body also needs calcium for muscles to move and for nerves to carry messages between the brain and every body part. In addition, calcium is used to help blood vessels move blood throughout the body and to help release hormones and enzymes that affect almost every function in the human body.

Sources:

- Low-fat milk, yogurt and cheese are the main food sources of calcium.
- Vegetable sources include kale, broccoli, and Chinese cabbage.
- Fish with soft bones that you eat, such as canned sardines and salmon, are great animal sources.

Iodine

Iodine is a mineral found in some foods. The body needs iodine to make thyroid hormones.

These hormones control the body's metabolism and many other important functions. The body also needs thyroid hormones for proper bone and brain development during pregnancy and infancy. Getting enough iodine is important for everyone, especially infants and women who are pregnant.

Sources:

- Fish (such as cod and tuna), seaweed, shrimp and other seafood.
- Low-fat dairy products (such as milk, yogurt and cheese) and eggs.
- Products made from whole grain and whole-wheat products like breads and cereals.

Iron

Iron is a mineral that the body needs for growth and development. Your body uses iron to make hemoglobin, a protein in red blood cells that carries oxygen from the lungs to all parts of the body, and myoglobin, a protein that provides oxygen to muscles. Your body also needs iron to make some hormones.

Sources:

- Lean meat, seafood, and poultry.
- Iron-fortified breakfast cereals and breads.
- White beans, lentils, spinach, kidney beans, and peas.
- Nuts and some dried fruits, such as raisins.

Magnesium

Magnesium is a nutrient that the body needs to stay healthy. Magnesium is important for many processes in the body, including regulating muscle and nerve function, blood sugar levels, and blood pressure and making protein, bone, and DNA.

Sources:

- Legumes, nuts, seeds, whole grains, and green leafy vegetables (such as spinach)
- Fortified breakfast cereals and other fortified foods
- Low fat milk, yogurt, cottage cheese and other milk products.

Potassium

Potassium is a mineral found in many foods. Your body needs potassium for almost everything it does, including proper kidney and heart function, muscle contraction, and nerve transmission.

Sources:

- Fruits, such as dried apricots, prunes, raisins, orange juice, and bananas
- Vegetables, such as acorn squash,

potatoes, spinach, tomatoes, and broccoli

- Lentils, kidney beans, soybeans, and a variety of nuts
- Low fat milk and yogurt
- Lean meats, like poultry, and fish

Selenium

Selenium is a nutrient that the body needs to stay healthy. Selenium is important for reproduction, thyroid gland function, DNA production, and protecting the body from damage caused by free radicals and from infection.

Sources:

- Seafood
- Meat, poultry, eggs, and low-fat dairy products
- Breads, cereals, and other grain products

Zinc

Zinc is a nutrient that people need to stay healthy. Zinc is found in cells throughout the body. It helps the immune system fight off invading bacteria and viruses. The body also needs zinc to make proteins and DNA, the genetic material in all cells. During pregnancy, infancy, and childhood, the body needs zinc to grow and develop properly. Zinc also helps wounds heal and is important for proper senses of taste and smell

Sources:

- Oysters, which are the best source of zinc.
- Red meat, poultry, seafood such as crab and lobsters, and fortified breakfast cereals, which are also good sources of zinc.
- Beans, nuts, whole grains, and dairy products, which provide some zinc.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

Source: <https://ods.od.nih.gov/factsheets/list-all/>

Be sure to tune in next week when AnneCherise and the SNAP-Ed program return with another column to promote a healthy and nutritional lifestyle during National Nutrition Month. And follow the link below for a recipe of a tasty snack that is ideal for both the start and end of your day. For more information, please contact the Tulalip SNAP-Ed program at (360) 716-5632.

Recipe

Berry Good Banana Split

A twist on the banana-split thats packed with added nutrients and flavor! (Great for breakfast or dessert.)

What You'll Need

- Measuring cups
- Knife
- Cutting board
- Measuring spoon
- Serving bowls

Ingredients

- 1 Small banana
- ½ cup Low Fat Vanilla Yogurt
- 1 tablespoon Lowfat granola
- ½ cup Fresh blueberries or other fresh berries

Directions

1. Cut the banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place the banana halves on both sides of the yogurt.
4. Top yogurt with granola and berries. Serve.

Nutrition Info and more

Serving size: 1

Total calories: 278 Total fat: 3.4 g Saturated fat: 1.3 g Carbohydrates: 58 g Protein: 8.5 g Fiber: 6 g Sodium: 94 mg

<https://eatfresh.org/recipe/breakfast/berry-good-banana-split#.XmaRgfZFyUk>



Tulalip Clinical Pharmacy frequently asked questions

Submitted by Kelvin Lee, Pharmacy Director

Prescriptions

Why can't I fill all of the refills I've been prescribed at once?

The Pharmacy is only allowed to dispense the quantity that your doctor specifies on your prescription. Also, insurance companies have their own limitations on refill quantity and frequency. For example, many insurance companies limit refills to a one-month supply. Prescriptions may only be refilled after the appropriate amount of time has lapsed in between refills.

Who can write a prescription?

Physicians (MD), dentists (DDS), podiatrists (DPM), Advanced Registered Nurse Practitioners (ARNPs) and Osteopathic Physicians (DO) may issue prescriptions within their scopes of service. Physician's Assistants (PA) and Certified Physician's Assistants (PA-C) may issue prescriptions only as approved by the Medical Commission. Veterinarians (DV) can issue prescriptions to animals only. Certified Osteopathic Physicians Assistants (OA) and non-certified Osteopathic Physicians Assistants (IO), Certified Registered Nurse Anesthetist (CRNA), Neuropathic Doctor (ND) and Optometrist (OD) all are able to write prescriptions with certain restrictions.

In Washington State, Pharmacists (RPh, PharmD) can enter into a collaborative agreement with physicians and have limited prescription writing authority. For example, under a collaborative Drug Therapy Agreement, Tulalip Clinical Pharmacy pharmacists can prescribe certain travel-related medications for our Travel Clinic patients.

Can pharmacist decline filling my prescription?

Pharmacists have a duty to deliver lawfully prescribed drugs or devices to patients except under certain circumstances when declining to fill a prescription is a responsible and professional thing to do:

- Prescriptions containing an obvious or known error, inadequacies in the instructions, known contraindications, or incompatible prescriptions, or prescriptions requiring action in accordance with WAC 246-875-040.
- National or state emergencies or guidelines affecting availability, usage or supplies of drugs or devices;
- Lack of specialized equipment or expertise needed to safely produce, store, or dispense drugs or devices, such as certain drug compounding or storage for nuclear medicine;
- Potentially fraudulent prescriptions; or

- Unavailability of drug or device despite good faith compliance with WAC 246-869-150.
- * WAC 246-869-010

Ordering and Receiving

Can I pick up prescriptions for my friends or relatives?

Protecting patient's privacy and ensuring accurate delivery of medications to the ultimate patients are top priorities of Tulalip Clinical Pharmacy. Multiple policies and procedures are in place to protect our patient's privacy and to ensure the right medications go to the right patients:

- Patients and persons authorized to pick up prescriptions will be asked patient's full name, date of birth, etc.
- A patient must sign a Prescription Pick up Authorization Form to authorize pick-up by another person.
- A patient can authorize a one-time pick up over the phone
- Pharmacy Director and Pharmacy Supervisor may use discretion to make exceptions, to grant or deny pick up by another person based on the best interest of the patients.

Below are different ways a patient can access and fill out Prescription Pick up Authorization Form:

- In the FORM section of our web site
- Complete form online: <https://intakeq.com/new/UbP6JN>
- Request the form via email: pharmacy@tulaliptribes-nsn.gov
- Request a copy at the pharmacy

Why does the pharmacist call my doctor before refilling my prescriptions?

A pharmacist may not refill a prescription without authorization from your doctor. Your doctor may authorize no refills, one refill or multiple refills on the original prescription. After all of the refills on the original prescription have been used, the pharmacy must obtain a new authorization from your doctor before refilling your prescription. In addition, prescriptions are generally valid for 1 year after the date it was written. A prescription for a controlled substance may not be filled or refilled more than six months after the date issued by the practitioner. After the prescription expires, the pharmacist must obtain authorization from your prescriber regardless of how many refills are remaining.

To avoid delays, give the Pharmacy a call a few days before your medication runs out. This allows the Pharmacy time to contact your doctor and for the doctor's office to respond to the Pharmacy.

What information is needed from me before filling my prescription?

In order to verify the correct identity of the person submitting and picking up prescriptions and for your safety, we collect and keep on file your social security number, date of birth and a photo copy of

your ID. Also, social security number will be used to verify and research available insurances for patients. All of this information is stored securely and is only available to Pharmacy employees with a need to know the information.

May I transfer my prescription to another pharmacy?

YES, in most cases a pharmacist may transfer the remaining refills to another pharmacy. However, once your prescription has been transferred from the original pharmacy your prescription is now void and may no longer be filled there, unless you have it transferred back to the original pharmacy. Controlled medications may only be transferred once. To initiate a transfer, please give all relevant information including your name, date of birth, medication full name and strength, and Tulalip Clinical Pharmacy phone number to the other pharmacy.

May I have a copy of my prescription?

A pharmacist may give you a copy of your prescription only for informational purposes. A pharmacist may NOT dispense a drug from a copy of a prescription. A pharmacist may use the information on your copied prescription to contact your doctor for a new prescription.

May I fax in my prescription?

No, a prescription may only be faxed to the Pharmacy by the healthcare provider.

Payment

I was told that my medication is not covered. What does that mean?

Insurance companies limit the drugs that they will provide reimbursement for, or "cover". The lists of "covered" drugs are called formularies. Generally speaking, when the medications are essentially the same, the insurance companies prefer patients to try generic versions before brands. In some cases, your doctor will have to write a "prior authorization" letter to the insurance company in order to cover drugs that are not included in the formulary.

I am a Tulalip member. Will all my prescriptions be covered?

The cost of prescription drugs has increased dramatically over the past decade and has become a tremendous responsibility and a great challenge for the Tribes to provide the best possible prescription coverage for its members and, at the same time, ensure long-term sustainability of its prescription program. In the past five years, the Tulalip Prescription Plan has been able to achieve this objective through the joint efforts of the Board of Directors, the Tulalip Health System, the Pharmacy Board of Trustees, the Tulalip Clinical Pharmacy and, last but not least, the Tulalip members. In

March of 2015, the Tulalip Board of Directors approved a resolution to create the Tulalip Prescription Formulary (Resolution No. 2015-063) which includes more covered drugs in all major disease categories than most drug formularies, including the Indian Health Services, Medicaid, and most commercial insurances. This formulary ensures Tulalip members receive one of the best prescription coverage of all tribal or non-tribal entities.

In addition, Tulalip members has contributed tremendously by actively enrolling, with the help from the Health Clinic Alternative Resource department staff, in various health insurances, grants and resources, thus reducing the overall cost of the prescription program.

Even though our formulary provides one of the most comprehensive prescription coverage, it does not include 100% of drugs available in the US. As a matter of fact, no prescription plan will be viable and sustainable if it pays for 100% of all available drugs due to the high cost of pharmaceuticals in the US. This means substitution of therapy or medications can happen when drugs are not included in the Tulalip Prescription Formulary or

formularies of other insurances. Tulalip Clinical Pharmacy wants to assure our members that quality of care, not profit, will be our primary consideration when substitution becomes necessary.

Disposal

May I return my unused medications to the Pharmacy?

To help remove hazardous items from homes and to prevent unnecessary accidents from happening, Tulalip Clinical Pharmacy provides two disposal kiosks for our patients and Tulalip members to dispose of their expired or unused drugs and sharps. This is a free service for Tulalip members and Tulalip Clinical Pharmacy customers (\$5 disposal fee for non-customers).

Patients who wish to use this service please ask for assistance at the pharmacy counter before putting any disposal items into the kiosks. To ensure proper disposal, we appreciate your cooperation in adhering to the following policies:

Expired/unused drug disposal kiosk

Acceptable disposal items:

- Unused or expired prescription medications (including controlled substances)
- Over-the counter medications
- Pet medications.

Unacceptable disposal items:

- Illegal drugs
- Inhalers
- Lotions/liquids
- Aerosol Cans
- Needles
- Hydrogen Peroxide

*All drugs must be in their original containers/vials. Loose pills cannot be put into the kiosk.

Sharps return kiosk

All sharps (needles, syringes, lancets, etc.) must be disposed in an approved sharps container that can fit into the chute opening of the kiosk (8" X 14.25" X 11"), approx. 8.2 Quarts. Tulalip Clinical Pharmacy will not accept loose sharps, unapproved or oversized sharps containers.



Together We're Better

2020 Spring Celebration

3PM Sunday, April 19
Mission Highlands Community Building

Easter Egg Handout
(1 per youth)

Potluck style!
Please bring your favorite dish, drink or dessert

Contact: Malory Simpson, 425.622.5457

Tulalip

Easter Bash

Saturday, April 11
10am-1pm

Greg Williams Court
6700 Totem Beach Rd

Dress accordingly for rain or shine

Games, Bouncy House, Field Activities and more!

Get your photo taken with the Easter Bunny!



Tulalip Veterans Gathering



April 9 5-7 PM
Admin Building, Room 162

*Light snacks and drinks
provided*

Info: William McLean III 360.716.4832 wmcleaniii@tulaliptribes-nsn.gov
Rocky Renecker 360.716.4860 rrecker@tulaliptribes-nsn.gov

Launch your tech career
Earn IT Certifications
Classes start April 8 at Tulalip College Center

Washington state has more than **15,000 IT jobs** with a median salary of **\$48,000**. If you want one of those jobs, start training now by **earning IT certifications** through Everett Community College at the Tulalip College Center.

Tuition and books are **FREE** for Tulalip Tribal members, Tulalip employees, and members of the Tulalip community.

Register for Classes

Pick up a registration form from the Tulalip College Center or from your Tulalip employer.

Email forms to Cody Reed at codyreed@tulaliptribes-nsn.gov or drop off forms at the **Tulalip College Center**, 7707 36th Ave. NW, Building C-2 (next to the Boys & Girls Club).

Learn More: EverettCC.edu/TulalipIT

Questions? Ask us!

Cody Reed, Tulalip Tribes Higher Education | 360-722-1173 or codyreed@tulaliptribes-nsn.gov
Jayne Joyner, Everett Community College | 425-388-9964 Ext. 7325 or jjoyner@everettcc.edu



Everett Community College does not discriminate based on, but not limited to, race, color, national origin, citizenship, ethnicity, language, culture, age, sex, gender identity or expression, sexual orientation, pregnancy or parental status, marital status, actual or perceived disability, use of service animal, economic status, military or veteran status, spirituality or religion, or genetic information.

Tulalip Tribes Education Division
Tutoring & Homework Support PROGRAM
Kindergarten thru 12th grade
Math • Science • Reading • English • Writing • Comprehension • Spanish
Reading Plus • Compass / Odyssey Learning Program • Credit Retrieval

Our on-line programs include:
• Reading Plus • IXL • Cool Math • ABCya! • Fact Monster Math • Math Magician • Math Playground

VISAGRAPH | **irlen** Where The Science Of Color Transforms Lives
SILENT READING ASSESSMENT

*With the Power of an Education
the Sky is the Limit!*

Our Program is FREE to all Students/Families

We're located in Buildings F, F2 & F3
7707 36th Ave NW
across the parking lot from the Tulalip Boys & Girls Club

Contact **Dawn Simpson**
dsimpson@tulaliptribes-nsn.gov
(360) 716-4646
OR
Valda Gobin 425-870-4214

Beverly J. Echevarria



Beverly J. Echevarria {1948-2020} Beverley Jean Echevarria died on February 28, 2020. Jeannie was born to parents, Norma Genevieve (Shelton) Rivera and John Vargas Rivera in Tacoma, WA.

She started out as a hairdresser. She worked most of her life as an accountant in the financial department

in several companies around Seattle, but most recently at Tulalip Tribes Quil Ceda Village for over a decade. Jeannie worked very hard her whole life for the love of her family. She attended and earned her degree at Everett Community College and the University of Washington. She met her husband, Carlos Echevarria in 1968, they then moved to Puerto Rico, Alaska, and the remainder her life in the Magnolia area of Seattle for 40 years. Carlos and Jeannie would have celebrated 52 years married this year.

Jeannie was the big sister and mother to her siblings, brother, John Jr. and Carlos and sister, Lydia. She had three children, Carlos Jr, Jesus and Juan Echevarria. They were the true loves of her life. Her joy was sprung up by her grandchildren, having special relationships with every one: Mekalani Lynn, Jesus Anto-

nio, Alexzes Jeannie, Raihan Shibly, Gia Marie and Cameron, as well as one new bundle of joy on the way. She loved shopping for them and spoiling them. She loved sewing, and traveling and studying.

A Celebration of her life was held on Thursday, March 5, 2020 at Greg Williams Court, 6700 Totem Beach Road and Friday, March 6, 2020 at Greg Williams Court. Burial followed at Mission Beach Cemetery. She was preceded in death by her son, Jesus Antonio; her parents, Norma and John; her brothers, John and Carlos; and her sister, Lydia.

She is survived by her husband, Carlos Echevarria of Seattle; Carlos Echevarria and Katie Moore of Tulalip, WA; Juan and Nazmi Echevarria of Kirkland, WA; daughter, Heather Gobin of Tulalip, WA; and her grandchildren: Mekalani, Jesus, Alexzes, Raihan, Gia and Cameron.

Clayton Willis Alexander



Clayton Willis Alexander Sept. 26, 1965 - March 3, 2020 The Lord blessed us with the life of Clayton Willis Alexander on September 26, 1965 born to Leora and Warren Alexander. The Lord took Clayton gently to heaven with him on March 3, 2020. His life may not have always been easy for Clay-

ton, but nothing ever slowed him down. He lived life to the fullest. He loved all of his family and friends the same way he lived. And his family loved him the same way. Clayton loved hanging out with his family and being outdoors. His biggest hobby was spending time with his siblings. He enjoyed being outside cutting firewood and harvesting cedar bark. He never missed a family gathering.

Now that he is with The Lord, he has joined his father, Warren Alexander, grandmother, Bernice Williams, grandfather, Walter "Sambo" Alexander, grandfather, Irvan O'Harrar, grandmother, Corrine Steele; uncle, Jerry Alexander, aunt, Clara O'Harrar, aunt, Joanne Runyan, and Uncle Mike O'Harrar; cousins, Robert Cleary, Robin Perry, Dave Hunter; niece, Tara Taylor, great-nephew, Jaymen Tay-

lor. He is survived by his mother and best friend, Leora Vandertie; sister, Tina (John) Crolley, brother, Warren Alexander (Warrine), Tammy Taylor (Lance), brother, Alan Alexander (Angela), brother, Jeff Nissell (Colleen); special cousin, Justin Wahlsmith, aunts, Eleanor, Florence, uncle, Harry, aunt, Marlene (Painer), uncle, David, Lynne; daughter, Felicia, granddaughter, Rajalion (Raja) Holland whom he loved unconditionally, and numerous nieces, nephews, great-nieces, great-nephews, and many friends. Clayton was a proud member of the Tulalip Tribes and will be loved in memory to all who has shared his life. Visitation was held on Saturday, March 7, 2020 at Schaefer-Shipman Funeral Home. Funeral services were March 7, 2020 at the Tulalip Tribal Gym with burial following at Mission Beach Cemetery.

Court Notices

TUL-CV-YI-2017-0078. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of J. E. L. F. TO: GENEVIEVE MARKALEE LOPEZ (AKA HERNANDEZ) and JACK ANTONIO FORD: YOU ARE HEREBY NOTIFIED that a Motion to Establish Paternity was filed in the above-entitled Court pursuant TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on 04/21/2020 at 2:00 p.m. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: February 29, 2020

TUL-CV-YI-2020-0189. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Welfare of: B. R. P-W. TO: RAYMOND WALLACE PAUL, YOU ARE HEREBY NOTIFIED that a Youth In Need Of Care action was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at an Adjudicatory hearing on APRIL 28, 2020 at 2:30pm. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: February 29, 2020.

THE TULALIP COURT Tulalip Indian Reservation Tulalip, WA No. TUL-CV-EX-2020-0141 Summons by Publication and Notice of Petition for Exclusion THE TULALIP TRIBES, Petitioner vs. DANIEL MILTON MACKENZIE, Respondent. On January 31, 2020, a Petition for Exclusion was filed in the above-entitled Court pursuant to TTC 2.40. YOU ARE HEREBY NOTIFIED that 1) that you are entitled to be represented by counsel, at your own expense; 2) that you may present testimony of witnesses and other evidence on your own behalf; and 3) that failure to attend the hearing may result in an order of temporary or permanent exclusion or removal; 4) that if you intend to call witnesses, a witness lists shall be filed no later than five judicial days before the hearing. YOU ARE FURTHER NOTIFIED that if you file an answer to the exclusion petition no later than May 18, 2020 and serve a copy on the Office of the Reservation Attorney within five calendar days after filing with the Court, the matter shall be set for a hearing. The date and time of the hearing shall be set by the Clerk's Office and shall be held at the Tulalip Tribal Court located at: 6332 31st Ave. NE, Tulalip, WA 98271.

TUL-CV-YG-2020-0112 SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: G. P. M.: ARLETIA JEAN PAUL, YOU ARE HEREBY NOTIFIED that a Petition for Guardianship (Youth) was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on April 30, 2020 at 1:30 p.m. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: March 7, 2020.

TUL-CV-CU-2018-0358. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Custody of: C. P. S. II TO: SUMMERLEE BLANKENSHIP (AKA SUMMER LEE BLANKENSHIP), YOU ARE HEREBY NOTIFIED that a Petition for Child Custody, Residential Schedule/Parenting Plan, and/or Child Support was filed in the above-entitled Court pursuant to TTC 4.20 and 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on March 31, 2020 at 9:00 a.m. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: February 15, 2020.

TUL-CV-YG-2019-0410. SUMMONS BY PUBLICATION Tulalip Tribal Court, Tulalip WA. In Re the Guardianship of: C. A. G. TO: IVY AUGUSTINE GUSS, YOU ARE HEREBY NOTIFIED that a Petition for Guardianship (Youth) was filed in the above-entitled Court pursuant to TTC 4.05. You are hereby summoned to appear and defend regarding the above entitled action at a hearing on 03/19/2020 at 3:00 p.m. in Tulalip Tribal Court, 6332 31st Ave NE, Suite B, Tulalip, WA 98271. NOTICE: You have important legal rights and you must take steps to protect your interests. IF YOU FAIL TO ANSWER JUDGMENT WILL BE RENDERED AGAINST YOU. Date first published: February 8, 2020.



CENSUS PARTY

Shape Your Future

Wednesday,
April 8
10AM - 3PM

**Admin Building
Room 162**

**Tulalip Tribes employees will be allowed
up to one hour of paid leave to attend
(with supervisor's approval)**

Raffles!



**&
Snacks!**



**Make sure to grab your
"I AM TULALIP AND I COUNT"
census t-shirt!**

**Actual shirt may vary*



TDS-34271