



Digi know?



A Message from Esther Lucero (Diné), SIHB President and CEO

Welcome to Seattle Indian Health Board's new quarterly newsletter! Let's start by answering your first question: How do you say "Digi know?" Try saying "Did ya know" and you'll get it. It's a reference to **IndigiKnow**, our Theory of Change to bring about true health.

Did you know we're closer than ever to reopening Thunderbird Treatment Center? And did you know about our Indigenous People Festival?

Our newsletter aims to share updates and highlights like these, to keep you in the know. Read on to learn more.

— Esther

INDIGENOUS PEOPLE FESTIVAL

6/13/2026 | 10am–7pm
Seattle Center | Free Admission

SIHB



FESTÁL

Celebrate Native brilliance with us at Indigenous People Festival on June 13!

Join us from 10:00 a.m. to 7:00 p.m. for a fun-filled event including appearances by the Alaska Kuteeyaa Dancers, DJ Big Rez, PNW Lacrosse, and 70 vendors of contemporary Indigenous art, food, and more.

Make plans now to attend, and bring your friends and family!

[Read More](#)



Thunderbird Treatment Center opening in late summer

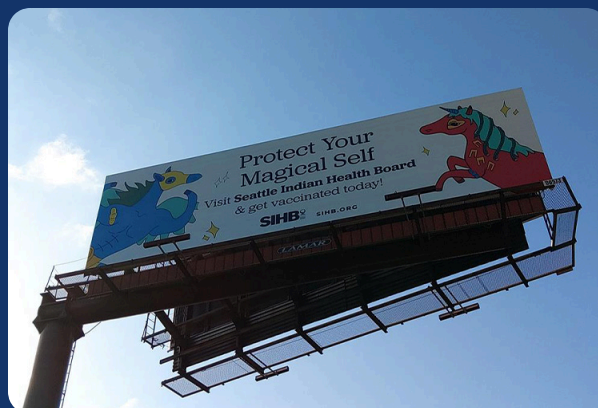
The new Thunderbird Treatment Center will serve as a state-of-the-art residential treatment facility for people living with substance use disorders. See our latest pictures — and check out career opportunities — as the center rises on Vashon Island.

[Read More](#)



Congressional Testimony

We continue to advocate for our relatives at the highest levels of



Millie Goes Above and Beyond

government by testifying before Congress.

[Watch Esther's Testimony](#)

[Watch Abigail's Testimony](#)

A unique messenger reminds us and our little ones how vaccinations can protect us, reaching viewers by literally going above and beyond to deliver this important message.

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Meet Our Provider

Introducing Dr. Maithri Sarangam, leader of our Pediatrics team! We caught up with her for a Q&A so you can get to know her better.

[Read More](#)

SIHB in the News

Vashon-Maury Island Beachcomber
[Thunderbird nears July opening](#)

Esther Lucero (Diné), Seattle Indian Health Board President and CEO

NBC News

[Indigenous people honor and raise awareness for relatives who are missing or have been killed](#)

Abigail Echo-Hawk (Pawnee), Urban Indian Health Institute (UIHI) Director

Native News Online

[For Centuries, Native Women Have Been Told to 'Trust the Doctor.' The Results Have Been Disastrous.](#)

Abigail Echo-Hawk (Pawnee), UIHI Director and SIHB Chief Research Officer



Social Media Highlight National Public Health Week

What better time to shout out our amazing team at UIHI? Let them walk you through just a few of their accomplishments.

[Go to Instagram](#)



Congrats, Mike!

Kudos to our traditional medicine practitioner Michael A. Buck (Yakama), for being accepted into the PhD program for Anthropology at UW! Mike will also continue to be on the Traditional Indian Medicine (TIM) team at SIHB. Congratulations!

[Learn More About TIM](#)



Join us for Family Saturdays!

We invite our families with children to visit our International District clinic on the third Saturday of each month for medical and dental appointments. They also have the opportunity to participate in fun cultural activities, from berry tastings to drum-making.

[Read More](#)

Enjoying this newsletter? Donate today.

Seattle Indian Health Board relies upon the support of readers like you to continue our work. When you give to SIHB, you are directly supporting high-quality care for each of our relatives. Your generosity strengthens the health of urban Indians in Seattle, King County, and beyond.

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