

IGAP CHIGNIK LAGOON NEWSLETTER

Quarter #2 FY25

Spring Cleaning/Allergies

Spring is finally here! You know what that means?! ALLERGIES& SPRING CLEANING! It's important to take the time to deep clean your home to provide a healthy and clean environment for yourself and your family. Especially for the family members who struggle with seasonal allergies.

Here are some tips to help with spring-cleaning your home, office, etc.:

- ✚ Come up with a plan, declutter, and organize! Get rid of unnecessary items! Encourage yourself to go through the things that are long overdue! This is the time to do it!
- ✚ Invest in daily cleaning products and WIPE EVERYTHING DOWN! Every inch, crack, and crevasse. Get rid of all the dust, mildew, and dirt.
- ✚ Wash all bedding and clothing!

Allergy Care:

- ✚ Stock up on allergy medication and other essentials, like sinus spray or eyedrops.
- ✚ Try to stay indoors during windstorms to avoid pollen and dust. (Try to avoid hanging clothes outside.)
- ✚ Invest in an air purifier.

UPCOMING EVENTS:

-Earth Day: April 22, 2025



The IGAP team will be handing out seeds and soil for Earth Day!

-Village Clean-up with
LPSD: May 5th-9th, 2025



Come join us clean up our community! Gloves and trash bags will be provided.

ANTHC IGAP

If you would like to check out or join any upcoming IGAP webinars, trainings, or updates. Please go to: <https://www.anthc.org/what-we-do/community-environment-and-health/tribal-capacity-and-training/>

Donation Center info and rules:

Come and check out the donation center located @ the sub building! We have clothing, shoes, books, toys, etc.!

If you would like to do any of the following:

- Check out items @ the Donation Center
- Drop off donations
- Drop off USED batteries, toner, and lightbulbs
- Drop off empty boxes (PLEASE DO NOT FLATTEN BOXES)

You must contact the IGAP team to make an appointment for either PICK UP or DROP OFF. **PLEASE DO NOT LEAVE ANY ITEMS OUTSIDE OF THE SUB DOOR! Just in case of certain weather conditions, we don't want any of our donations getting ruined. Thank you!**

If you would like to keep up with any updates with the donation center, you can check out our FB page: Igap Chignik Lagoon Donations

Recycling/ Backhaul

Please drop off recycle items off to the Recycling bin located @ the dump. The bin is checked weekly!

If you have any backhaul items that you would like to off your property, please contact the IGAP team to schedule an appointment for pick-up.

CLIMATE CHANGES

Have you noticed any changes in the environment? Unusual rain, erosion, or temp change?

Check out the LEO and record what you have noticed is changing. Each community has it's on page that allows you to view all LEO posts. Making it so easy to see the changes occurring in your community and the surrounding areas.

If you would like to be part of the LEO network sign up @:
<http://leonetwork.org/>

TRASH BIN PILOT PROGRAM

REMEMBER! Every Monday from 9am-10am, the IGAP team will pick up trash from the trash bins that have been provided to our elders.

If you have any questions about this program or have any suggestions, please feel free to reach out to the IGAP team!

Oscar Mills:

(907) 252-2758 or omills@chigniklagoon.net

Amber Rose P-T:

(907) 840-4026 or apeterson@chigniklagoon.net