



CENTRAL COUNCIL
Tlingit and Haida Indian Tribes of Alaska
Office of the President • Edward K. Thomas Building
PO Box 25500 • Juneau, Alaska 99802

President's Weekly Update 1.21.21

Wáasá iyatee, Gasing.uu dang Giidang!

I hope this message finds you well. Earlier this month, I committed to sending weekly updates in an effort to have more open communication and I'm excited to share this week's update. Again, this is just a glimpse into work that Tlingit & Haida has going on. To stay up to date on our work, events, and programs, make sure to follow us on Facebook! I hope you have a great & safe weekend. Please reach out if you have any questions.

Free At-Home COVID-19 Tests

Every household can order one set of four free at-home tests from the federal government through the U.S. Postal Service at www.COVIDtests.gov.

Here's what you need to know before placing your order:

- Limit of one order per residential address
- One order includes four individual rapid antigen COVID-19 tests
- Orders will ship free starting in late January

There are no shipping fees and you don't need to enter a credit card number. The only information required to order the tests is a person's name and address. People can include their email addresses if they want updates on their order. Orders will usually ship in 7-12 days.



USPS.COM Quick Tools Send Receive Shop

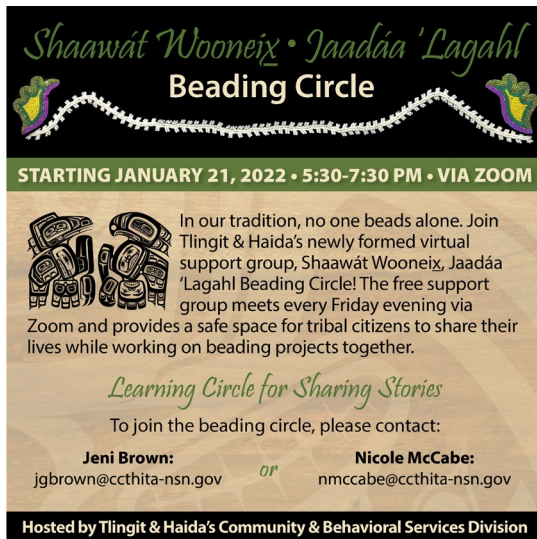
**Place Your Order for
Free At-Home COVID-19 Tests:**
<https://special.usps.com/testkits>

The [Alaska Department of Health and Social Services](http://www.alaska.gov/health) is in communication with the federal government regarding the issue of tests freezing during the shipping process. Self-tests generally need to be stored in temperatures above freezing.

Testing is an important tool to help mitigate the spread of COVID-19. Public health experts and the Centers for Disease Control and Prevention recommend using a self-test:

- If you begin having COVID-19 symptoms like fever, sore throat, runny nose, or loss of taste or smell
- At least five days after you come into close contact with someone with COVID-19
- When you're going to gather with a group of people, especially those who are at risk of severe disease or may not be up to date on their COVID-19 vaccines

Shaawát Wooneix, Jaadáa 'Lagahl Beading Circle



Shaawát Wooneix • Jaadáa 'Lagahl
Beading Circle

STARTING JANUARY 21, 2022 • 5:30-7:30 PM • VIA ZOOM

In our tradition, no one beads alone. Join Tlingit & Haida's newly formed virtual support group, Shaawát Wooneix, Jaadáa 'Lagahl Beading Circle! The free support group meets every Friday evening via Zoom and provides a safe space for tribal citizens to share their lives while working on beading projects together.

Learning Circle for Sharing Stories

To join the beading circle, please contact:

Jeni Brown: jgbrown@ccthita-nsn.gov *or* **Nicole McCabe:** nmccabe@ccthita-nsn.gov

Hosted by Tlingit & Haida's Community & Behavioral Services Division

In our tradition, no one beads alone. Join Tlingit & Haida's newly formed virtual support group, Shaawát Wooneix, Jaadáa 'Lagahl Beading Circle.

The free support group meets every Friday evening at 5:30 PM via Zoom and provides a safe space for tribal citizens to share their lives while working on beading projects together.

To join the beading circle, please contact Jeni Brown (jgbrown@ccthita-nsn.gov) or Nicole McCabe (nmccabe@ccthita-nsn.gov).

Tlingit & Haida Welcomes Child Welfare Attorney

Please help us welcome Rachel Weckhorst-Espejo who recently joined our General Counsel team as the Tribe's new Child Welfare Attorney. Rachel will work from our new Anchorage office which is expected to open next month. She is excited to be a part of Tlingit & Haida's General Counsel team and to carry forward our commitment to meet tribal citizens where they are. Rachel graduated in 2013 from the Thomas Jefferson School of Law in San Diego, California. She holds a B.A. in English & Theatre from the University of Hawai'i at Mānoa, which she received in 2010 in her home state of Hawai'i. Previously, Rachel spent eight years with the Alaska Public Defender Agency and has dedicated her career to child welfare service. In her personal life, Rachel enjoys berry picking and making jams and jellies as well as hiking with her dogs.

Grief & Loss Support Group

Tlingit & Haida launched its new Grief & Loss support group on January 18th. The group is an open, yet safe and confidential forum facilitated by therapists who provide education on the grieving process and how to cope. Facilitators utilize a blended approach of Acceptance and Commitment Therapy (ACT) with traditional grieving practices.

The new support group was developed by CBS Healing Center Intern, Sharnel (Yaagál) Vale-Jones who is Tlingit, Kwaashk'IKwáan (Raven, Humpy Salmon), Dis hítaxáyáxat (Moon house) from Yakutat. She holds a B.A. in Counseling Psychology and is currently in the third year of her Clinical-Community Psychology Ph.D. program.



FINDING HOPE & HEALING THROUGH LOSS

Grief & Loss
SUPPORT GROUP
A HEALING JOURNEY TOGETHER

Have you recently experienced loss and need help grieving?

The pain of loss can feel overwhelming, but you are not alone. Tlingit & Haida's Community & Behavioral Services Healing Center can help.

We invite you to join the Grief & Loss Support Group to learn healthy ways of coping with loss of a loved one or from other major life changes.

The group is an open, yet safe and confidential forum facilitated by therapists who will provide education on the grieving process and how to cope. Facilitators will utilize a blended approach of Acceptance and Commitment Therapy (ACT) with traditional grieving practices.



Scan QR code to learn more

To join the new support group or learn more, please contact our Community & Behavioral Services Healing Center at behavioral_services@ccthita-nsn.gov or 907.463.7305.