

MENGUNGU SENI  
EKKEWE MWENO:  
**Eu korosun COVID**

Megan  
Veith



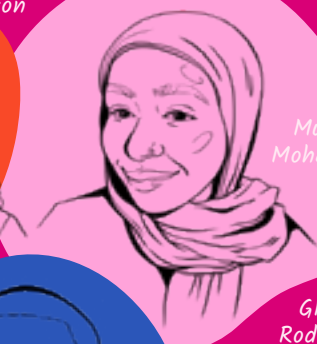
Dr. Ben  
Danielson

Zyna  
Bakari



Kathleen  
Wilcox

Mulki  
Mohamed



Faalua'ina "Lua"  
Pritchard

Lynese  
Cammack

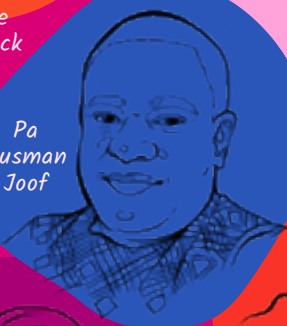
Mohamed  
Bakr

Van  
Kuno



Pa  
Ousman  
Joof

Gloria  
Rodriguez



Jordan  
Chaney

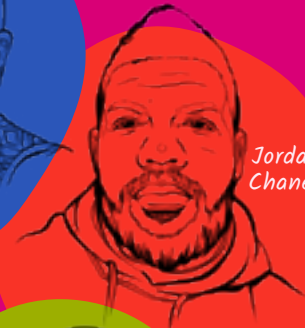
Mayra  
Colazo

Chaune  
Fitzgerald

Todd  
Holloway



Lin  
Crowley

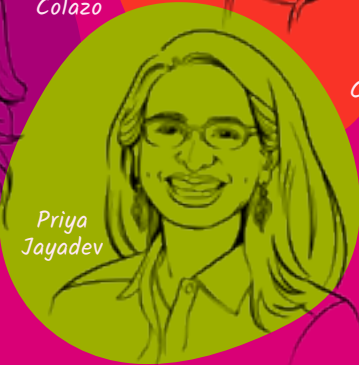


Priya  
Jayadev

Vincent  
Perez

JanMarie  
Olmstead

Kelvin  
Hoang



EKKEWE POPUTAN ME PWUKUTAN MAK MEREN  
COMMUNITY COLLABORATIVE THOUGHT PARTNERS  
(EWE MWICHEN ARAMAS NON NENIACH KEWE REKAN  
CHUUFENG PWAN AIA FENGGEN EKIEK)

*Mengungu seni ekkewe Mweno:*  
***Eu Korosun COVID***

Ekkewe tuttunap ika keen ee ekkesiwin meren  
emon ekan ioni ika isoni  
Anastacia-Reneé, C. Davida Ingram  
& Fathiya Abdi

EKKewe poputan me pwukutan mak meren  
Community Collaborative Thought Partners  
(Ewe Mwichen Aramas Non Neniach Kewe  
Rekan Chuufeng pwan Aia Fengen Ekiek)

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## Aporousa Porousan

*Ei kukkun pwuken tuttunap masowen eu ruu-keangan angang faniten ach sipwe osufonu ekkewe chon akomweiti osukosuk seni non neinach kewe non Washington state.*

*Met epwe tapweto masowan eu time-capsule (Eu nenien isois mettoch epwe achema eu fansoun).*

*Mei pwan fiti eu tettenin ekiék mei imwuno faniten neniach kewe, mwicheichen aramas, me ekkewe chon fer ennuK.*

*Eu wachemwuken kinisou chapwur ngeni ewe Collaborative Thought Partners ren ami nikitu ngeni ekkewe neni non unusen Washington state.*

*Eu unusenapan tettenin porousan pachenong iten chochon nesopwonon.*

*Achengicheng Chon Anea,*

*Anean pwe ei book epwe kuna anan  
ngeni non ngasangasomw.*

*Sia mochen achema ngonuk non ach  
kapas me ach experience pwe kose  
anamen.*

*Sia mochen mennapei ngonuk ach  
ekimwonun ekiem me mak seni ekkewe  
mweno iir mei uta reom.*

*Ei eu offering me invitation.*

*Kese mochen mak ka pwisin pwan  
makkei omw tuttunap.*

### **3 Mettoch Upwe Pwisin Ereni Ei**

ika a tori fansoun niki ika nikitano:  
Upwe peni topwun ewe tettenun pechen  
etiwetiwun nguni me etiwa minafon mettoch  
upwe komochuno won.

*Jordan Chaney*  
**Chon Angang Faniten Eoreni, Tuttunap**



**Esinesin Faniten  
Mak #1  
Achema ewe  
Osukosuken Cheeun  
Samwau**

*Achengicheng Chon Anea,*

*Ikkefa ekkoch 3-5 achechewan ka  
sereni nepoputan ewe osukosuken  
cheeun COVID?*

*Met kewe omw anean me noninen?*

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## **Uwa Mwet Ne Anganga**

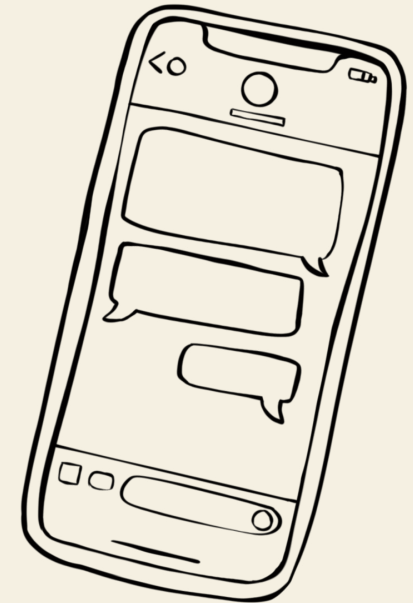
Ai anean pwe COVID epwe mwtir wesino  
me nonien ekon toriei nupwen ai pwan kuna      chommong  
aramas ra mano.

Uwa mefi nuwokun me anamon  
Uwa Mwet Ne Anganga                              ne epeti  
atongei kewe me                                      neniei we

Uwa akoko ngeni pwii we  
fansoun ai kutta anen ai upwe moni rent  
awora mwenge won chepen faniten nei kewe clients

Uwa noninen ika upwene ngang mwirin

***Van Kuno***  
**Refugee & Immigrant Services NW**





## **Nepoputan Osukosuk**

### *Chuuneno*

Uwa chemeni ekkewe fansoun kunokun kaio non ewe spring 2020. Sipwene ruu nge ra ereni kich pwe sense "resapw chiwen fori nesen non fougoun aramas, chon sukun rese namot ar repwe no non ekkewe imwen sukun." Ach sukun a aporousa porousan nonnomwun ewe menun samwau."

### *Nusun Ewe Ier Aa Fokkun Osukosuk*

Ewin nepoputan osukosuk aa tori Seattle Ra ereni kem aipwe kaio ifa sokkun ach kio non Zoom, pwan meinsin kich a namot ach sipwe sopweno ach angang won Zoom, esapw non ekkewe imwen sukun. Pekin Osukun ese chiwen tongeni fis non fougoun aramas. Aiwa kuta anen an epwe fis mettoch nge esapw wor kan fengen, non fougoun aramas ika angang fengen. Aa men weires ach sipwe sopweno ach kewe sokkun nonnomw! Nge ina mwo, sia tongeni fori.

### *Sia watteta*

Ina otun uwa finata pwe aa namot ach sipwe aia ach nonprofit ach sipwe sopweno an aramas riri fengen, ach sipwe anisi ekkewe ra need aninnis. Aninnis mei awenewen faniten neniach kewe mei chek tapweto mwirin! Sia tepereni pwe ach ewe Angangen Pesepes iei non ekkewe mwekutukut me angang. Meinsin ekkewe aramas ra pachengeni ach ewe mwichen angang fengen. Kapacheta, ekkewe fitemon ra tinikeni ar repwe sopweno ne awora aninnis ra tongeni faniten angangen forutan ewe nenien mwicheich fengen non neniach ewe. Uwa men fokkun pwapwa ach kuna fengenni kich ach sipwe anisi neniach kewe, pwan aninnis fengen nefinach.

### *Use Mochen Fangeta Non Ai Anean*

Ai anean pwe upwe sopweno met sia fen poputani. Uwa mochen sopweno ekkewe echipwerun nefiin sia fen forata nefinach. Nge ai noninen pwan pwe ai kewe anean epwe mworono. Ika aramas ra chek ekieki ekkoch chek mettoch epwe namot, nge esapw met sipwe tongeni fori meinsin an epwe eochuno neniach kewe, sia missini ewe fansoun ach sipwe pochokuneno non angang fengen nefinach.

### *Lin Crowley*

**Asian Pacific Islanders Coalition SPS  
Multicultural Center of the South Sound**

## COVID

“Que sera sera.”

Met Epwe fis

Epwe fis  
Porousan  
mettoch meinisin

*Kelvin Hoang*  
Asia Pacific Cultural Center

## Ese Mwo Wor Ai Angang Fan Eu

Emon minafon chon sochungio  
seni ewe Masters of Public Administration (MPA, Master non  
Pekin Tumwunun Finance, Ennuk, Me Angang Faniten Aramas  
Ese Nifnifin) program  
Uu poputa ne kut angang arapakan nesopwenon August

Non October 2019 me mwen COVID  
ma me inei we aiwa akseten won taraku  
Ai achocho ngeni upwe chikar sefan mei pwan aweiresi aiwe kut  
ai angang

Non December 2019 Uwa interview ai upwe falantier non  
Pwutain Tumwunun Angang Atapwanapwan non Pierce County  
(Pierce County Department of Emergency Management)  
Ruwanu week me mwen osukosuken cheeun ewe samwau

Use sinei met epwene fis

*Gloria Rodriguez*  
LatinX Unidos of the South Sound

## **Weiresin Ekiek, Osukosuk, Me Menu**

Uwa fori angangen ai upwene Executive Director, atononga minafon chon angang, kaio wisei we minafo pwan tonong non COVID. Uwa men noninen ai upwe semwen. Nei kewe iir mei anisi ei iwe ai mochen upwe tongeni anisir. Aa namwot ai upwe "pochokun."

Ifa usun an ei epwe ousukosuka aiwe angang? An neiwe aat nenien tumwun semirit?

An nei we nengin we sukun?

A namot ai upwe angei opposun eppetin samwai ai upwe tumwunu kem. Uwa mochen anisi ese pwan nifinifin ar repwe (ounusa) opposur pwokiten ese pochokun nour kewe menun fiu ngeni semwen non inisir.

Ngang mei chemeni ai anean pwe COVID epwe mwtir wesino. Uwa anean pwe meni epwe chek fitu maram iwe aa pwan niwiniti ususun ewe akomw. COVID aa ekkesiwini chommong mettoch. Ekkesiwini ennu. Ekkesiwini usun ach chuuri aramas non ach angang. Ekkesiwini niinikin an chong angang fori ar angang. Ekkesiwini ekkewe nenien angang pwisin. Pacheta pwenupwenun maas. Nemeni chochon aramas repwe nom non eu imw fan eu. Angang ngeni chon angang ika kastomer mei uriir kichimwor. Mwuutata chon angang ar repwe chek fori ar angang on imwer.

Asopwano ngeni ai sinei pwe meinisin ekkei wisei ai upwe tepwakini. Fan ekkoch ai nukunukumang a poputa mworokukkun.

Uwa men noninen ai upwe forungawa ai angang. Uwa pwisin eisini ei, "Met eochnon anen aninnis ren COVID pwe ekkewe aramas mei wor teriir resapw osukosuk ren me sopwesopweno towawenor?"

**Mayra Colazo**

**Central WA Disability Resources**

## **Tettenitiwen Achechem, Neefiin, me Noninen Megan Veith**

- Saingon ai kori inei we chinnap nge use tongeniable nom ren otun an mano
- Tufichin fos ngeni mamachii mei uri semwenin tipemennuk non asam mei kinas
- Mochomochon kachiton news seni pioing non New Work aa pwari ar fori watte watten nenien peias
- Nochomwochen kachiton Italy aa pwarii uren ekkewe pioing ren aramas ra nomw won ewe mwesin ekan anisi inisich ne ngasangas
- Saingoni ne kapong ngeni atongeach non video won Skype
- Uwa akoko ngeni pwii we me aiwe famiini aa nonnom non Washington
- Aiwa poputa ne kokko fengen usun eu famini won skype
- Uwa noninen ai use sinei inet upwe tongeni chuuri sefani inei kewe me semei
- Uwa noninenasini aramasei kewe ra nom non osukosuk

**Megan Veith**

**Building Changes**

## **Nenneseкуру**

Ai osukosuken ourek aa winiti weiresin netip. Uwa fokkun song faniten noun U.S. kewe souemwen rese wenechar faniten ennetin met a fis, met epwe fis mwirin.

Uwa tupwuni chochon neniei we aa watte anoninen faniter. Ra manau fiti teriir me osukosuken pochokunen inisir. Uwa mefi oech pochokunen mochen ai upwe tumwunu aramas. Menukun ekkewe oppos, Ngang mei chek eurek faniten: Crisis Standards of Care (CSC, Eureur Faniten Tumwun Fansoun Osukosuk) = tumwunun aninnisin pioing. Anen tour ngeni, tour fengen non fougoun aramas, ngeni tes, keimwuno seni meinsin, oppos, etc. Keukun aramas non pioing me anoninenin mwicheich fengen. Sokkun menun me ekkesiwinin ewe virus. Eumwuni aramas anongonong won wewengawen non ar nukunuk. Woren oppos. Tumwunun tes.

Uwa mochen ekkewe aramas re ekiiki pwe ese pwung ewe osukosuken cheeun ewe samwau repwe weweiti met mei fis. Wewengaw a usun eoch cancer mei maar pwan maar. Ewe ututt ah awora watten eimwumwukis sise chiwen tongeni niwiniti ach weweoch akomw.

Ai we "go-to" akoko a feito seni angang fengen me mwuunap renewe Partership for Inclusive Disaster Strategies (PIDS). A fis pwe eu nenien weweiti met mei nampot fansoun atapwanapwan. Esapw chek non public health nge pwan nukun faniten ifa usun amwonata, rong ngeni, anisisi nupwen osukusouk aa fis. Am mei mwimwich iteitan ran seni ewe Feb 28th 2020. Eu niffang seni nang chiechiei kei uwa akoko ngenir!

**Todd Holloway**  
**Center for Independence**



## Memmf

### Uwa. Noninen

Faniten an epwe tori ei COVID  
Faniten epwe tori atongei kewe COVID  
Faniten ekkewe ra angang non ekkewe neni mei watte  
anoninenin an epwe torir COVID

Faniten mano

Faniten kesipenon aiwe mwiichen aramas  
Faniten kounon ekkewe prokram  
Faniten kounon aninnisin mwoni

Faniten keimwuno  
Faniten ifa usun ach sipwe anisi chochon neniach kewe ese  
wor pisekin technology me/ika anen ar repwe tour ngeni  
ekewe prokram seni ekkoch neni towau.

### II. Tipemwaremwar

faniten osukosuken tichikin porous non nius ika kachito

*"Ewe virus epwe wesino non pwichikar"*

*"ewe virus a fokkun ousuosuka chochon aramas non eu neni"*

*"ewe virus usun chek ewe virus ren matter"*

*"pwenupwenun maas epwe eppeti cheun"*

*"pwenupwenun maas ese anisi"*

### III. Nukunukumang

Pwe neniach ewe mei fokkun atfans epwe fokkun osukosuk  
ren osukosuken cheeun ewe samwau.  
Pwe ei eu osukosuken fonufan

### IV. Assaw

Kich aramas sia pwerefetan nge ekieki pwe kich asanapan  
ewe evolution pyramid ika tettenin neotoch.  
Katon mecheresin an eu chek cell virus aa tongeni okufu kich

### V. Aninnis

Uwa akoko ngeni famini - chomwongeno koko me video-caht  
a fis nupwen meinisin ra kaio ar repwe keimwuno seni ekkoch  
me tumuneoch.

Non ai we angang aiwa foruta anen fori angang epwe tongeni  
mwut ngeni kem aipwe sopweno ne chuuri neum kewe clients  
ra fokkun eimwureno - katouren ekkoch mwekutukut/tichikin  
porous ngeni pen asam, ekkewe prokram online, kokko won  
phone, mak fengen non chat, facebook, me pwan ekkoch.  
Minafon angang & anen aa foruta faniten ach sipwe tour  
fengen> Esapw aramas meinisin ra tongeni tour ngeni  
meinisin anen ina pwopwun sipwe chek tipemecheres.

### VI. Anean

Pwe chochon aramas repwe mwekut seni osukosuken cheeun  
ewe samwau REPWENE weweiti fite sokkun ter aramas ra  
mefi non manawer! Pwe COVID me tongeni pwarii ngeni  
chon nukun ewe nenien mei ter ifa usun euechean aninnis me  
angang mei fiti netip faniten ekkewe nenien aramas mei ter.

***Priya Jayadev***

**Clallam Mosaic:**

**Intellectual & Developmental Disability Services**

## **Pwongaran Pwonen Nefin**

Uwa chuu me fonufan. Mei wor nei app won nei ei phone ekan mefi ponira. Ukan pwerefetan nein tenin imwen neniei we non fite awa, fichi sasingin ekkewe ponira, pwan kaio iter. Akkaewin otun summer non 2020, mwirin ninninon George Floyd, Breonna Taylor, me pwan chommong me nukur.

Uwa chuuri famini me chiechiei kewe nekukkunui. Aa wor am Zoom Happy Hour, Zoom COffe nesossor. Am mei pwan chungu me ekan won Zoom. Ngang mei tongeni mommot fan kengkang fan tinen akkar nein nei kewe taropwe pwisin forun non imw me pen ira mei menupenup. Am mei chuun nge towau fesen, ese wor kapas nefinem, nge memeeffin chuufengen, kuna, me rongorong.

Aa wateno memmefin nefiin ngeni chiechiei chon angang otun am ewin keran angang fengen nge imwufesen neniem. Chommong chiechiei kewe ra keran mweteta non minafon wisar kewe mwen ewe osukosuken cheeunon samwau in pwopwun am mei kaio wisem kewe minafo seni neniem kewe mei towau fesen me pwan angang fengen ne aninnis an epwe weweoch meinisin.

Uwa mefi nge ekkewe ponira ai safei. Ewe akkar epwan tineton non eoch ititin pwan ai safei. Kukkunun mettoch sipwe komochunuk won fansoun aa eniweniw me attong me fokkun, fokkun ngaw.

**Zyna Bakari**  
**Urban League of Metropolitan Seattle**



# Esinesin Faniten

## Mak #2

### Chuuri Pwan Mefi

### COVID

*Achengicheng Chon Anea,*

*Met COVID aa aiti ngonuk?*

*Met ka fokkun kinisou fanitan?*

*Met aa awora ngonuk omw pwapwa  
non ewe asepan ren osukosuken  
COVID?*

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COVID aa cheu non an aramas ange fengen nge mei pwan pwarano:

Kich aramas sikan emwicheich. Kich mei namot ngeni emon me emon kich.

Ika mwo sia nuwokusuti mettoch ese ffat, sia sopweno ne eturesi met sia tongeni ach sipwe aninnis fengen. Sisapw ekiekingaw, sisapw nuwokusuti mettoch ese ffat.

***Lin Crowley***

**Asian Pacific Islanders Coalition SPS  
Multicultural Center of the South Sound**

Uwa kaio ngeni sakopaten anen ai upwe chuuri emon, ne aia Facetime me Skype. Uwa kaio ekkewe sikkun angangen engino. Uwa poputani eu minafon angang ne fot ira. Fan ekkoch ai pichino seni fotek a usun ai kuta ewe sikkun mwongon echipechip. COVID a pwaarano ukukun sikkonon manaw (pachenong kitinupuno).

***Leena Vo***

**Asia Pacific Cultural Center**



## **Tettenitiwen Ekkoch Mettoch Mei Uuntengi Ngeni Neimw**

1. *Met aa uunteng ngeni neimw* ifa ukukun euechan ach sipwe tou nukun faniten aninnisin ach sipwe nonnomw non ewe osukosuken cheeunon samwau.
2. *Met aa uunteng ngeni neimw* ifa ukukun ekkesiwinin manaw ina ukukun fansoun uwa mwuut ngeni nei we epwe nennenong non noun kewe screen (phone, ipad/tablet, ika laptop/computer). Me mwen ewe osukosuken cheeun samwau, aa chek mwumwuta an epwe katon noun kewe mettoch faniten "apwapwa" non ukukun 1 ngeni 2 awa non eu ran. Non ewe otun osukosuken cheeun samwau, ena aa fokkun siwin.
3. *Met aa uunteng ngeni neimw* ifa ukukun an siwin manaw: Ach sise chiwen tongeni fori ekkewe ekkoch apwapwan chuufengen mei "usun akomw kewe" - paarin upwutiw, baby shower, epwupwunu, band, ekkewe festival ika apwapwa an sopw.
4. *Met aa uunteng ngeni neimw* euechan ach nennengeni tumwunun inisich. Ekkoch mettoch a fis aa aweiresi ach sipwe nukunuk non ekkoch ar repwe anisi tumwunun non ach ekiek. Mei fokkun euecha ai uwa fori ekkoch mettoch mei apwapwa ei me eppeteni seni ei anen ai upwe umwes. Ekkewe mwekutkut ika angang an mwichefen aa amanawa ei. Uwa fori Yoga nesossor me fetan mwirin neonowas. Uwa finata pwe mei euecha ai upwe offei angang non ekkoch fansoun. Wewen ei nge uwa tongeni awora fansoun fengen me nei we, esapw chek otun mwongo me urumwot, pachenong hike me pwapwa ne katong fengen kachito.

***Priya Jayadev***

**Clallam Mosaic:**

**Intellectual & Developmental Disability Services**

## **Eu Tuttunapen Suufon**

Kopwe awetenoi omw  
angangen suufon.  
Ngeni pwan ekkewe  
rese rongorong

//angangen kafemen, eucho, me miritingaw//  
aramas mei eoch.

(mei mwosonoson)

Re chek sokkono seni ei

***Faaluaia "Lua" Pritchard***  
**Asia Pacific Cultural Center**

**Seni Popun Ewe Menun Samwau Tori Cheun non Fonufan**

Manawach aa fokkun eucha. Non unusan tetten. Seni ewe kukkun menun samwau tori ewe waaten cheeun non fonufan. Eoch mettoch sise tongeni kuna ren mesach aa siwini ewe planet, ina mwo met aramas ra ekieki fan itan. COVID mei pwan wor an eumeum an epwe manaw, usun chek chommong neich. Nge kopwe pwan ekieki: Met ekkoch napanapan manaw won ach ei echipwerun fonufan aa chuuri osukosuk mei fis pwokiten forien aramas mei esenipa ekkesiwin non fetanin asepan me ekkoch forian aramas mettoch?

***Todd Holloway***  
**Center for Independence**

**Mefi me kuna Ningeoch non mwo otun Anoninenin Fansoun ewe Osukosuken Cheeun**

Uwa kaio ai upwe pwisin foruta met upwe pwapwa ren.

Ika use tongeni kunekun me nukun, uwa katon me non. Poniran non epinoun ai ekiek, mei tumwunu ai kinamwe.

Uwa tepereni ion me non manawei uwa tongeni anongonong won.

Uwa tepereni Met epwe awora ngeni ei ai upwe mefi ai tongeni fori ai mochen: an epwe wor mecheresin ekkesiwin non ai schedule, fori met uwa mochen fori non eu ran, apwapwa ne mefi me kuna kinamwein ai nomw non imw ren ai tong me nei we pet (man). Uwa men efisi pwapwan ai anamen, use kon kan mochen asos fetan, iwe aa men kinamwe an ese wor ai koot.

Uwa tepereni pwe ika mei wor ekisimwet ai pwapwa, upwe mefi unusan usun nge eoch angangen uu ngeni. Uwa achocho ngeni ai upwe mwut ngeni ei upwe mefi chommong sokkun memmef me kapas wenechar fan eu chek.

***Zyna Bakari***  
**Urban League of Metropolitan Seattle**

**Esinesin Faniten  
Mak #3  
Met Sokkun Weires  
Ke Chuuri ren  
COVID?**

*Achengicheng Chon Anea,*

*Nennesefan, met kewe weires ke chuuri  
mesemwan?*

*otun ewe osukosuken cheeun samwau*

*Ifa usun omw mammarita?*

*Met ka mefi otun ei eucheun fansoun?*

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Usun chek meinisin, aiwe famini aa mefi aposuposun COVID. A eukano ekkewe chuufengen non neniem kewe. Aiwa kaio am aipwe tongeni tour fengen won kampiuter ika won Facetime. Ewe osukosuken cheeun samwau aa fatafateoch non ekiekin chommong aramas, pachenong ngang. Uwa pwan kuna pochokunen inisin chiechiei kewe an a ngaweno otun aa posetif pwungun ar kewe tessin COVID-19. Otun chek mwo ai kuna osukosuken cheeun ewe samwau an a fis mei pwan wor osukosukan woi.

**COVID Haiku (Tuttunap  
non fosun Sapan)**

Manaw a amweta usun ai kuna  
ika nennengeni  
Aa fis ekkesiwin weiweita  
Ekkoch ese wor esinesin

*Leena Vo*  
**Asia Pacific Cultural Center**

Akkaweiresin ach sise sinei ion mei unus an oppos me ion  
ese. Aiwa tuwmunueoch chek ne aia pwenupwenun maas  
iteitan fansoun meinisin. (Am mei chek fori tori iei.)

Chommong aramas rese nukunuk non science.

*Lin Crowley*  
**Asian Pacific Islanders Coalition SPS  
Multicultural Center of the South Sound**

### **Makketiwen Tuttunap Non Foufoun Mak Pa Ousman Joof**

Ngang mei chemeni ai uwou aramas ngeni ewe Monroe State Fairground, ngeni ewe Arlington Airport 25, 30, 40 minich towawan ai chek upwe nukunuk pwe choochoon neniem ewe mei tongeni angei ekkewe oppos fiti aninnis seni ewe Department of Health (DOH, Pwutain Tumwunun me Eppetin Manawach) me ekkoch ekkewe kumien aninnis an mwichen aramas usun ewe All in Washington. Aiwa tongeni am aipwe awora aninnisin mwoni ngeni choochoon non neniem ewe pwe aramas resapw nuwokus an ese chiwen wor ar angang. Ika mwo re etiwano angang non ukukun ruu awa ika unungat awa ar repwe no [angei oppos] eu watten mettoch ren ewe mwoni repwe tongeni angei. Ina popwun aiwa fokkun apachaeochu ewe aninnisin mwoni aipwe tongeni ngeni aramas an epwe tongeni epinasa men ar gas me ewe awa repwe fangetani seni ar angang. Aiwa poputa ne awora \$50 gift card ngeni aramas me awora war iwe nge ekkei me mwen an epwe wor anen pwisin am [tarku me mwoni].

Use tongeni ukutiw ne apasa pwe aa men attong ach uti epwe wor COVID an epwe wor ngeni kich anen mwoni ika aninnis ach sipwe tongeni fori met kewe sia mochen fori non fansoun nakatam non neniach kewe... ach sipwe tongeni suki ei neni kinamwe me tumwun ian sipwe awora aninnis ngeni semirit, ngeni ekkewe chinnap. Iei non ei otun sia porous, mei wor eoch mwekutukut mei fis nukun. Ina kopwe rong ai apasa "S'alam" ngeni aramas ar ra tonong keki pworun CrossFit, minne sia fangeu iteitan, upwe era week. Iwe aiwa suuki ewe neni. Fokkun \$75,000 chek. Mei namot ai upwe fori. Upwe era ai emon volunteer me meinisin ekkewe aiwa angang fengen.

Iwe ai noninen: Ifa usun am aipwe sopweno ne fori ei angang iei a chommong aninnis aa kawor? Met epwe fis mwirin COVID? Aipwe esipano ei ofes iwe uwa niwiniti aiwe awora aninnis ngeni aramas non aiwe living room ika non ekkewe parking lot me ekkoch? Epwe eu watten assaw eu watten katanon onotan. Epwene eu enichipping ngeni neniem ewe.

Aiwa fis pwe ewe 211 ngeni neniem ewe. Ese pwan wor eu [anemecheres ngeni eoreni] neni sipwe no ngeni...ekis ian repwe tongeni no ika mei wor ar osukosuk me ar repwe kuta aninnisin tumwunun inisir. Iwe, aiwa [usunchon aninnis faniten tumwunun manawach non neniach kewe] kuna anen am aipwe atawei meinisi ekkei. Ikkana asainon ai kewe noninen, ifa usun an [COVID] epwe ousukosuka ewe neni. Use sinei ifa ukukun an ousukosuka ewe neni me inet epwe mwuch.

***Pa Ousman Joof***  
**WA West African Center**

Aiwe famini ra mwech nefinan tumwunoch me nukunukumang ren ewe osukosuken cheeun COVID. Am me inei kewe me semei am akkaewin me nein am ewe faminien 6 am aipwe angei oppos. Pwii kewe rese pwapwaiti tori ikenai.

***Mulki Mohamed***  
**RuntaNews**

Mei fokkun aweires angang ngeni aramas mei nukunukumang ngeni angangen safei me mwuu, me eucho faniten afeiengawen COVID.

Angang ngeni aramas rekan pwisin kefisita porous, ennu, aramas rekan turunufasa manawen ekkoch, me ekkewe re chek ekiekir, rese pwan ekiekir me pochokunen ekkoch

***Faaluaina “Lua” Pritchard***  
**Asia Pacific Cultural Center**

Atongen ach sise tongeni sai ach sipwe no chuuri famini.

***Priya Jayadev***

**Clallam Mosaic:**

**Intellectual & Developmental Disability Services**

Aiwa achocho ngeni ne imwuno otun quarantine.  
Nge aa namot ai upwe anisi ach ewe pwutain public health.

Ngang uu akkanisi tumwunun angang faniten mettoch  
atapwanapwan non ekkewe neni faniten tes, quarantine,  
oppos...etc(pwan ekkoch).

Uwa atowawaei seni aiwe famini tori ai uwa unusen  
nimenimeoch.

Ngang mei chemeni ai eisini meinisin met ra mefi me ika ir  
mei weweiti met aa fis. Ngang mei tepereni pwe aa men watte  
osukosuk pwokiten sakkopated tichikin porous me message  
nefinei me ekkewe ngang mei sissiner me met porousem  
iteitan ran.

***Todd Holloway***

**Center for Independence**

**Esinesin Faniten  
Mak #4  
Mei Wor Saraman  
Mettoch seni  
COVID?**

*Achengicheng Chon Anea,*

*Ekis kouno ka chechemeni, makkei, me  
aporousa eoch saramen mettoch, otun  
ne aweiresin ewe osukosuken cheeunon  
ewe samwau.*

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## **Eu Tuttunapen Saramen Mettoch**

Mei fokkun emwekutaw aramas seni met iir mei eoreni  
iwe tonong non angangan.

Mei, fan ekis, suuki nenien isois non konsensia me non ngunun  
ekkewe aramas, not eu fansoun rese mwo tori.

Mei pwarano ennetin kich meinisin, usun non eoch pout.

Eu peut mei katano.

A makkei eoch tuttunap me forata sukunen art seni pwokungo mei  
anapanap an epwe kanopussei nouch kewe semirit.

Aa fis pwe eoch sokkun opposun eppetin seni ewe menun semwenin  
fangeta me memmefin tumwunungaw ngeni tongen pwisin inisich.

Aa amanawa sefan ekkewe onotan.

COVID aa uwei fengeni aramas non ekkoch an ese wor ee porous usun.

Aa fori ekkewe saingonuk kiss epwe ngaranger, tamenon ekkewe  
taman emwirimwir tupwunion aa mangeno me pwichipwich.

Aa pwarano ningeochun fonufan  
unusan non saraman ran.

Non mwo ewe fansoun aweires  
me apwapwa mei aworato  
ngeni ei fonufan, aa pwan niwini ngei earth.

Mwochor ngeni mwochor, taas ngeni taas.

Iwe ekkewe chon keen ra keen, "Kosapw mwuut ngeni ena asam epwe  
kuuk..!"

***Jordan Chaney***

**Chon Angang Faniten Eoreni, Chon Tuttunap**

Am kunekukn chommong aramas mei pwapwaiti ar repwe  
eitieu peur ne aninnis fengen, pwan ngeni mwo ekkewe aise  
sissiner ina Ewe Saramen mettoch. Ngang uwa nonnom  
non eu neni mei wor rer sakopaten mwirineon ekiek. Aiwa  
mochen nengeni eochuu ifa usun am sopweno ne porous  
fengen nefinem. Angangen forata ekkewe neni otun COVID  
aa men mwurinne. Am ekkewe sokkun aramas rekan  
emwicheich. Ewe osukosuken cheeun ewe samwau aa aiti  
ngeni kem eucheam am aipwe sopweno ne porous fengen.  
Eu anan. Eu sokkun.

***Lin Crowley***

**Asian Pacific Islanders Coalition SPS**

**Multicultural Center of the South Sound**

Ewe amwmwet ngeni sakopaten angang won kamptiuter ren pekin mwiich me anen kut angang aa anisieie non ewe fansoun lockdown me kutta eu nenien ekkewe aramas mei wewe fengen am ekiek am aipwe chiechi fengen.

***Mulki Mohamed***  
**RuntaNews**

**Eu Tuttunap Faniten Nifangen  
Kaimwufesen ren COVID**

Nifangen kaimwufesen ren ekkewe foffor mei eoch Iei uwa chek feffetan iteiten ran Eucheani nefinei ngeni ekkoch me kokkori atongei kewe fan eu iteiten ran

***Leena Vo***  
**Asia Pacific Cultural Center**

Uwa mwut ngeni ei upwe pwapwa ne anea sefan...anea sefan finiei kewe nekukkuni, anea ekkewe puk epwe uweieino non eu fonufan, mwenucheno non tuttunap...Aa fori ai upwe sineiochu ei ai upwe fori eoch mettoch ukan sani ne kukkuni we.

Uwa pwan poputa sefan ne mak minne use chiwen foffori non napeseni 5 ier! Uwa angei ei nei typewirte iwe uwa kan anamwota nekunion ne mak fan tinen maram won aiwe kengkang ren fiti nei we konak orun pechei. Uwa mwut ngeni ei upwe "nemenemei" me mefi me kuna ningech non mwo otun anoninenin fansoun ewe osukosuken cheeun samwau.

*Zyna Bakari*

**Urban League of Metropolitan Seattle**



**Esinesin Faniten  
Mak #5  
Forutan COVID  
Porousan & Esinesin  
Faniten Mei Mano**

*Achengicheng Chon Anea,*

*Epwe ifa ika ka mwut ngonuk omw  
kopwe pwisin forata omw porousan,  
tuttunapan, nukunuk faniten COVID?*

*Ika en mei tongeni makkei pwisin omw  
esinesin faniten mei mano ren COVID,  
met kopwe apasa?*

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COVID aa upwun fan nurun ngawan ennuuk non fansoun osukosuk me keimwu.

COVID emon notukupwin, emon ese wor aramasan mei wor chommong manawan mwen emon kattu.

Tuttunap aa apasa pwe COVID ekan kapacheta manawan (siwin) otun an angei atongeach kewe. Nge ekan mesani ekkewe rese sineiochu porousan.

***Jordan Chaney***

**Chon Angang Faniten Eoreni, Chon Tuttunap**

COVID aa upwutiw CHOMMONG ier a no iwe aa apwangapwageno non background ese esina, nupwen pwiin kewe me mongean aa watte nennengenir me ingeitir. COVID aa pwaano usun emon mei itefouno non fonufan nefinen 2019 me 2020 pwe aramas ra poputa wateno me wateno ar nemenem non nenian an tattappu. COVID aa achema ngeni kich pwe arams rese "sinei mettoch meinisin".

***Priya Jayadev***

**Clallam Mosaic:**

**Intellectual & Developmental Disability Services**

**Noun ewe Chon Echikara Taropwe: Safei faniten Netipeta**

Mei wor ira chiechi, usun aramas, ra tongeni emwechu nenien met sia mefi. Mei wor eu mochomochen lissin herbal tea fan. Met sokkun safei non imw an aramas ke kan cheri faniten ekinamwe?

**Ira Chiechi**

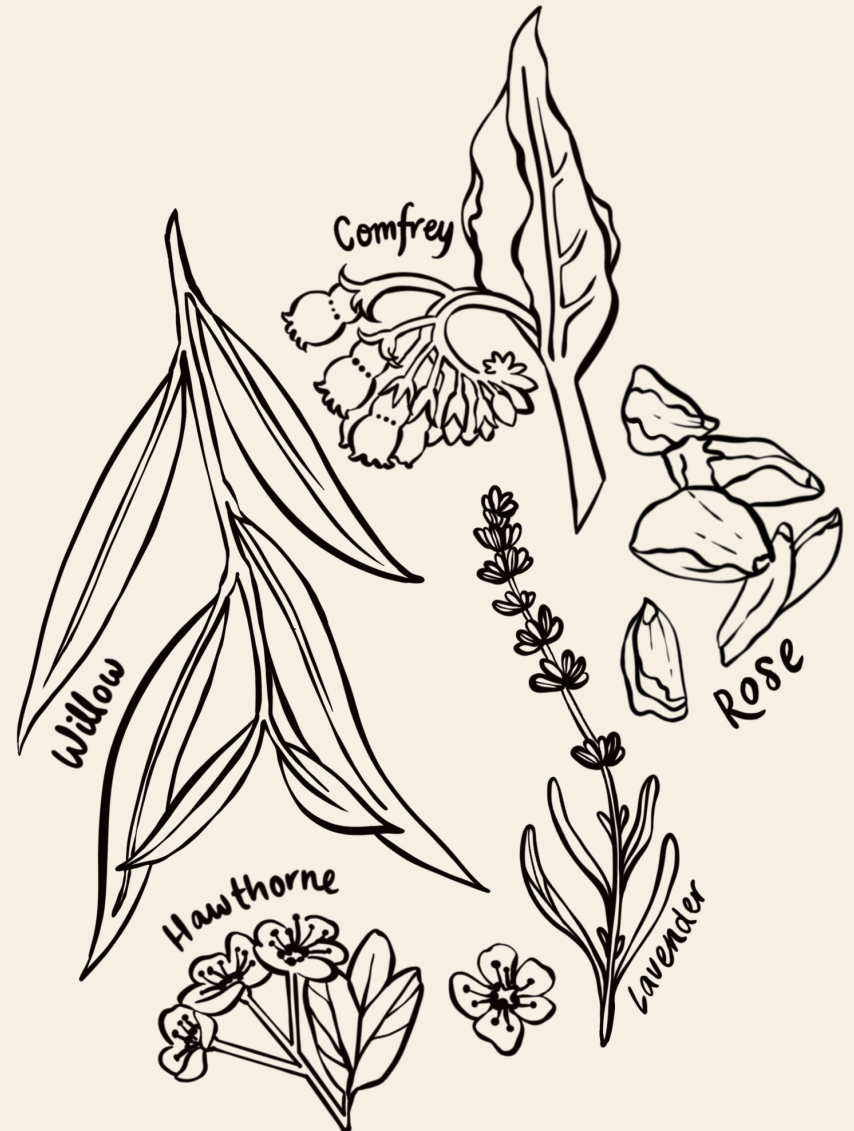
Willow

Comfrey

Ros

Hawthorne

Nervines: Lavender, Skullcap, Mint, Lemon Balm



**Esinesin Faniten  
Mak #6  
Met Ee Piita:  
Eu Fansoun  
Mwosonoson ne  
Ekiek won Pwapwa  
& Netipeta**

*Achengicheng Chon Anea,*

*Met ee piita nupwen ka eisini inisumw  
ian ee mefi NETIPETA me PWAPWA?*

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Nupwen uwa rong ewe kapas NETIPETA?  
Uwa mefi me fan mwari

Nupwen uwa rong ewe  
kapas pwapwa  
Uwa mefi won mesei pwe  
Uwa emenimen  
me non mekurei pwe uwa  
ekieki eu fansoun non  
manawei ngang mei mefi  
pwapwa.

***Mayra Colazo***  
**Central WA Disability Resources**

*ika ka kuna eoch pwapwa*

mwut ngonuk kopwe mefi unusan.

mweteno won maran fan.

tur non eu ataken ponira.

*ika ka kuna eoch pwapwa*

seres fetan usun efoch waseres

fiti emwenin ngasangasomw.

*mefi unusan*

pwe ika ka need

ka chechemeni

pwe ekkei sokkun fansoun mei tufich

***Zyna Bakari***  
**Urban League of Metropolitan Seattle**



# Esinesin Faniten Mak #7 Enen ne Mak ika Kokko

*Achengicheng Chon Anea,*

*Anean pwe ka aneani ekkei mak seni  
ekkewe mwenon chon angang mei wor  
ar nenien isoisen pwisin omw memmef.*

*Met ke ekimwonei, fan ekkoch aa namwot  
omw kopwe komwochunuk ngonuk.*

*Pwe epwe ifa usun ach sipwe  
chechemeni met wewen ei fansoun? Ifa  
usun an minafon mwirimwirich kewe  
repwe sinei?*

*Ika ke mochen ringekich faniten omw  
angang mwirino ika aporousa omw  
kewe anean, noninen, me onotan, kich  
mei nomw ikei ach sipwe rongorong.*

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## Kinisou

*Anean pwe en mei sani ekkei akkakis seni ewe ningechun aporous sia kuna.*

Otun an ekkewe sou emwen ra poputa onotanei ewe Collaborative, ach anean pwe sipwe ewu eu namwoten neni epwe angang ngeni ekkewe neni faniten kokkotun me angange opposun COVID.

Sia sinei pwe sia mochen awora aninnis faniten angang fengen. Nge sise pwan ekiiki pwe ewe Collaborative epwe sopwesopweno nuseni 680 chiechiach non WA. Sikan chuufengen won kampiuter won Zoom. Iwe, ekkei 24 mwiich iteiten maram aa anisi forutan ennuK me anen fori angang aa omwochu an ewe neni anean. Ewe neni mei pochokun iwe aa fori ruu poputan kruppan angang.

Eu ennetin pwapwa ach sipwe anisi ne emwen non ach ewe 19 amwararen Chiechi Ne Anganga Fengeni Ekiek, chommong me neir ra aporoua ar kewe ekiiek ikei. Uwa kaio seni emon me emon chiechiei kei fan. Ra aiti ei ai upwe euehani tumwunun neniach kewe. Ra aiti ei ai upwe ekieta mwirineon ekiiek me angang pwan pwapwan ne kuta angangen-affor.

An ekkei sou emwen anean aa pwarri ngeni ei ifa usun, usun eu mwichen aramas, sia tongeni anchangei-sefani public health non angang epwe eoch ngeni meinisni ne etiwa eoreni, sokkun kapasen fonu, ifa usun an tichikin porous ewe nouwemong ne aporoua, me pwan tongeni aporoua fiti tong me chungu.

**Fathiya Abdi**

**Angang Fengen Non Neniach Kewe**



Mwonien ei taropwe aa kawor meren ewe Washington State Department of Health non mwonien ewe Centers for Disease Control and Prevention (Nenien Tumwunun me Epetin Samwau). Ekkei mettoch mei porous usun non ei mettoch me met mei kawor ese pwari ewe pwungun ennuK an Washington State Department of Health ika Pwutain Tumwunun Manawach me Angangen Aninnisin Faniten an Aramas Nit, ese pwan affata itan, fofforun non kompeni, ika ekkewe mwichen aramas angeni mwumwuta seni ewe U.S. Government (Kafemenin Merika).

Chaune Fitzgerald, [Women of Wisdom – TriCities](#)  
Dr. Ben Danielson, Chon Aninnis non Kewe Neni

Gloria Rodriguez, [LatinX Unidos of the South Sound](#)

JanMarie Olmstead, [American Indian Health Commission](#)

Jordan Chaney, Chon Angang Faniten Eoreni, [Chon Tuttunap](#)

Kathleen Wilcox, [African Americans Reach & Teach Health](#)

Lin Crowley, [Asian Pacific Islanders Coalition](#) SPS me Multicultural Center of the South Sound

Faaluaina "Lua" Pritchard, [Asia Pacific Cultural Center](#)  
Lunese Cammack, Chon Aninnis non Nenien Serafo

Mayra Colazo, [Central WA Disability Resources](#)

Megan Veith, [Building Changes](#)

Mohamed Bakr, [Muslim Community Network Association](#)

Mulki Mohamed, [RuntaNews](#)

Pa Ousman Joof, [WA West African Center](#)

Priya Jayadev, [Clallam Mosaic: Intellectual & Developmental Disability Services](#)

Todd Holloway, [Center for Independence](#)

Van Kuno, [Refugee & Immigrant Services NW](#)

Vincent Perez, [Equity Institute](#)

Zyna Bakari, [Urban League of Metropolitan Seattle](#)

**Euechan kinisou ngeni Kim Crutcher**

**DOH 830-032 May 2024 Chuukese**

Ika ke mochen kopwe nounou ei taropwe non pwan ew sokkun nikinikin, kopwe kokori 1-800-525-0127. Ren kastomer mi pung seninger ika weires ar rongorong porous, kose mochen kori 711 (Washington Relay) ika emailini [doh.information@doh.wa.gov](mailto:doh.information@doh.wa.gov).