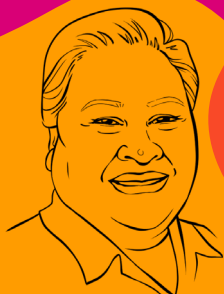


AINIKIEN KO JĀN
JĀN FRONTLINES:
Juōn AI in COVID

Megan
Veith



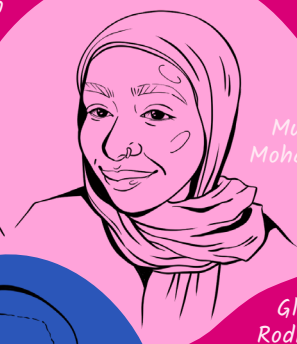
Dr. Ben
Danielson

Zyna
Bakari



Kathleen
Wilcox

Mulki
Mohamed



Faaluaina "Lua"
Pritchard

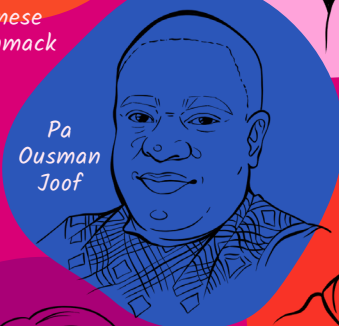
Lynese
Cammack

Mohamed
Bakr



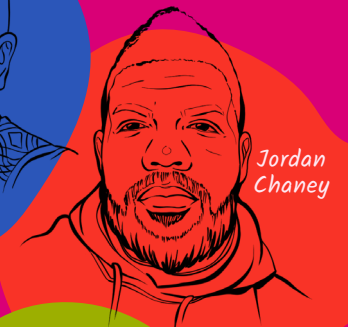
Gloria
Rodriguez

Pa
Ousman
Joof



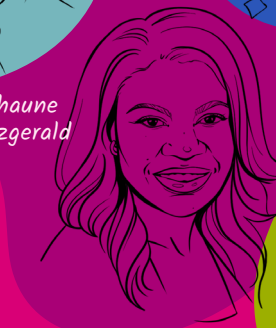
Jordan
Chaney

Van
Kuno



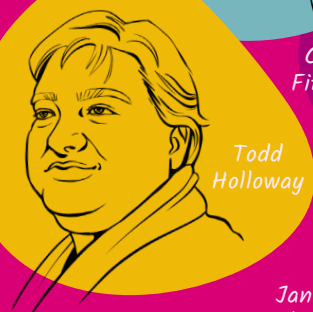
Mayra
Colazo

Chaune
Fitzgerald

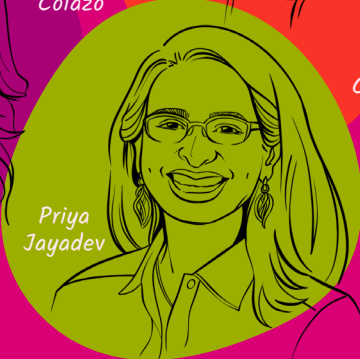


Lin
Crowley

Todd
Holloway



Priya
Jayadev



Kelvin
Hoang

Vincent
Perez

JanMarie
Olmstead

Ainikien Ko Jān Jān Frontlines:
Juōn AI in COVID

Pija ko rekar kōmman jān
Anastacia-Reneé, C. Davida Ingram
& Fathiya Abdi

Jeje ko mokta jān
Ippān Doon An Jukjukun Pād Ro Mōttad

KOBBAN

- vii Kōmelele ko Imaantata
- ix Ñan Armij ro ej Riit
- 1 3 Men ko Ij ba Ñan Iō Māke **JORDAN CHANEY**

UNIN JEJE #1 KEMEMEJIEN EOEBIN ILO LALIN

- 4 Ij kajju Kwalok Jerbal **VAN KUNO**
- 6 Jikin eo Ear Jinoe **LIN CROWLEY**
- 8 COVID **KELVIN HOANG**
- 9 Ejañin kar wōr aō Jerbal **GLORIA RODRIGUEZ**
- 10 Inepata, Jorāān, Im Mōk **MAYRA COLAZO**
- 11 Juōn Laajrak in Men ko Ñan Kememej, Epāāke doon, im Mijak **MEGAN VEITH**
- 12 Bar Reliklak **TODD HOLLOWAY**
- 14 Men in Eñjake ko **PRIYA JAYADEV**
- 16 Enno Bwiin in Epāāke ro jōt **ZYNA BAKARI**

UNIN JEJE #2 ION E COVID

- 20 **LIN CROWLEY**
- 21 **LEENA VO**
- 22 Juōn Laajrak in Men ko ñan Kōmmāne ilo Mweo Imōm **PRIYA JAYADEV**
- 23 Juōn Boem Ñan Kautej **FAALUAINA “LUA” PRITCHARD**
- 24 Jān Jikin Ro Redik ñan Aolepen Lalin **TODD HOLLOWAY**
- 25 Ion e Aibōjoj jokdoon ilo Ien ko Rebin Tata **ZYNA BAKARI**

UNIN JEJE #3 TA ABĀÑ KO KWAR ION E IPPĀN COVID?

- 28 COVID Haiku **LEENA VO**
- 29 **LIN CROWLEY**
- 30 Pepa eo ej Kwalok Naan **PA OUSMAN JOOF**
- 32 **MULKI MOHAMED**

- 33 **FAALUAINA “LUA” PRITCHARD**
- 34 **PRIYA JAYADEV**
- 35 **TODD HOLLOWAY**

UNIN JEJE #4 JABDEWŌT JIKIN KO REJ MERAM JĀN COVID?

- 38 Juōn Boem Ñan Kautej **JORDAN CHANEY**
- 39 **LIN CROWLEY**
- 40 Juōn Boem ñan Menin Lelak ko ilo ien COVID **LEENA VO**
- 41 **MULKI MOHAMED**
- 42 **ZYNA BAKARI**

UNIN JEJE #5 BWEBWENATO KO IKIJEN WĀWEN AN KAR COVID JINOE & JEJE KO KIN ARMIJ RO EMŌJ AER JAKO

- 46 **JORDAN CHANEY**
- 47 **PRIYA JAYADEV**
- 48 Naan jān Ri Uno: Mār ñan Burumōj

UNIN JEJE #6 TA EO EJ WALŌÑTAK: LALE LAK MŌNŌNŌ & BURUMŌJ

- 52 **MAYRA COLAZO**
- 53 **ZYNA BAKARI**

UNIN JEJE #7 PĀD WŌT ILO AM TŌPAR KIJ

- 56 Kamolol Ko **FATHIYA ABDI**
- 57 **IPPĀN DOON AN JUKJUKUN PĀD RO MŌTTAD**

Kōmelele ko Imaantata

*Bōk in ej ruo-mōttan jermal ko ñan kautej
ro emōkaj aer uak ilo jukjukun pād eo ilo aelōñ in Washington.*

Ta eo ej loore ej ien ko.

*Ej bar kobalak ippān juōn laajrak eo ikijen jellā
ñan jukjukun pād, jikin ektak, im ro rej kōmman kakien.*

*Elap kamolol ñan kajojo ian Ro Mōttad ilo Ippān Doon kij
kijenmej ñan jukjukun pād ilo aelōñ in Washington.*

Juōn laajrak eo ippān etan ro uwaan doulul in eped ilo jemlōkin.

Ñan Armij eo ej Riit,

*Jej kejatdikdik ke bōk in enij bukōt an
ial ñan buruom.*

*Jekar kōnan kakememej eok ilo naan ko
ad im ad māke kar ion e elōñ wāwen ko
ke kwōjjab māke lak iam.*

*Jekar kōnan kwalok ļōmṅak ko ad
tulowa im jeje ko kin kajojo ian ilo lain
ko imaan im rej jutak ippām.*

Ej juōn ien lelak im kwalok karwainene.

*Jouj im bar jeje im kwalok māke
bwebwenato ko am, bar.*

3 Men ko Ij ba Ñan Iō Māke

ñe ej itok ñan kōtlak im duōjlak:
Inij jolok buñāl ko ilo jaki eo imaan
kin jetōb eo am im karwainene men ko rekāāl
ñan debij wōt.

Jordan Chaney
Rijerbal in Manit, Rijeje Boem



Unin Jeje #1

Kememejien Eoebin

Ilo Lalin

Ñan Armij eo ej Riit,

*Ewōr ke am 3-5 men ko kwōj kememej
ilo kar jinion an walok COVID ien eo
ebin?*

Ta ko kwar kejatdikdik im mijak e?

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Ij kajju Kwalok Jerbal

Ij kejatdikdik ke enij mōkaj an COVID jako
im mijak ko rekar jinoe ñe Ij loe an elōñ
armij mej.

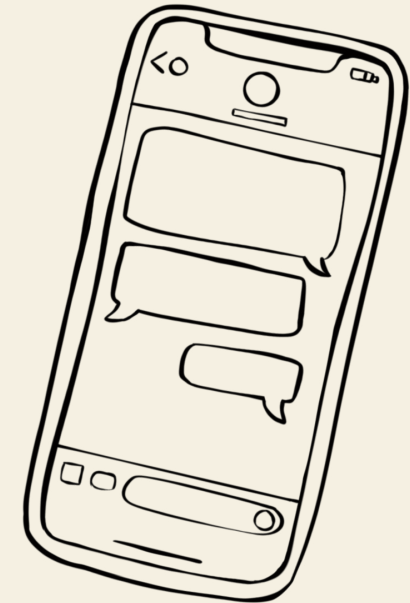
Ikar eñjake aō mijak im māke lak iaō
Ij kajju Kwalok Jerbal ñan kōjbarōk
ro ij iakwe ir im jukjukun pād eo aō

Ij kepāāke ippān jijtō eo aō
ilo aō bukōt kein jibāñ ñan kōllā onean reen
likit mōñā ilo ran tebōl ñan riwia ro aō

Ij inepata kinke imāroñ in bar (juōn)

Van Kuno

Refugee & Immigrant Services NW



Jikin eo Ear Jinoe

Walok ilo an Ejeløk Jellā

Ij kememej aō kar katakin im eman jikejuul in katakin eo aō ilo Jibriiñ 2020. Ilak ilbōk rej ba ñan rikaki ro "jejjab aikuuj in kōmmane katakin ko ad ilo armij, rijikuul reban aikuujin bar deļoñ ilowaan kilāāj." Jikuul eo ekar bar kwalok kin jekjek in baerōj eo.

Jemløkin Yiiō eo ekar Bar Kamijak

Seattle ekar jinoe walok keij ko an jinion tata. Rekar kajitōk bwe jān ekatak wāwen kōmmane kilāāj ko ad ilo Zoom anļain, im ñan ad aikuuj in wanṃaanļøk ilo jermal ko ad ilo Zoom, ejjab ilo kilāāj ruum ko ad.

Katakin ko rejjab mārōñ in walok ilo armij. Jekar kajeoñ bukōt wāwen ko ñan kōmmane aolep kain, ilo ad jab epāāke armij. Ekar bin wanṃaanļøk ilo ad mour! Akō jōt ien, jekar māke wanṃaanļøk.

Jekar Eddeklak

Enin ej ion eo Ikar kelt ke jej aikuuj in kōjerbale doulul eo ad ñan kōmman bwe armij ren mārōñ in tōpar wōt doon, ñan jibāñ ro rekar aikuuj jibāñ. Kajju jibāñ ñan jukjukun pād rekar loore elikin! Jekar jellā ke Jibāñ kio ilo makūtkūt im jermal ko. Aolep armij ro rekar itok im mōttad. Kobalak, jōt ro rekar kalimur ilo aer wanṃaanļøk in lelak ta eo remārōñ in kōmmane ñan kalōk jikin jukjukun pād eo ad. Ikar lukkun mōnōnō ke jekar ion e doon ñan jibāñ jukjukun pād ko ad, koba ippān ro jōt.

Ijjab Kōnan Bwe en Jako Kejatdikdik

Kejatdikdik eo aō ej ñan wanṃaanļøk ta eo emōj ad jinoe. Ikōnan bwe jān wanṃaanļøk ilo wāwen kepāāke ko jekar kōmmane ippān doon. Akō men eo imijak ej ke kejatdikdik eo aō ej oktak. Ñe armij renij ļōmṃak kin aikuuj ko ad māke, im jab aolepen men ko jemārōñ in kōmmane bwe en eman lak jukjukun pād ko ad, jejjab tōpar ien ñan ad kajur lak ilo ad jermal ippān doon.

Lin Crowley

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

COVID

“Que sera sera.”

Ta eo enij walok

Enij walok
Kake aolep kain

Kelvin Hoang

Asia Pacific Cultural Center

Ejañin kar wōr aō Jerbal

Juōn RiKaduōjlak kāāl
jān Master in Public Administration (MPA, Master ilo Opiij in
Lõblej) būrookraam eo aō
Ikar kabbōk aō jermal ilo jemlōkin Okwij

Ilo Oktoba 2019 mokta jān COVID
ña im jino jekar pād ilo juōn kūrāj ilo wa
Kajeoñ in mour lak ekar kōmman bwe aō kabbōk jermal en wōr
abañ ko relaplōk

Ilo Tijjemba 2019 ikar māroñ in etal ñan ien kajitōk in jermal ilo
Pierce County Department of Emergency Management (Bukwōn
eo an Piece Rā eo an Lale Emōjōnji)
Emen wiik mokta jān ien eo ebin

Ikar jab jellā ta imaan

Gloria Rodriguez

LatinX Unidos of the South Sound

Inepāta, Jorāān, Im Mōk

Ikar jinoe oktak ñan Maajta, kabbōk rijerbal kāāl, ekatak kake jermal eo aō im ion e COVID. Ikar mijak in bōk nañinmej. Ajiri ro nejū rekar jibāñ io im ikar bar kōnan jibāñ ir. Ikar aikuj in "kajur." Ewi wāwen an jelōt jermal eo aō? An Jikin eo ej lale ladrik eo nejū? Jikuul eo an ledrik eo nejū?

Ikar aikuj in bōk wā bwe in kōjbarōk ir. Ikar kōnan jibāñ jabdewōt eo ejañin kar (lukkun dedelak) an wā jān wōt an mōjno enbwinnū.

Ij kememej aō kejatdikdik bwe COVID en mōkaj an duōjlak. Ikar ļōmṅak enij kar jejjo wōt allōñ innem enij kajju bar rol ñan mokta. COVID elap an kar oktak. Ekar oktak kakien ko. Oktak wāwen ad ion armij ilo jikin jermal. Ukōt wāwen an rijerbal eo jermal. Ukōt jikin jermal eo māke. Kobaiki māāj ko. Kantūrol jōte armij rej pād ilo jikin eo ilo juōn wōt ien. Lale rijerbal im riwia ro rej pokpok. Kotlak an rijerbal jermal jān mōko mweir.

Ekar itok ñan jellā ke aoleper ej aō jermal im ñan aō māke lale. Ilo elōñ ien ko ekar jino in diiklak aō tōmak. Ikar lukkun in mijak in wōtlak. Ikar kajitōk ippā māke, "Ewi wāwen eo eman tata ñan uak e COVID bwe elōñ armij ro rejjab māroñ in makūtkūt rejjab jelōt im elaplōk aer etolak?"

Mayra Colazo

Central WA Disability Resources

Juōn Laajrak in Men ko Ñan Kememej, Epāake doon, im Mijak:

- Kūrlōk lellap eo jibū ilo ien eo eliktata im jab māroñ in pād ippān ilo ien eo ekar mej
- Kōnnaan ippān lellap eo jibu im ejino ej nañinmej in dementia ilo juōn kōjām en kōmman jān kilāāj
- Pija ko ilo news jān ojpitōl ko ilo New York im rej kwalok an lōñlak lōb ej kalōk
- Pija ko ilo news jān Italy im ej kwalok an lukkun obrak ojpitōl im an elōñ armij pād ilo kauwōtata
- Kōnnaan ilo Skype ippān ro kwōj iakwe er ilo ien eo eliktata
- Ikar kepāake jijtō eo aō im baamle eo aō rej jokwe ilo Washington
- Jekar jinoe in call e doon ilo skype
- Ikar mijak ilo aō jab jellā ñāāt inij bar loe jino im jema
- Ikar mijak ñan ro uwaan baamle eo aō rej pād ilo-kauwōtata

Megan Veith

Kōmman Oktak

Reliklak

Mijak eo aō ekar laplōk wōt. Ikar lukkun in illu jān tōl ko an U.S. ilo aer jab lukkun kwalok ta eo ej lukkun walok, ta eo ej itok wōt.

Ij jutak ilo etan ro uwaan jukjukun pād eo rej pād ilo kauwōtata.

Rej jokwe ilo aer jab māroñ in makūtkūt im jorāān enbwinnier. Ikar eñjake juōn kōnan elap ñan kōjbarōk armij. Jokdoon wā ko, Ikar inepata wōt kake: Crisis Standards of Care (CSC, Wāwen Lale ilo Ien Kamijak) = ajej uno. Maroñ, kōneek ilo am epāāke ro jōt, ñan teej, māke lak iam, wā bar jōt. Joñan obrak in ojpitōl im jikin ko ekar kōmman jorāān. Kij im kain baerōj ko rej walok. An armij jepel lak kin an bwōd melele ko rej walok. An wōr wā. Lale teej an armij.

Ikar lukkun kōnan bwe armij ro rekar ļōmṇak ien in ebin ekar riab ren lukkun melele ta eo ej lukkun walok. Melele ko rebwōd rekar āinwōt cancer eo ekar laplōk im bar laplōk. Ien kelet ko rekar jino in mwilal im rekar jab māroñ in rol ñan mokta.

Wāwen kōneek ko ij "etal-ñan" e ekar itok jān ad ippān doon ippān Partnership for Inclusive Disaster Strategies (PIDS). Ekar juōn jikin melele kin ta eo eṇōjōnji ej aiku. Ejjab ilo ejmour an lōblej wōt ako ñan juōn wāwen lale eo kin bōjjak, buak, mour lak ñe enij wōr jorāān eo elap enij walok. Jekar jinoe kwelak aolep raan jān Papwōde 28 2020. Ekar juōn ļōmṇak eman in kepāāke armij rein!

Todd Holloway
Center for Independence



Men in Eñjake ko

Ij. Mijak

Aō bōk nañinmej in COVID

An ro ij iakwe ir bōk nañinmej in COVID

An ro jej jerbāl ñan ir im LAP aer pād ilo kauwōtata bōk nañinmej in COVID

In aō mej

In kilōk doulul eo ad

An būrookraam ko bōjrak

An jemlōk an wōr jaan ej deļoñ tok

In jenolōk

AN wāwen ed jerbāl ñan ro uwaan jukjukun pād im ejelōk aer kein jerbāl im/akō kōneek an būrookraam ko rej māke lak

II. Jab lukkun jellā

kake melele ko ilo anļain

"Baerōj eo enij jako lak ilo ien māānen"

"baerōj eo enij jelōt jejjo wōt armij"

"baerōj eo ej āinwōt nañinmej in būlu"

"māāj renij kōmman bwe en jab ajeded"

"māāj rejjab jibāñ"

III. Jab tōmak

Ke enne eo jej pād ie elap aer pād imaan im māroñ in jelōt elap jān ien eo ebin.

Jokdoon ñe ekar juōn jorāān aolepen lalin

IV. Ettā bōro

Kij armij jej etetal ilo ad ļōmņak ke jej pād ilōñ in pyramid in oktak eo.

Lale wāwen an juōn baerōj eo ej māke ian māroñ in kōmman ad wōtlak

V. Jibāñ

Ikar kepāāke baamle - elōñ lak call im kōnnaan ilo pija rekar walok ilo an aolep ekatak kin jenolōk im bōbrae.

Ilo jerbāl eo aō jekar kōmman jerbāl ko rekar kōmman bwe jen māroñ in wanņaanļok ilo ad kepāāke ri wia ro ad im rekar etolak - an etal wōt melele/makūtkūt ñan maan kōjām ko aer, būrookraam in ekatak ko anļain, call ilo telebon, jeje ñan doon, kōjerbale facebook, bar jōt.

Wāwen tōpar doon kāāl & lale ko ñan māroñ in kōneek wōt Ejjab aolep armij remāroñ in kōjerbale aolep jekjek kein im jekar aikuj in kōmmane elōñ kain.

VI. Kejatdikdik

Ke lōblej enij jellā kin ien in ebin im LUKKUN jellā wāwen an armij ro rejjab māroñ in makūtkūt eñjake ilo aolepen mour ko aer! Ke COVID emāroñ in kwalok jān nabōj in jukjukun pād eo an armij ro rejjab māroñ in makūtkūt kin wāwen jibāñ ko rej aurōk im jerbāl ko rej moot lak jān eñjake ñan jukjukun pād ko ewōr armij ro rejjab māroñ in makūtkūt ie.

Priya Jayadev

Clallam Mosaic:

Intellectual & Developmental Disability Services

Enno Bwiin in Epāāke ro jōt

Ikar kepāāke lalin. Ewōr juōn aō app ilo telebon eo aō im ej kabbōk wūt. Ij kijon etetal ilo taun eo aō iumin elōñ awa, piĵaiki wūt ko, im ekatak etaer. Elaptata ilo iien m̄āānān eo 2020, elikin an kar jako George Floyd, Breonna Taylor, im elōñ ro jōt.

Ikar kepāāke baamle im ro mōtta jān ke ikar diik. Jekar kōmmane Zoom Awa in Mōnōnō Ko, Zoom Awa in Kōpe ilo jīboñ. Jekar bar kōmmane ien Zoom jīñña im kōmman elōñ kain, Ij kijoñ jījjōt ilo etonak eo aō iuṃwin aḷ im ewōr elōñ pepa im kein kōmman bwe en dabōlbōl im mōttan wūt ko. Jenij bed ippān doon, ako etolak, ejelōk naan ej walok ikōtad, ako eñjake ad kepāāke, loe, im roñjake doon.

Ikar epāāke rijerbal ro mōtta ilo ad bukōt wāwen ad jerbal ilo anḷain ien eo jinion tata. Elōñ ian ro ij jerbal ippeir rekar walōñlak ilo jerbal kāāl ko aer mokta jān ien eo ebin im jekar ekatak kin jerbal kāāl ko ad ilo etolak im kar aikuj in jibāñ doon bwe en māroñ in eman an aolep kain ettor.

Ikar eñjake ke wūt ko āinwōt aō uno. Aḷ elak oktak jekjek in ekar bar juōn uno. Men ko redik ñan debij ilo ien kamijak im burumōj im ilo an lukkun, lukkun bwōd.

Zyna Bakari

Urban League of Metropolitan Seattle



Unin Jeje #2

Ion e COVID

Ñan Armij eo ej Riit,

Ta eo COVID ekar katakin eok?

Ta eo kwōj kamolol kake?

Ta eo ekar bōkwaj am mōnōnō

ilo ien in ebin ilo COVID jorāān in?

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COVID ekar ajeeded jān an armij epāāke doon akō ekar bar kwalok:

Jej jōt ro rej epāāke doon aolep ien. Jej aikuji doon.

Jokdoon ñe jemijak ta ko rej walok, jej wanṃaanl̥ok wōt ilo ad lale ta eo jej māroñ in kōmmāne ñan jibāñ doon. Jej aikuji in pād wōt ilo ad eman, im jab mijak ta ko rejjab walok.

Lin Crowley

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

Ikar aikuji in ekatak wāwen kōneek ilo elōñ wāwen, ilo kōjērbale Facetime im Skype. Ikar ekatak wāwen jērbal ko. Ikar jinoe juōn emakūtkūt kāāl ilo ao kaddek wūt. Jōt ien anemkwōj ekar bukōt ṃōñā eo enij bōktok ainemmōn. COVID ekar etal im kwalok wāwen an mour oktak (koba ippān lapl̥ok boun).

Leena Vo

Asia Pacific Cultural Center

Juōn Laajrak in Men ko ñan Kōmmāne ilo Mweo Imōm

1. *Ta eo ekar kwalok kin mweo imōm* joñan aurōk in duōj bwe kwōn māroñ in eman wōt ilo ien eo ebin.
2. *Ta eo ekar kwalok kin mweo imōm* joñan an mour oktak ej joñan ien ko ikar kōtlak an ajiri eo nejū pād imaan mejan jikriin. Mokta jān ien eo ebin, ekar 1 lak ñan 2 awa aolep raan ilo awa in jikriin ñan unin in "kalimomo" ko. Ilo ien eo ebin, ekar lukkun in oktak.
3. *Ta eo ekar kwalok kin mweo imōm* joñan an mour oktak: Jab māroñ in ion e jōt ian ien mōnōnō ko im rekar "walok aolep ien" - ien ippān doon ilo raan in lōtak, baby shower, ien mare, ien aļ, im būrookraam ko rellap.
4. *Ta eo ekar kwalok kin mweo imōm* aurōk in lale lak am māke lale eok. Jekjek ko rej walok im ej kōmman an ben am tōpar ro jōt ñan an eman lak māke ejmour eo am ilo kalmenlakjāñ. Elap an aurōk bwe in kōmmāne men ko rej kōmman bwe in mōnōnō im kabōjrak aō tin bwebwe. Imenene ko rekar kōjbarōk iō. Aolep jiboñ ikar Yoga im etetal im raelep. Ikar kelet ke aurōk in kabōjrak jermal ilo jōt ien ko. Ej melelein ikar māroñ in kōmman bwe en wōr aō ien ippān ajiri eo nejū, ejjab ilo ien mōñā wōt ako bar ikkūre, etal ilo ien hike im alooj e pija ko ippān doon, bar.

Priya Jayadev

Clallam Mosaic:

Intellectual & Developmental Disability Services

Juōn Boem Ñan Kautej

Elaplōk am kautej.
Ñan bar ro
rekar jab roñjake

(rej pād wōt)

Oktak jān ña

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

//kien, ben burō im jab melōtlōt//
armij eman.

Jān Jikin Ro Redik ñan Aolepen Lalin

Ekar jinoe in aurōk lak mour. Ilo elōñ joñan ko. Jān jikin ro redik ñan aolepen lalin. Juōn men eo kwōjjab māroñ in loe im ekar ukōte aolepen lalin, jokdoon wāwen an armij ļōmņak kake. COVID ekar wōr an kōttōpar in tōprak, āinwōt elōñ iad. Ako ļōmņak kake mōk: Mour rot ko jōt rej ejaake ilo lal aiboujoj eo ad im ekar jorāān jān oktakin mejatōtō im men ko jōt rekar kōmman jān armij?

Todd Holloway
Center for Independence

Ion e an Aiboojoj jokdoon ilo Ien ko Rebin Tata

Ikar ekatak kōmman aō māke mōnōnō.

Ñe ikar jab elolo ilo nabōj, kar lale tulowa. Wūt ilo tōrrerein wūnto eo an ļōmņak eo aō, kōjbarōk ainemmōn eo aō.

Ikar jinoe jellā wōn ilo mour eo aō ikar eñjake aō lukkun leke.

Ikar jinoe jellā ta eo ej kōmman aō ainemmōn: bidodo aō ukōt jikejuul eo aō, karōk raan eo aō ilo aō kōnan, ion e ta ko ilo mweo imo ippān armij eo ij iakwe im menin mour eo nejū. Ikar mōnōnō ilo ien ko aō māke, jōt ien ijjab kōnan pād tūrin ro jōt, innem ekar letok aō ainemmōn ke ejelōk aō būlaan.

Ikar jinoe jellā ñe ewōr jidik aō mōnōnō, ij aikuj in eñjake āinwōt juōn wāwen an bōjrak. Ikar kajeoñ in kōtlak io māke ilo aō kakwōne elōñ eñjake im mol ilo juōn wōt ien.

Zyna Bakari
Urban League of Metropolitan Seattle

Unin Jeje #3

Ta Abañ Ko Kw Ar Ion E Ippān COVID?

Ñan Armij eo ej Riit,

*Ilo am reliklak, ta abañ ko kwar ion e
ilo ien eo ebin?*

Ewi wāwen am kar eddeklak?

Ewi wāwen an mour kar oktak ilo ien in?

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Ainwōt ro jōt, baamle eo aō ekar eñjake jenolōk ilo COVID.
Ekar kabōjtrak an jukjukun pād eo ippān doon. Jekar ekatak
wāwen kōneek ilo anlain ako ilo Facetime. Ien eo ebin ekar letok
juōn wāwen ejmour eo eman ñan elōñ armij, koba ippā māke.
Ikar bar loe elōñ ejmour ilo enbwinnin ro mōtta im rekar teej
positive ñan COVID-19. Jokdoon kamol ien eo ebin
kein karuo ekar bar kōmman aō lelñōñ.

COVID Haiku

Mour ekar ukōt wāwen aō lale
Oktak ekar walok ilo ien
eo emōkaj Jōt ilo an ejelōk
Kōjjela

Leena Vo
Asia Pacific Cultural Center

Abañ ko rebin tata ej jab jellā wōn ekar bōk wā im wōn
ejañin kar bōk wā. Jekar aikuuj in kōjbarōk kij māke ilo
ad ekanak māāj aolep ien. (Jej kōmmane wōt.)

Elukkun lōñ armij rejjab tōmak ilo jain.

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

Pepa eo ej Kwalok Naan *Pa Ousman Joof*

Ij kememej bōktok elōñ armij ñan Monroe State Fairground, ñan Arlington Airport 25, 30, 40 minit etolak bwe jen lukkun lale ñe jukjukun pād eo emāroñ in bōk wā ilo jibāñ jān Department of Health (DOH, Rā eo an Ejmour) im doulul ko āinwōt All in Washington. Jekar māroñ in lelak kōllā ko ñan ro uwaan jukjukun pād kinke elōñ armij rekar mijak ñe ebaj jako jermal ko aer. Jokdoon bōk ruo awa etolak ako jilu awa etolak jān jermal ñan etal [bōk wā] enkar juōn inepata eo elap im rej kōmmāne ikijen jaan. Innem jekar lukkun aikuj in kobaiki kōllā ko jemāroñ in lelak ñan armij bwe ren māroñ in wia aer kiaj im awa ko rej jolok jān jermal. Jekar jinoe in lelak \$50 kaat in wia ñan armij im lelak wāwen itotak im ekar mokta jān ad bōk ad māke [ial im jaan].

Ij kwalok wōt ke elōñ burumōj ko COVID ekar bōk ñan kij ilo wāwen bōk jabdewōt jaan ako jibāñ ñan kōmmāne men ko jekar kōnan kōmmāne ñan elōñ yīō ko ilo jukjukun pād... ñan māroñ in kapellok juōn jikin eo ej kojabrōk im jemāroñ in lelak jermal ko ñan ajiri, ñan rūtto ro. Ilo torrein ilo ad kōnnaan, elōñ juōn makūtkūt ej walok nabōj. Kwōj māroñ in kar roñ kakr "S'alam" ñan armij ilo aer tok im ebbōk aer bōk in CrossFit, im jej ajej kajojo, Ñan kajimwe wiik. Innem jekar kapellok ijo. Ekar \$75,000 wōt. Ikar aikujin kōmmāne. Ij bar māke kōnan kōmmāne im jabdewōt ro im rej Ikar jermal ippeir.

Innem men eo ikar mijake ej: Ewi wāwen ad kōjbarōk menin kio ke ewōr kein jibāñ ko rej bellok? Ta eo enij walok elikin COVID? Jenij ke kilōk opij eo im rol ñan jermal ko ñan armij ilo jikin kakije eo aō ako ilo jikin paak im mweiuk? Enij kar juōn menin jook elap, juōn ettōnak eo ejjab kūr mol. Enij kar melelein ejelok kejatdikdik ñan jukjukun pād.

Jej jermal ñan 211 ñan jukjukun pād eo. Ejelok bar [jibāñ ilo manit] jikin ñan etal ñan e... juōn jkin eo jej māroñ in etal ñan e ñe ewōr inepata im lale kij māke. Innem, kij [āinwōt rijiban ro an ejmour ilo jukjukun pād] lale wāwen ad lale aolepen menin. Ekar men ko elaptata aō mijak, wāwen [COVID] an jelōt jukjukun pād eo. Ikar jab jellā wāwen an jelōt jukjukun pād im wāwen an jemlok.

Pa Ousman Joof

WA West African Center

Baamle eo aō ekar pād ilo iolap in kauwōtata im riab ko remāroñ in walok ilo COVID ien eo ebin. Jino im jema im na kar mōttan ro mokta ilo baamle eo ad ewōr 6 uwaan ñan bōk wā. Būradō ro aō ejelōk aer kōnan ñan rainin.

Mulki Mohamed
RuntaNews

Elap an ben jermal ippān armij ro ejelōk aer tōmak ilo uno im kien, im elukkun ben buruer kake jorāān ko an COVID.

Ion e armij ro rej kōmman aer māke mol, kien, armij ro rej ikkūre kin mour ko an ro jōt, im ro elap aer ļōmņak kin ir māke, jab kea kake ir māke im ejmour an ro jōt

Faaluaina “Lua” Pritchard
Asia Pacific Cultural Center

Jab māroñ in itotak ñan loe baamle ekar menin burumōj.

Priya Jayadev

Clallam Mosaic:

Intellectual & Developmental Disability Services

Jekar katolak kij māke ilo ad māroñ ilo ien māke lak eo.
Ako ikar aiku jibāñ jān rā eo an ejmour ñan lojlej.

Ikar jibāñ lale eṃōjōnji ilo jikin teej ko ñan teej, māke lak iam,
wā...bar jōt.

Ikar etolak jān baamle eo aō ñan ñe ikar lukkun jolok jabdewōt
etoon.

Ij kememej aō kajitōk ippān aolep kin eñjake ko aer im ñe
rekar melele ta eo ekar walok. Ikar māroñ in jellā ke ewōr rej
pok kin an lōñ melele im naan ko kōtao im ro ikar jellā kake ir
im naan ko aolep raan.

Todd Holloway

Center for Independence

Unin Jeje #4 Jabdewōt Jikin Ko Rej Meram Jān COVID?

Ñan Armij eo ej Riit,

*Bōk jidik ien ñan kememej, jeje, im
kwalok jabdewōt ien eman ko, ilo ien
ro rekar abañ ilo ien eo ebin.*

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Juōn Boem Ilo Ien Meram ko

Ekar uuk armij jān jikin ko rekar kwōn ie
im ñan jikin makūtkūt ko.

Ilo, jidik ien, ekar kapellōk lōmṅak
im buruon armij, ilo juōn ien eo ejañin kar walok.

Ekar kōmman ad aolep jab māāj, ñan juōn anijnij.

Juōn anijnij ekar rub.

Ekar jeiki juōn naan in kememej im kōmmane jikuul in jiñña ko
jān jikin ko remwilal im rekar kōmman ñan kalbuuj ajiri ro nejid.

Ekar juōn wā in elōñ kain nañinmej
in armij im pok
ikijen iakwe eo an juōn-māke.

Ekar bōktok etonak ko ñan mour.

COVID ekar bōktok elōñ armij ilo wāwen ko ejjab māroñ in kwalok.

Ekar kōmman an kajemlōk ko eliktata eman, im aitoklak
an tulak aḷ ilo an rumij im jab lukkun eman.

Ekar kwalok aolep men ko ilo lalin
aolep ilo an meram aolep raan.

Im jokdoon ippān eñtaan
im mōnōnō ko emōj an bōktok
ñan lalin, im ekar rol lak ñan lalin.

Jān melkwaarar ñan melkwaarar, bwidej ñan bwidej.

Innem kuwaer eo ekar aḷ, "Jab kōtlak an kōjam eo lel ippām..!"

Jordan Chaney

Rijerbal in Manit, Rijeje Boem

Jikin eo eman ej ijo jekar loe ke elōñ armij rekar kōnan
letok peir ñan jibāñ doon, jokdoon ippān armij ro jejjab
jellā kajjeir. Ij pād ilo juōn jukjukun pād eo elōñ lōmṅak
eman ie. Jej kōnan remaanlak im lale wāwen ad kōnnaan
ippān doon. Kalok jukjukun pād ilo COVID eo im elukkun
eman. Jej jōt ro rej epāake doon aolep ien. Ien eo ebin
ekar kwalok joñan an aurōk bwe jen tobar wōt doon.
Ilo jōt wāwen. Jōt ien.

Lin Crowley

Asian Pacific Islanders Coalition SPS

Multicultural Center of the South Sound

Oktak eo ñan elaplòk bürookraam ãinwõt kwelak im ien lale
jermal ekar jibãñ io bwe in jellã kilen mour ilo ien kalbuuj eo im
bukõt juõn jukjukun pãd eo elõñ-armij ñan epãake ir.

Mulki Mohamed

RuntaNews

**Juõn Boem ñan Menin Lelak ko ilo
ien COVID**

Menin lelak ko ilo imenene ikijen
ejmour Ekka aõ etal ñan ien etetal ko
aolep raan Kõjbarõk jemdoon eo aõ im
kũrlòk ro ij iakwe ir aolep raan

Leena Vo

Asia Pacific Cultural Center

Ikar kōtlak io māke bwe in bar jinoe riit... bar-riit men ko ikar riit ke ij juōn ajiri, lale bwebwenato ko im emāroñ in bōk io ñan bar juōn lal, lale boem ko... Ekar kōmman aō eñjake aō epāake io māke ilo aō kōmmane juōn men eo Elap aō iakwe ke ikar ajiri.

Ikar bar rol lak ñan aō jeje im ijanin kar kōmmane ilo 5 yiiō emootlak! Ikar bar bōk juōn kein aō jeje im aolep jōte ij jeje iumin allōñ ilo etonak eo aō im kidu eo nejū ilo tūrin wōt neiū. Ikar kōtlak aō "lale" im ion e aiboujuj jokdoon ilo ien eo rebin tata ilo ien eo ebin.

Zyna Bakari

Urban League of Metropolitan Seattle



**Unin Jeje #5
Bwebwenato Ko Iki
En Wāwen An Kar
COVID Jinoe & Jeje
Ko Kin Armij Ro
Emōj Aer Jako**

Ñan Armij eo ej Riit,

*Ako ñe kwar lelak melim ñan eok
māke ñan am kōmmāne am māke
bwebwenato kake wāwen an COVID
kar jinoe?*

*Ñe kwar māke jeje am COVID Jeje kin
armij ro emōj aer jako, ta eo kwōn kar
ba?*

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COVID ekar lōtak iumin juōn kien im ekar jab lukkun walok im ekar jepel lak.

COVID ej juōn rinana, juōn eo elap mour ko ie elaplōk jān kuuj.

Bwebwenato ko rej kwalok ke elōñ an COVID mour (bwijin) ilo an tōpar ro jej iakwe ir. Akō elaptata ej debij ro ebwōd melele ko ippeir.

Jordan Chaney
Rijerbal in Mani, Rijeje Boem

COVID ekar lōtak ELOÑ yiiō emootlak im emōj an pād ilo tuliik ilo an ejelōk rej kile, ilo an ro jein ako jatin bōk aolep kalimjok im aiboujuj. COVID kōmman jorāān āinwōt juōn armij eo ekar pād ilo ran stage ikōtaan 2019 im 2020 kinke armij rekar jinoe in laplōk im laplōk ilo jikin ko ej pād ie. COVID ej kōmman bwe jen kememej bwe mour "ejjab kain eo".

Priya Jayadev
Clallam Mosaic:
Intellectual & Developmental Disability Services

Jān Ri Uno: Mār ñan Burumōj

Ewōr mōttad ilo menin eddek, āinwōt armij, im rej māroñ in debij ta ko jej eñjake. Ilo ijin ilal ej juōn laajrak ñan tea ko rej kōmman jān mein eddek. Ewi wāwen ko kwōj oktak ñan e ilo ien koabbōk ainemmōn?

Menin Eddek ko

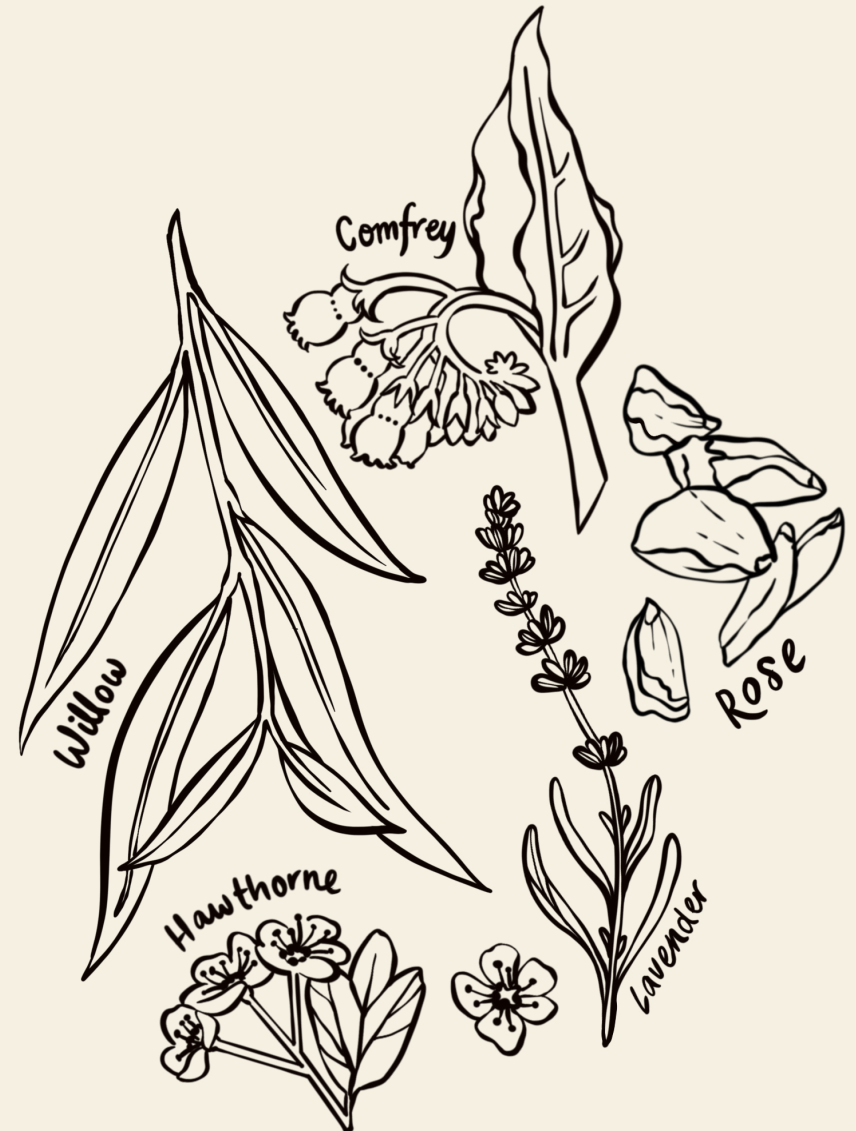
Willow

Comfrey

Rose

Hawthorne

Nervines: Lavender, Skullcap, Mint, Lemon Balm



Unin Jeje #6

Ta Eo Ej Walōñtak: Lale lak Mōnōnō & Burumōj

Ñan Armij eo ej Riit,

*Ta eo ej Walōñtak ñe kwōj kajitōk
ippān enbwinnin kin eñjake ko
BURUMOJ im MŌNŌNŌ?*

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Ñe ij roñ kin naan eo burumōj?
Ij eñjake ilo buruo

Ñe ij ron kin naan eo
mōnōnō Ij eñjake ilo meja
kinke Ij ettoñ im ilo bora
ij kajju
lōmṇak kake juōn ien
ilo mour eo aō im ikar
mōnōnō.

Mayra Colazo
Central WA Disability Resources

ñe kwōj loe jidik mōnōnō

kōtlak bwe kwōn lukkun eñjake

kajoon allōñ kake.

tōpar juōn jikin eo elōñ wūt.

ñe kwōj loe jidik mōnōnō

ettor āinwōt juōn wa

ilo an tōl jān buruom.

eñjake aolepen

bwe ñe kwōj aikujin

kwōnij kememej

ke ien rot kein rej māroñ in walok

Zyna Bakari
Urban League of Metropolitan Seattle

Unin Jeje #7

Pād wōt ilo am

Tōpar Kij

Ñan Armij eo ej Riit,

*Jej kejatdikdik ke emōj am riit aolepen
jeje kein jān rijerbal ro imaan lain im
ewōr jikin drebij ñan eñjake ko am
māke.*

*Jokdoon ta eo kwōj debiji, jōt ien kwōj
aikuj in lukkun debiji ñan tūrim.*

*Ijelakin, ewi wāwen am bar māroñ in
kememej ien in aolep im ta melelein?
Ewi wāwen an ebeben kāāl ko nej jellā?*

*Ñe kwōj kōnan tōpar kij kin jerbal ko
am rej eman ako kwalok kejatdikdik,
mijak, im ettōnak, ko jej pād ijin ñan
roñjake.*

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Kommol tata

Jej kejatdikik ke ekar eman ippām lõmṇak kein jān naan kein kwar lale.

Ñe ritōl ro an jimwe rekar jinoe ekatak kin Ippān Doon, kejatdikdik eo ad ej ñan kalōk juōn jikin eo elap melelein im kalimur in deļoñ ilo jukjukun pād ko ilo COVID wā bulāān im uak.

Jekar jellā ke jekōnan jibāñ ilo ien ippān doon. Ako jekar jab jellā ke Ippān doon eo enij laplōk jān 680 to mōttad ie. Jenij tōpar doon ilo Zoom. Enij etal im, 24 allōñ kein renij jibāñ karōk kien im tōl ko ñan lale jukjukun pād. Jikin eo ekar kajur im kōtlak an wōr ruo doulul in jermal ko.

Elap ad mōnōnō in tōl ippān 19 Ro Mōttad ilo Ippān Doon, elōñ ian ro rekar jibāñ ijin. Ikar ekatak jān kajojo ian rein ilo laajrak in ilal. Rekar kwalok wāwen lale jukjukun pād. Rekar katakin io bwe in walōñtak im mōnōnō ilo aō kabbōk uak.

Łõmṇak an ritol rein rekar kwalok wāwein, āinwōt juōn jermal, ilo ad māroñ bar lale lak ejmour an lōblej ñan jermal ko im rej ñan aolep ilo ad kautej manit, kajin, melele, im kwalok kin iakwe im kea.

Fathiya Abdi

Community Collaborative



Jāān ñan pepa in ekar kōmman jān Washington State Department of Health jān juōn grant jān Centers for Disease Control and Prevention (Jikin Kantūrol Nañinmej im Bōbrae). Lale kein rekar walok ilo pepa in im ro rej jermal im jab kwalok aolepen kakien ko an Washington State Department of Health akō the Department of Health and Human Services (Rā eo an Ejmour im Jermal ippān Armij), im ejjab bar walok etan jikin jermal, ekatak, akō doulul ko jān U.S Kien.

Chaune Fitzgerald, [Women of Wisdom – TriCities](#)

Dr. Ben Danielson, [Rijibañ an Jukjukin pād eo](#)

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

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

Jordan Chaney, [Rijerbal in Mani, Rijeje Boem](#)

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

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

Faaluaina “Lua” Pritchard, [Asia Pacific Cultural Center](#)

Lynese Cammack, [Rijibañ eo an Jodikdik ilo Jukjukin pād eo](#)

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](#)

Kamolol elap ñan Kim Crutcher

DOH 830-032 May 2024 Marshallese

Ñan kajjitōk bwe ren lewōj pepa in ilo bar juon wāwein, kwōn kallōk 1-800-525-0127.

Armej ro rej jarroñroñ ren kallōk 711 (Washington Relay) ak email doh.information@doh.wa.gov.